

### ATTACHMENT 3 – Optimist speed chart

#### SAILING COURSE TIMES

#### OPTIMIST STANDARD COURSE

Target Time

50 minutes

Wind Range	5 - 8 Knots				8 - 12 Knots				12 - 15 Knots				15+ Knots			
Upwind Speed	32 mins/mile	Up Time (mins)	Down Time (mins)	Reach Time (mins)	26 mins/mile	Up Time (mins)	Down Time (mins)	Reach Time (mins)	24 mins/mile	Up Time (mins)	Down Time (mins)	Reach Time (mins)	26 mins/mile	Up Time (mins)	Down Time (mins)	Reach Time (mins)
Run Speed	18 mins/mile				15 mins/mile				14 mins/mile				13 mins/mile			
Reach Speed	20 mins/mile				17 mins/mile				15 mins/mile				14 mins/mile			
Leg Length Nautical Miles	Standard course															
0.3	30.6	9.6	5.4	6.0	25.2	7.8	4.5	5.1	23.1	7.2	4.2	4.5	23.7	7.8	3.9	4.2
0.35	35.7	11.2	6.3	7.0	29.4	9.1	5.3	6.0	27.0	8.4	4.9	5.3	27.7	9.1	4.6	4.9
0.4	40.8	12.8	7.2	8.0	33.6	10.4	6.0	6.8	30.8	9.6	5.6	6.0	31.6	10.4	5.2	5.6
0.45	45.9	14.4	8.1	9.0	37.8	11.7	6.8	7.7	34.7	10.8	6.3	6.8	35.6	11.7	5.9	6.3
0.5	51.0	16.0	9.0	10.0	42.0	13.0	7.5	8.5	38.5	12.0	7.0	7.5	39.5	13.0	6.5	7.0
0.55	56.1	17.6	9.9	11.0	46.2	14.3	8.3	9.4	42.4	13.2	7.7	8.3	43.5	14.3	7.2	7.7
0.6	61.2	19.2	10.8	12.0	50.4	15.6	9.0	10.2	46.2	14.4	8.4	9.0	47.4	15.6	7.8	8.4
0.65	66.3	20.8	11.7	13.0	54.6	16.9	9.8	11.1	50.1	15.6	9.1	9.8	51.4	16.9	8.5	9.1
0.7	71.4	22.4	12.6	14.0	58.8	18.2	10.5	11.9	53.9	16.8	9.8	10.5	55.3	18.2	9.1	9.8