

Sailing the CYC Center Sound Point Races

(The ones where we go to places different than the
names of the races)

CYC Chalk Talk Series

Brian Watkins
March 9, 2007

Objective for tonight is to help prepare your race strategy

- Audience: anyone who can share or learn, all skill and opinion levels
- Discuss race basics
- Review weather, tide and wind forecast
- Share local “knowledge” and discuss approaches

Topics

- Rules
- Courses
- Hazards
- Weather
- Current
- Wind
- Strategy

Putting it in Perspective

Tonight

We can have thoughts and judgments, and they will be wrong

Tomorrow

We get to make decisions, and our competitors will test them

Topics

- Rules
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The Rules

- Notice of Race
- Sailing Instructions (General and Specific)
- Special Sailboat Safety Regulations
- Racing Rules of Sailing
- US Sailing Prescriptions to RRS
- PHRF Northwest Rules
- Pacific International Yachting Association (PIYA)
Special Regulations Governing Minimum
Equipment and Accommodations Standards

Topics

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Courses

- Possession Point
 - Start in Shilshole Bay
 - Round Scatchet Head Buoy to Port
 - Finish in Shilshole Bay
- Pulley Point
 - Start in Shilshole Bay
 - Round tubular mark southeast of Three Tree Point to Starboard
 - Finish in Shilshole Bay

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Hazards

- Possession Point
 - Meadow Point
 - Shelf south of Apple Cove Point
 - Rocks north of Apple Cove Point
 - Shelf south of Point No Point
 - The mark
 - North of Point Wells
 - South of Point Wells
 - Meadow Point
- Ferries
 - Edmonds/Kingston
- Ships, tugs, Clipper, etc
 - Lanes
 - Everett
- Pulley Point
 - Ship Canal
 - West Point
 - Magnolia Bluff
 - Blakely Rocks
 - Restoration Point
 - Shelf south of Alki Point
 - Three Tree Point
 - Other race boats (slower rated boats go first)
 - Other race boats (transiting Three Tree Point to mark and back)
- Ferries
 - Seattle/Winslow
 - Seattle/Bremerton
 - Fauntleroy/Vashon
- Ships, tugs, Clipper, etc
 - Lanes
 - Elliott Bay
 - Colvos Passage
 - Navy at Bremerton

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Weather

Seattle Weather Forecasts on Yahoo! Weather - Microsoft I...

File Edit View Favorites Tools Help

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Address <http://weather.yahoo.com/forecast/USWA0395.html> Links

Current conditions as of 6:05 pm PST

Cloudy

Feels Like: 52°
Barometer: 30.02 in and steady
Humidity: 76%
Visibility: 10 mi
Dewpoint: 45°
Wind: SSE 9 mph
Sunrise: 6:35 am
Sunset: 6:06 pm



[» Detailed Forecast](#)
[» Records & Averages](#)
[» Get Yahoo! Weather on your desktop](#)

TONIGHT	TOMORROW	SUN	MON	TUE	6-10 DAY
 Showers Early High: 51° Low: 43°	 PM Showers High: 52° Low: 50°	 Rain/ Wind High: 56° Low: 45°	 Showers High: 47° Low: 39°	 Showers High: 47° Low: 40°	Extended Forecast

Get Alerts: [Mobile](#) [Email](#) [Snow fall Alerts](#) [Weather Bulletins](#)

Featured Forecasts at weather.com:
[St. Patrick's Day Forecast](#) | [Ski Resort Outlook](#) | [Local Flu Reports](#) |

Detailed Local Forecast

[How to Read This](#)

Tonight: Showers early, then cloudy overnight. Low 43F. Winds SSW at 5 to 10 mph. Chance of rain 40%.

Tomorrow: Considerable cloudiness. Occasional rain showers developing later in the day. High 52F. Winds S at 10 to 15 mph. Chance of rain 60%.

Internet

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Current

Admiralty Inlet

Predicted Tidal Current

March, 2007

NOAA, National Ocean Service

	Slack	Maximum		Slack	Maximum		Slack	Maximum		Slack
	Water	Current		Water	Current		Water	Current		Water
Day	Time	Time	Veloc	Time	Time	Veloc	Time	Time	Veloc	Time
	h.m.	h.m.	knots	h.m.	h.m.	knots	h.m.	h.m.	knots	h.m.
10	351	541	0.5	725	1207	-2.6	1617	1910	1.4	2228
24	453	649	0.7	839	1310	-3.4	1707	2015	2.3	2349

All times listed are in Local Time, and all speeds are in knots.

