

# *Competitive 420 Boathandling*

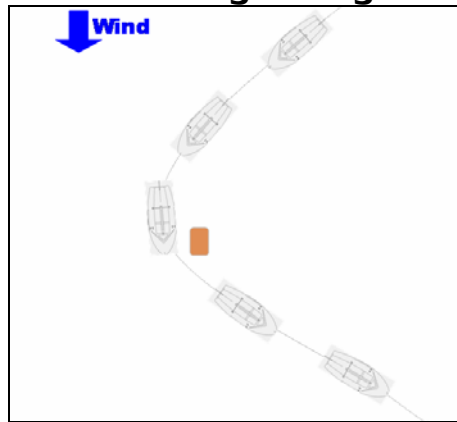
## *Chalk Talk Notes:*

### ***Gybing Technique***

#### **Two types of Gybes**

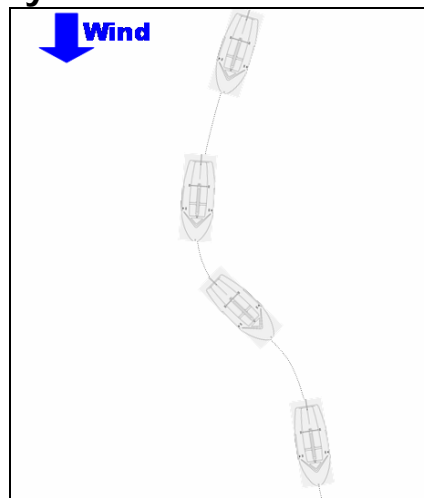
##### **Reach-to-reach gybes**

- At a gybe mark
- When conditions are very light and reaching is faster
- When conditions are strong enough for planing (Club 420)



##### **Running gybes**

- On a leeward leg, when narrow angles are preferable
- Medium to heavy conditions



## **On reach-to-reach gybes**

### **The Driver**

1. Tucks his or her feet under just as on the tack
2. Allows weight shift to steer the boat by heeling to windward
3. Keeps eyes forward on the target course to exit on
4. Pulls the main across giving a pump to the sail if possible
5. Plants the tiller extension on the windward rail
6. Lunges to the new rail
7. Switches hands
8. Hikes the boat back onto course

### **The Crew**

1. Moves weight to windward
2. "Pops" jib across to the new side
3. Gives a last shift to windward to help the main across
4. Lunges to windward to hike the boat onto course
5. Balances the driver's weight position

## **On running gybes**

### **The Driver**

1. Performs the same technique as on the reach-to-reach
2. Focuses on turning the boat back down to a run after the gybe (time spent reaching is distance lost towards the mark except in planing conditions)

## **The Crew**

- 1. Performs the same technique as on the reach-to-reach**
- 2. Shifts gears soon after the gybe to pop the jib across the windward and pass the sheet back**