

Competitive 420 Boathandling

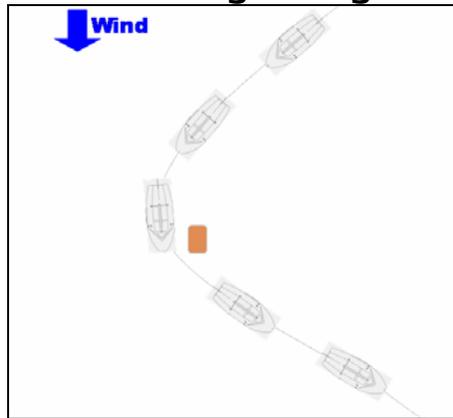
Chalk Talk Notes:

Gybing Technique

Two types of Gybes

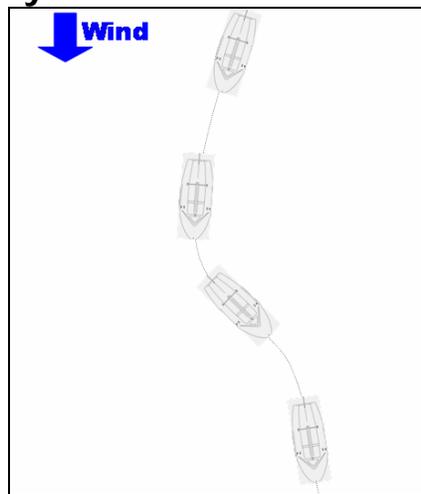
Reach-to-reach gybes

- 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**