

Lido 14 Tips by Dave Watry

1. Class Racing rule –must carry a minimum of 300 lbs of crew weight. Add extra ballast if under 300 lbs. [in away regattas, invitationals or championships –Grant Williams edit]
 2. Fleet A boats display a red ribbon on end of boom. [In invitationals –Grant Williams edit]
 3. Keep boat level always [exception, in very light air, a drifter, heel boat slightly to leeward]
 4. Set jib halyard and mainsail downhaul just tight enough to remove wrinkles. [Jib can also be set with wrinkles at lower snaps –Kent Foster edit].
 5. Ballance boat fore and aft –skipper and crew sit close together, shoulder to shoulder, skipper just forward of the mainsheet cleat. Stern should never be down.
 6. Sailing upwind [to weather, windward]
 - Have centerboard all the way down
 - Set outhaul so foot of sail is about 3 inches from boom, 10 to 12 inches from boom tip to clew of sail.
 - Traveler stopped at center
 - Boom vang should not be tight.
 - Trim mainsheet so top batten is parallel to boom. Changes with wind velocity.
 - Telltails on windward side should be lifting slightly [but not too much], leeward side should be streaming.
 - Watch luff of jib –be just on the verge of luffing
 - In heavy air,
 - Crack board about two inches. Changes center of effort, and eliminates “weather helm,” an extreme off centering of tiller.
 - Let out traveler- -dumps air out of top of sail.
 - “Feather” mainsail, [out in puffs, in lulls]
 - Sit further back in the boat –still together.
 7. Sailing on a reach [across the wind]
 - Pull board up until level boat steers itself.
 - Boom vang on, until top batten is parallel with the boom.
 - Trim mainsail to eliminate luffing.
 - Jib trimmed with both telltales streaming
 - Skipper and crew move aft as breeze freshens to raise bow and promote planning.
 8. Sailing Downwind [run, before the wind, with the wind]
 - Board up unless wind abeam, then set board like on a reach.
 - Tighten boom vang until top batten is parallel with boom.
 - Crew weight forward, in light air, moving aft as wind freshens.
 - Set whisker pole –skipper adjusts both main and jib as wind shifts.
 - Be sure to lower centerboard at the end of the downwind run and loosen boom vang.
 9. **BE KIND TO YOUR CREW AND YOU WILL GO FAST!**
 - do not YELL at your crew. Give specific and clear commands, but use a respectful tone.
- Remember it is supposed to be fun.

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