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Wind Info Sources

- NOAA National Buoy Data Center
seaboard.ndbc.noaa.gov/data/Forecasts/FZUS56.KSEW.html
- UW MM5
www.atmos.washington.edu/mm5rt/rt/qfsi/nit.4km.html
- Or just look around

Wind (NOAA)

National Data Buoy Center
NWS Forecast

PZZ135-100500- /O.CON.KSEW.SC.Y.0032.000000T0000Z-
070310T0500Z/ PUGET SOUND AND HOOD CANAL- 303 PM PST FRI
MAR 9 200

...SMALL CRAFT ADVISORY REMAINS IN EFFECT UNTIL 9 PM PST
THIS EVENING...

TONIGHT S WIND 10 TO 15 KT. WIND WAVES 1 OR 2 FT.
SHOWERS DECREASING.

SAT S WIND 10 TO 20 KT. WIND WAVES 1 TO 3 FT. RAIN
DEVELOPING.

SAT NIGHT S WIND RISING TO 20 TO 30 KT. WIND WAVES
BUILDING TO 3 TO 5 FT. RAIN.

UW MM5 Valid Saturday 10AM

UW MM5-GFS 4km Domain

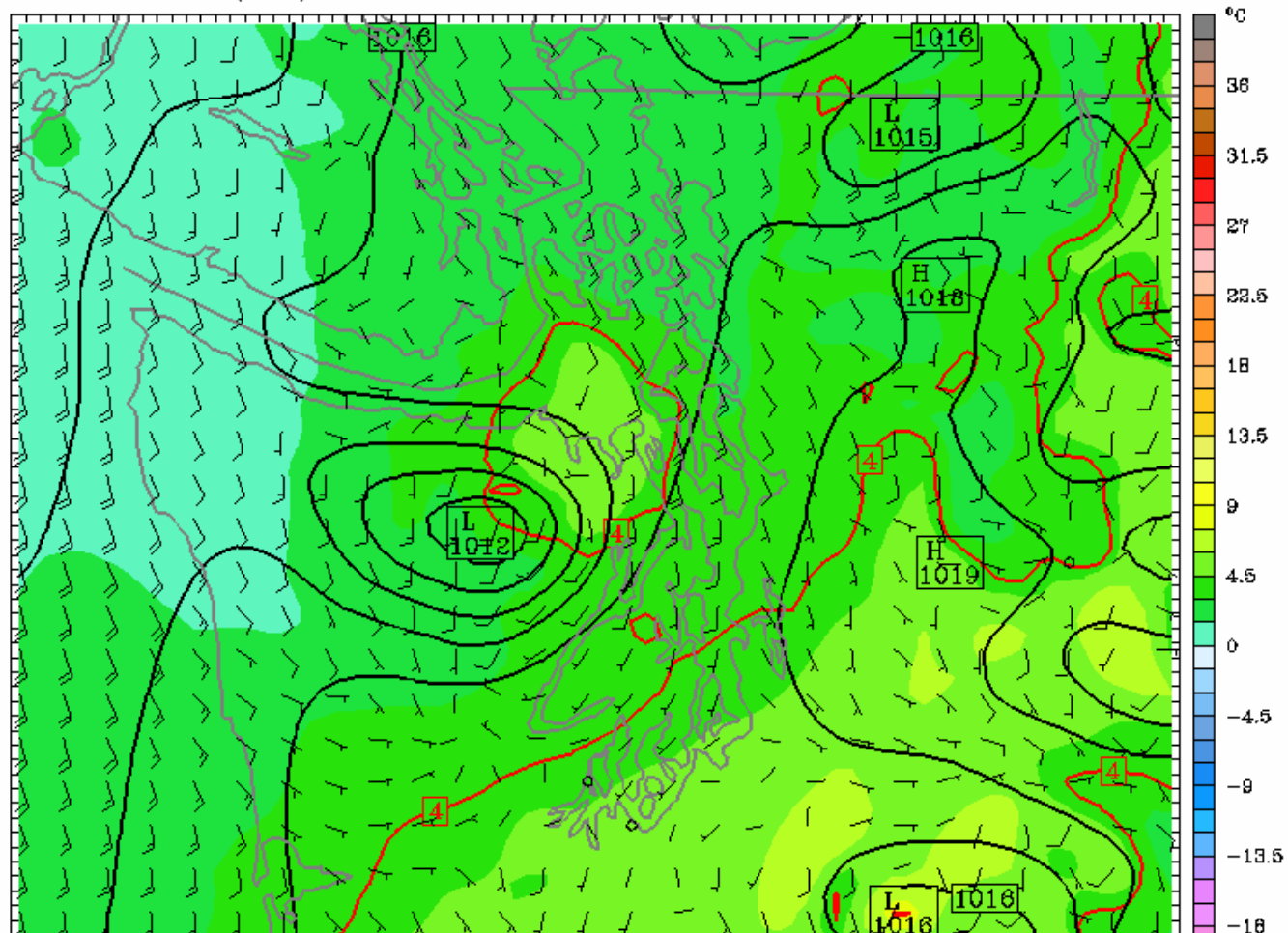
Post: 30 h

Temperature at 925 mb (°C)

Sea Level Pressure (hPa)

Init: 12 UTC Fri 09 Mar 07

Valid: 18 UTC Sat 10 Mar 07 (10 PST Sat 10 Mar 07)



UW MM5 Valid Saturday 1PM

UW MM5-GFS 4km Domain

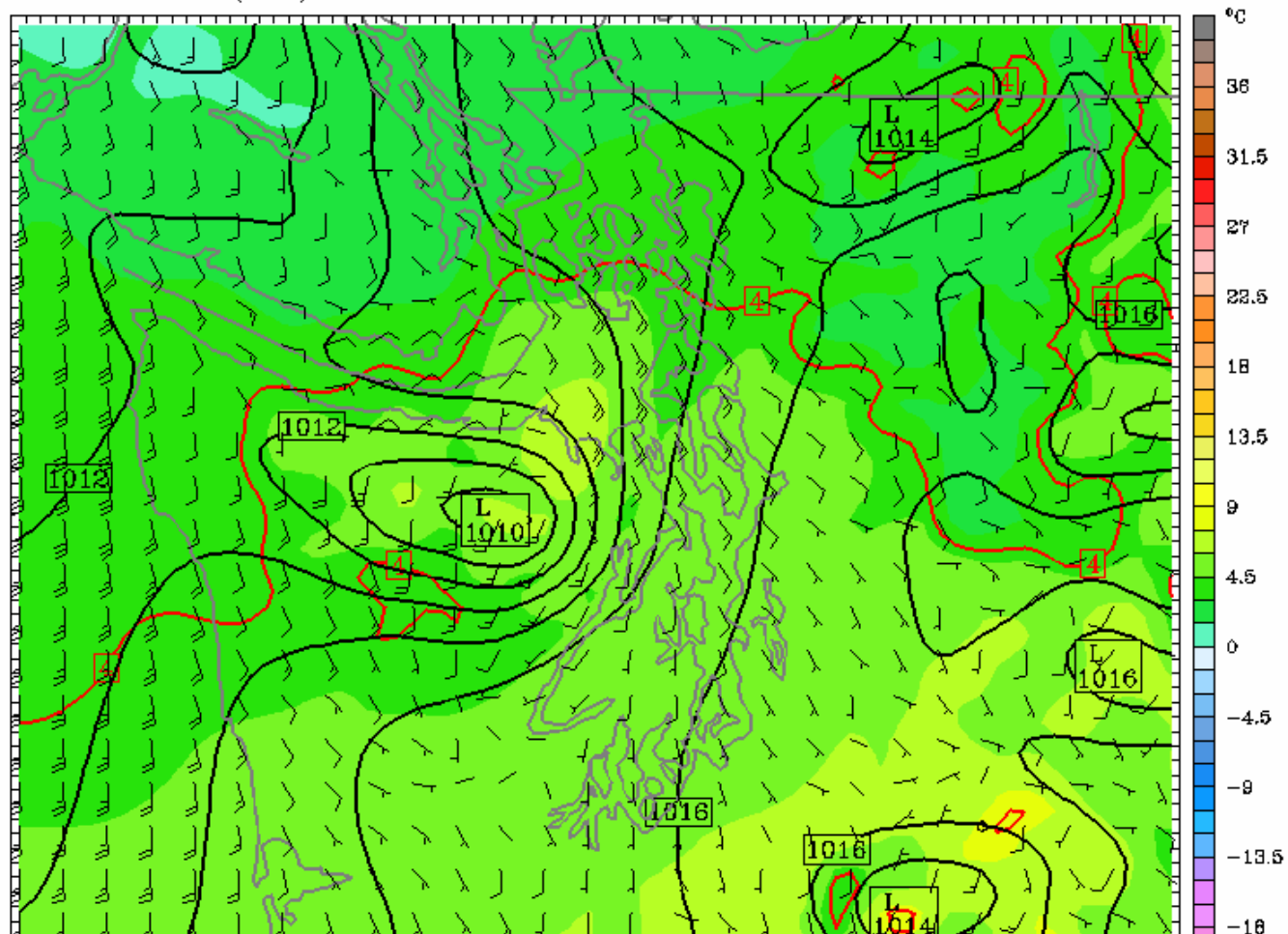
Post: 33 h

Temperature at 925 mb (°C)

Sea Level Pressure (hPa)

Init: 12 UTC Fri 09 Mar 07

Valid: 21 UTC Sat 10 Mar 07 (13 PST Sat 10 Mar 07)



Topics

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Context of Strategy

- Your Goals
 - Winning (e.g. top whatever, or beat such and so)
 - Consistency
 - Experimentation
 - Inner Peace
 - Etc
- Strategy vs Tactics
- Generic Strategies
 - Get in good current, out of bad
 - Wind patterns associated with weather systems, geography, temperature
 - Go to the mark (long tack/gybe first)
- Specific Race Strategies
 - Current
 - Wind
 - Often you need to trade off between current and wind strategy
- Probabilities and Risk / Reward
- Awareness and Flexibility

Possession Point Current Strategy

- Flood Current
 - First leg
 - Since you're starting on the east side, left or right may depend on where in current cycle
 - Look for changes to slack or ebb first on east/west shore
 - Consider current flooding into Possession Sound, may be hard to get out of there
 - On the shelf south end of Whidbey: floods west to east, not much relief on shore, seems to accelerate
 - Big back eddy under Point No Point, but flow may reattach to shore farther south
 - Second Leg
 - Got to like the middle
 - Consider current flooding into Possession Sound
- Ebb Current
 - First leg
 - Look for changes first on east/west shore
 - Got to like the middle
 - Consider water falling out of Possession Sound, will oppose you briefly close to Edmonds and then will push you left to the mark
 - Second Leg
 - Tough all over
 - Consider that you need to end up on the east side, so that's the default for relief
 - Still need to look at where you are in the current cycle vs prospects for wind (ability to go somewhere)

Possession Point Wind Strategy

- North Wind
 - First Leg
 - Can go left, middle, or right, if no other info and some westerly in it you may go left
 - Approaching Jefferson Head, generally middle approach averages out OK
 - Can be shifty on west shore, which can be good
 - Avoid overstanding
 - Second Leg
 - Strait shot is the probability
 - Watch out for accidentally getting close to the west shore, unless that's your plan
 - If you found a bend at Jeff Head earlier it may still be there, but you may have to go to the lay line to use it and you may easily go beyond
- South Wind
 - First Leg
 - Starting for strategy
 - Working shifts in the middle
 - Approach on the header (probability is starboard pole)
 - Factor current from the side when figuring your wind layline
 - Second Leg
 - Consider whatever is the long tack first
 - Many boats will work down the east shore and approach finish from there
 - East shore especially good if easterly component
 - Look for a westerly and go there if you predict or see it coming
- Other Wind
 - In a light easterly probably best to work the east
 - Sometimes the wind will come out of Possession Sound
 - Sometimes Kingston is light
 - In light air and heavy current, minimize maneuvers at the mark, position yourself early and try to make your stab at it work

Pulley Point Current Strategy

- Flood Current
 - First Leg
 - Got to like the middle
 - Watch the back eddy under West Point
 - Second Leg
 - Mark is on the east, you and your buddies probably will be too
 - West Point is not an automatic wrap around on the high side
- Ebb Current
 - First Leg
 - Inside to West Point
 - East/West decision at West Point
 - If early in the cycle you could just cross
 - Relief under Restoration
 - Some relief in Elliott Bay, but still not great
 - Colvos river will extend north on the east side of Blake Island
 - East shore south of Alki Point can be not so good as you would think in lighter ebbs
 - Second Leg
 - Like the middle
 - Watch back eddy north of West Point, but may be worth it if much more direct

Pulley Point Wind Strategy

- North Wind
 - First Leg
 - Come off West Point on starboard pole and start looking for shifts
 - Second Leg
 - Typically take your long leg after clearing Three Tree Point
 - May work geographic shifts on east shore
 - Consider crossing to Restoration Point
 - 90% probability you want to go to West Point, come in shy on port between 4 Mile Rock and West Point
- South Wind
 - First Leg
 - Generally go to West Point
 - Generally pick a side
 - Second Leg
 - Sail home
 - Look for random shifts in the middle
 - Go close to West Point to cut corner, wind may back as you enter Shilshole Bay
- Other Wind
 - Hard to offer a pattern or best probabilities in light air, look for alternating east and west winds as the air seeks equilibrium in overshooting cycles

Putting it in Perspective

No one will sail a perfect race

Together we will find some of the best ways to approach Puget Sound for that particular day