

SAILING COURSE TIMES

Nacra

WINDWARD / LEEWARD COURSE

FOILING

Target Time 30 minutes

Wind Range	5 - 8 Knots				8 - 12 Knots				12 - 15 Knots				15+ Knots			
Upwind Speed	12 mins/m		Up Time (mins)	Down Time (mins)	9 mins/m		Up Time (mins)	Down Time (mins)	7 mins/m		Up Time (mins)	Down Time (mins)	7 mins/m		Up Time (mins)	Down Time (mins)
Run Speed	6 mins/m				5 mins/m				3 mins/m				3 mins/m			
Leg Length Nautical Miles	LA2	LA3			LA2	LA3			LA2	LA3			LA2	LA3		
0.3	10.8	16.2	3.6	1.8	7.8	11.7	2.6	1.4	6.0	9.0	2.1	0.9	6.0	9.0	2.1	0.9
0.4	14.4	21.6	4.8	2.4	10.4	15.6	3.4	1.8	8.0	12.0	2.8	1.2	8.0	12.0	2.8	1.2
0.5	18.0	27.0	6	3.0	13.0	19.5	4.3	2.3	10.0	15.0	3.5	1.5	10.0	15.0	3.5	1.5
0.6	21.6	32.4	7.2	3.6	15.6	23.4	5.1	2.7	12.0	18.0	4.2	1.8	12.0	18.0	4.2	1.8
0.7	25.2	37.8	8.4	4.2	18.2	27.3	6.0	3.2	14.0	21.0	4.9	2.1	14.0	21.0	4.9	2.1
0.8	28.8	43.2	9.6	4.8	20.8	31.2	6.8	3.6	16.0	24.0	5.6	2.4	16.0	24.0	5.6	2.4
0.9	32.4	48.6	10.8	5.4	23.4	35.1	7.7	4.1	18.0	27.0	6.3	2.7	18.0	27.0	6.3	2.7
1.0	36.0	54.0	12	6.0	26.0	39.0	8.5	4.5	20.0	30.0	7.0	3.0	20.0	30.0	7.0	3.0
1.1	39.6	59.4	13.2	6.6	28.6	42.9	9.4	5.0	22.0	33.0	7.7	3.3	22.0	33.0	7.7	3.3
1.2	43.2	64.8	14.4	7.2	31.2	46.8	10.2	5.4	24.0	36.0	8.4	3.6	24.0	36.0	8.4	3.6
1.3	46.8	70.2	15.6	7.8	33.8	50.7	11.1	5.9	26.0	39.0	9.1	3.9	26.0	39.0	9.1	3.9
1.4	50.4	75.6	16.8	8.4	36.4	54.6	11.9	6.3	28.0	42.0	9.8	4.2	28.0	42.0	9.8	4.2
1.5	54.0	81.0	18	9.0	39.0	58.5	12.8	6.8	30.0	45.0	10.5	4.5	30.0	45.0	10.5	4.5
1.6	57.6	86.4	19.2	9.6	41.6	62.4	13.6	7.2	32.0	48.0	11.2	4.8	32.0	48.0	11.2	4.8