

RACE TRAINING ANALYSIS SHEET

Report No:	Event:	Date:
Helm:	Sail No:	Boat Name:
Sail make:	Sail Cut:	Sail Age:

Wind Strength (steady? shifty? gusty?):

Sea State (smooth? choppy? swell?):

Waves (direction? effects? technique used?):

Luff Tension (number of twists on tack diagonal tie):

Luff Shape (convex? straight? concave?):

Top Tie Gap:	Tack Tie Gap:	Luff Tie Gap:
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Outhaul Tension / Foot Shape:

Mast Rake:

Daggerboard (vertical? forward? back? raised? how many cm?):

Beat trim (upright? heeled to leeward? heeled to windward?):

Balance (weather? lee? neutral helm?):

Speed Upwind:

Speed Downwind:

Specific Problems:

Answers / Comments:

RACING NOTES

Pre-start:	Start:
1st beat:	Weather mark:
Good points:	Problems:
Finish:	Comments: