

**THE ROYAL NORFOLK & SUFFOLK
YACHT CLUB, LOWESTOFT**
invites you to enter the
**EAST COAST
CHAMPIONSHIP**

Sat and Sun May 28th & 29th 2005
two races per day – best three to count
followed by

EDINBURGH CUP WEEK
Mon May 30th to Sat June 4th 2005
six races – one per day

Entry fee for both Events: £250

East Coasts only: £95

Entry Fee includes drinks at the daily
after-sailing-prize-giving Sponsors' Party

There will be a full social programme

For more details contact Norman Blowers at
01502 741449 or 07766 305152 or email
tinapetts@tesco.net

From December details and entry form will be on
the Royal Norfolk & Suffolk YC web site

www.rnsyc.org.uk

RNSYC Manager telephone: 01502 566726

Technical Tips

9 – Trim Tactics

SETTING UP OF MAST:

The runners on a Dragon these days are more or less working as a backstay. The reason for this is, the jumper wire is shorter, the jumper angle is further back and the mast ram has made an effective impact on bending the mast.

This is what I do, when I set the mast up:

1. Put the forestay up in 121
2. Put 20 on the uppers and 5 on the lowers with the Loos tension gauge
3. Put the tension gauge on the forestay
4. Pull on the starboard runners, until the tension on forestay shows 30
5. Mark the through deck position of runners with tape
6. Do the same exercise on the port side

Now, I am sure I have the same runner tension on port and starboard. As a check, when pulling the runners just tight, you should have a measurement of 15cm from the tape mark to the deck.

When sailing in light conditions, I have 15cm from the tape to deck; in medium conditions 8cm; and when it blows hard, the tape is at deck level. Try it, it works

Poul-Richard Hoj-Jensen

EUROPEAN AND WORLD SELECTION PROCEDURES

1. Based on 2004 fleet numbers, the UK is entitled to select 12 boats although certain extra places can be granted at the discretion of the IDA to the home fleet if there is space (Note -this may help for the Cowes Europeans in 2006).
2. Selection will be based on the helmsman's performance.
3. All applying helmsmen must be members of the BDA.
4. Selection will be based on the three best results achieved by the helmsman in the following regattas:
 - a) Edinburgh Cup in the year preceding the application;
 - b) Edinburgh Cup in the year in which the application is made; and
 - c) South Coast and East Coast Championship each of the year in which application is made and . up to one other championship in such year designated by the BDA officers by the AGM in such year.
5. Of the available places, three will be awarded at the sole discretion of the BDA officers. The remainder will be awarded to the first nine applicants, as calculated from the helmsman's qualifying regatta results added on the low points scoring System per the ISAF Rulebook. The ranking will be calculated from results ignoring any non BDA members and helmsmen who have qualified through another route. Those not attending a regatta will be ranked in that regatta as one more than the number of other BDA member helmsmen not otherwise qualified or if

more 21.

6. Any helmsman wishing to be considered for selection must notify the the BDA Officers of his or her wish in writing, , not later than 30th September in the year preceding that of the relevant European or World championship, subject to paragraph 8 below.
7. The BDA will notify, in writing, all applicants for places not later than 31st October in the year preceding the relevant championship, subject to paragraph 8 below.
8. Where a Championship for which selection is required to commence between 1st January and 31st March, the deadline for notification of intention to attend must be submitted, in writing, by 31st May in the preceding year (as per paragraph 3 above) and the BDA's allocation of places will be notified, in writing, not later than 30 June in the preceding year. The qualifying regattas from which results can be submitted will be such regional Championships as have been held by 30 June, together with the Edinburgh Cup of the year of application, and all qualifying regattas of the previous year.
9. If at the deadline for applications for selection the number of applicants fall short of the allocation available for the BDA, the BDA officers may, at their discretion, make further selections.
10. Note: it is possible to qualify on the international circuit too - details on the IDA website - and such places are additional to the national allocation.