

Table 6.6

Course Length Determination Table								
Minutes:	30	60	90	120	150	180	210	240
or Hours:	0.5	1	1.5	2	2.5	3	3.5	4
Estimated Average Boat Speed (knots)	Length of Course Needed (nm)							
	2.0	1.0	2.0	3.0	4.0	5.0	6.0	7.0
2.5	1.3	2.5	3.8	5.0	6.3	7.5	8.8	10.0
3.0	1.5	3.0	4.5	6.0	7.5	9.0	10.5	12.0
3.5	1.8	3.5	5.3	7.0	8.8	10.5	12.3	14.0
4.0	2.0	4.0	6.0	8.0	10.0	12.0	14.0	16.0
4.5	2.3	4.5	6.8	9.0	11.3	13.5	15.8	18.0
5.0	2.5	5.0	7.5	10.0	12.5	15.0	17.5	20.0
5.5	2.8	5.5	8.3	11.0	13.8	16.5	19.3	22.0
6.0	3.0	6.0	9.0	12.0	15.0	18.0	21.0	24.0
6.5	3.3	6.5	9.8	13.0	16.3	19.5	22.8	26.0
7.0	3.5	7.0	10.5	14.0	17.5	21.0	24.5	28.0
7.5	3.8	7.5	11.3	15.0	18.8	22.5	26.3	30.0
8.0	4.0	8.0	12.0	16.0	20.0	24.0	28.0	32.0
8.5	4.3	8.5	12.8	17.0	21.3	25.5	29.8	34.0
9.0	4.5	9.0	13.5	18.0	22.5	27.0	31.5	36.0
9.5	4.8	9.5	14.3	19.0	23.8	28.5	33.3	38.0
10.0	5.0	10.0	15.0	20.0	25.0	30.0	35.0	40.0

Table 6.7

Course Length Guide									
Course Description	Length of the windward leg in nautical miles								
	0.50	0.75	1.00	1.25	1.50	1.75	2.00	2.25	2.50
Windward-leeward; upwind finish (5 legs)	2.5	3.8	5.0	6.3	7.5	8.8	10.0	11.3	12.5
Windward-leeward; downwind finish (4 legs); Trapezoid is the same but add in the two reaches	2.0	3.0	4.0	5.0	6.0	7.0	8.0	9.0	10.0
Isosceles right triangle-windward-leeward; upwind finish (6 legs)	2.7	4.1	5.4	6.8	8.1	9.5	10.8	12.2	13.5
Equilateral triangle-windward-leeward; upwind finish (6 legs)	3.0	4.5	6.0	7.5	9.0	10.5	12.0	13.5	15.0
Scalene triangle (75°-60°-45°) windward-leeward; windward finish (6 legs)	3.0	4.4	5.9	7.4	8.9	10.3	11.8	13.3	14.8
Isosceles right triangle-windward-leeward; downwind finish (5 legs)	2.2	3.3	4.4	5.5	6.6	7.7	8.8	9.9	11.0
Equilateral triangle-windward-leeward downwind finish (5 legs)	2.5	3.8	5.0	6.3	7.5	8.8	10.0	11.3	12.5
Scalene triangle (75°-60°-45°) windward-leeward; downwind finish (5 legs). This distance would be the same regardless if the triangle is done before the windward-leeward or after the windward-leeward with a reaching finish.	2.5	3.7	4.9	6.1	7.4	8.6	9.8	11.0	12.3

Table 6.8

Course Selection Guide						
General Category of Boat →	High-performance centerboard (trapeze) (Fireballs, 505s, 470s, FD's, etc.)	Planing Centerboard (Lightning, Snipe, Thistle, Sunfish, etc.)	High-performance Keelboat (Sportboat – Melges 24 & 32, Ultimate 20, etc.)	Displacement Keelboat (PHRF, J24, J22, Solings, E22, Sonars)	Multihull	Board Boats
Wind Speed Range (Knots) ↓						
0-4 (0-6 for boards)	Postpone	Postpone	Postpone	Postpone	Postpone	Postpone
4-12	Windward-Leeward	Windward-Leeward	Windward-Leeward	Windward-Leeward	Windward-Leeward	Windward-Leeward
13-19	Windward-Leeward or Triangle	Triangle or Windward-Leeward	Windward-Leeward	Windward-Leeward	Scalene Triangle or Windward-Leeward	Windward-Leeward
20-25	Triangle or Windward-Leeward	Triangle	Windward-Leeward	Windward-Leeward	Scalene Triangle (possibly without a downwind leg)	Windward-Leeward
25+	Postpone	Postpone	Windward-Leeward or Postpone	Postpone for Solings, Sonars, etc.; Windward-Leeward for others	Postpone	Postpone