# Good Vibrations 057 - Crew Sheet / Rules

## **C1** = Bow

* Second weight out
* Jib Trip: First 90 % then 100%
* Hoist spin: (halyard)
* Drop spin: collect sail (first bottom)
* Call wind shifts upwind and downwind.

## **C2** = Middle

* First weight out
* Pole out
* Hoist spin: Clear halyard and tack around shrouds > lift up sail > do not drop in the water!
* Drop spin: Halyard > 50 cm first > after bottom in, control drop the rest > sort spin after drop > prep for next hoist.
* Gybe: pull through lazy sheet
* In between legs - clear all lines.
* (Blow through gybe: hold lazy spin sheet till nose through wind, look up for spin not caught by spreaders.)
* Race Countdown
* Eyes on the compass heading and other boats

## **C3** = Main

* 3rd weight out
* Assist main trim
* Call boat weight (move sides)
* Spin hoist: pull tack line @ 50% hoist
* Spin drop: release the tack line on the drop
* Spin trim
* Upwind check the water for the next downwind favorite side
* Suggest options to helm

## **H** = Helm

* Main trim
* Tactics
* Put the boat at the right spot
* Call out manoeuvres
* Sail fast

**Manoeuvres:**

**Start:**

* Back the boat before the race.
* Setup 5min timer
* Choose start side
* Prep for the wire just before or at the start.

**Tacking:**

* H: “Tacking in 3, 2 ,1 - helm down”
* C1: prep to come in first, rush over to cleat, and release jib 100%. Pull in new sheet 90% - get straight on wire bring to 100% once up to speed
* C2 and C3: go in and out on wire (if needed)
* H: Release the Main sheet before tack 5-10 cm - Tack and sheet on up to speed.

**Gybe: (normal)**

* H: “Gybing in 3, 2, 1 - helm down”
* C3: Release lazy sheet and pull in hard new sheet.
* C2: Pull through lazy sheet.
* C1: Release old jib sheet - pull new jib sheet in
* (Downwind jib is trimmed as staysail - sync w spin)

**Spin Hoist:**

* C2: Pole out (3 to 5 boat length before mark)
* H: bear away hard - release main (C3 assist)
* C2: Move to port - clear Tack and Halyard
* C1: Release jib (only if needed) - before hoist jib all the way IN (avoid spin get caught)
* H: “Hoist”
* C2: Feed spin (not in water)
* C1: Hoist spin
* C3: Clear sheets from clean and pull tack.
* C3: Fly spin

**Spin Drop: (standard - small changes with kiwi drop)**

* C2: Halyard drop 50cm
* C1: Retrieve sheet bottom first
* C3: Release tack and pole (make sure runs smooth through deck)
* C2: One bottom sail recovered - drop controlled halyard.
* C2: Check Jib trim - start at 80%
* C1: Retrieve the whole spin – done? Go on the wire!
* C2: Put spin in bucket and sort sail and lines
* C3: Go on wire first if needed
* All: back to sail upwind.

**On board:** transparent box / has Speed puck

**On port:** everything else

**Rudder and tiller pin:** in the rudder (put back in rudder when storing). When installing, please make sure goes all the way down to the rubber ring.

**Ram:** pin/handle in sail bag

1. Hoist main and jib almost all way.
2. Add some ram.
3. Hoist 100% (watch halyards not too tight during adding ram)