

Preparatory Signal	13:00:00
Course:	
Nautical miles:	8.6

Attachment C
Course 1

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
250	0	0.0	13:00:00	204	6	35.6	13:06:35	158	13	11.2	13:13:11
249	0	8.6	13:00:08	203	6	44.2	13:06:44	157	13	19.8	13:13:19
248	0	17.2	13:00:17	202	6	52.8	13:06:52	156	13	28.4	13:13:28
247	0	25.8	13:00:25	201	7	1.4	13:07:01	155	13	37.0	13:13:37
246	0	34.4	13:00:34	200	7	10.0	13:07:10	154	13	45.6	13:13:45
245	0	43.0	13:00:43	199	7	18.6	13:07:18	153	13	54.2	13:13:54
244	0	51.6	13:00:51	198	7	27.2	13:07:27	152	14	2.8	13:14:02
243	1	0.2	13:01:00	197	7	35.8	13:07:35	151	14	11.4	13:14:11
242	1	8.8	13:01:08	196	7	44.4	13:07:44	150	14	20.0	13:14:20
241	1	17.4	13:01:17	195	7	53.0	13:07:53	149	14	28.6	13:14:28
240	1	26.0	13:01:26	194	8	1.6	13:08:01	148	14	37.2	13:14:37
239	1	34.6	13:01:34	193	8	10.2	13:08:10	147	14	45.8	13:14:45
238	1	43.2	13:01:43	192	8	18.8	13:08:18	146	14	54.4	13:14:54
237	1	51.8	13:01:51	191	8	27.4	13:08:27	145	15	3.0	13:15:03
236	2	0.4	13:02:00	190	8	36.0	13:08:36	144	15	11.6	13:15:11
235	2	9.0	13:02:09	189	8	44.6	13:08:44	143	15	20.2	13:15:20
234	2	17.6	13:02:17	188	8	53.2	13:08:53	142	15	28.8	13:15:28
233	2	26.2	13:02:26	187	9	1.8	13:09:01	141	15	37.4	13:15:37
232	2	34.8	13:02:34	186	9	10.4	13:09:10	140	15	46.0	13:15:46
231	2	43.4	13:02:43	185	9	19.0	13:09:19	139	15	54.6	13:15:54
230	2	52.0	13:02:52	184	9	27.6	13:09:27	138	16	3.2	13:16:03
229	3	0.6	13:03:00	183	9	36.2	13:09:36	137	16	11.8	13:16:11
228	3	9.2	13:03:09	182	9	44.8	13:09:44	136	16	20.4	13:16:20
227	3	17.8	13:03:17	181	9	53.4	13:09:53	135	16	29.0	13:16:29
226	3	26.4	13:03:26	180	10	2.0	13:10:02	134	16	37.6	13:16:37
225	3	35.0	13:03:35	179	10	10.6	13:10:10	133	16	46.2	13:16:46
224	3	43.6	13:03:43	178	10	19.2	13:10:19	132	16	54.8	13:16:54
223	3	52.2	13:03:52	177	10	27.8	13:10:27	131	17	3.4	13:17:03
222	4	0.8	13:04:00	176	10	36.4	13:10:36	130	17	12.0	13:17:12
221	4	9.4	13:04:09	175	10	45.0	13:10:45	129	17	20.6	13:17:20
220	4	18.0	13:04:18	174	10	53.6	13:10:53	128	17	29.2	13:17:29
219	4	26.6	13:04:26	173	11	2.2	13:11:02	127	17	37.8	13:17:37
218	4	35.2	13:04:35	172	11	10.8	13:11:10	126	17	46.4	13:17:46
217	4	43.8	13:04:43	171	11	19.4	13:11:19	125	17	55.0	13:17:55
216	4	52.4	13:04:52	170	11	28.0	13:11:28	124	18	3.6	13:18:03
215	5	1.0	13:05:01	169	11	36.6	13:11:36	123	18	12.2	13:18:12
214	5	9.6	13:05:09	168	11	45.2	13:11:45	122	18	20.8	13:18:20
213	5	18.2	13:05:18	167	11	53.8	13:11:53	121	18	29.4	13:18:29
212	5	26.8	13:05:26	166	12	2.4	13:12:02	120	18	38.0	13:18:38
211	5	35.4	13:05:35	165	12	11.0	13:12:11	119	18	46.6	13:18:46
210	5	44.0	13:05:44	164	12	19.6	13:12:19	118	18	55.2	13:18:55
209	5	52.6	13:05:52	163	12	28.2	13:12:28	117	19	3.8	13:19:03
208	6	1.2	13:06:01	162	12	36.8	13:12:36	116	19	12.4	13:19:12
207	6	9.8	13:06:09	161	12	45.4	13:12:45	115	19	21.0	13:19:21
206	6	18.4	13:06:18	160	12	54.0	13:12:54	114	19	29.6	13:19:29
205	6	27.0	13:06:27	159	13	2.6	13:13:02	113	19	38.2	13:19:38

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
112	19	46.8	13:19:46	65	26	31.0	13:26:31	18	33	15.2	13:33:15
111	19	55.4	13:19:55	64	26	39.6	13:26:39	17	33	23.8	13:33:23
110	20	4.0	13:20:04	63	26	48.2	13:26:48	16	33	32.4	13:33:32
109	20	12.6	13:20:12	62	26	56.8	13:26:56	15	33	41.0	13:33:41
108	20	21.2	13:20:21	61	27	5.4	13:27:05	14	33	49.6	13:33:49
107	20	29.8	13:20:29	60	27	14.0	13:27:14	13	33	58.2	13:33:58
106	20	38.4	13:20:38	59	27	22.6	13:27:22	12	34	6.8	13:34:06
105	20	47.0	13:20:47	58	27	31.2	13:27:31	11	34	15.4	13:34:15
104	20	55.6	13:20:55	57	27	39.8	13:27:39	10	34	24.0	13:34:24
103	21	4.2	13:21:04	56	27	48.4	13:27:48	9	34	32.6	13:34:32
102	21	12.8	13:21:12	55	27	57.0	13:27:57	8	34	41.2	13:34:41
101	21	21.4	13:21:21	54	28	5.6	13:28:05	7	34	49.8	13:34:49
100	21	30.0	13:21:30	53	28	14.2	13:28:14	6	34	58.4	13:34:58
99	21	38.6	13:21:38	52	28	22.8	13:28:22	5	35	7.0	13:35:07
98	21	47.2	13:21:47	51	28	31.4	13:28:31	4	35	15.6	13:35:15
97	21	55.8	13:21:55	50	28	40.0	13:28:40				
96	22	4.4	13:22:04	49	28	48.6	13:28:48				
95	22	13.0	13:22:13	48	28	57.2	13:28:57				
94	22	21.6	13:22:21	47	29	5.8	13:29:05				
93	22	30.2	13:22:30	46	29	14.4	13:29:14				
92	22	38.8	13:22:38	45	29	23.0	13:29:23				
91	22	47.4	13:22:47	44	29	31.6	13:29:31				
90	22	56.0	13:22:56	43	29	40.2	13:29:40				
89	23	4.6	13:23:04	42	29	48.8	13:29:48				
88	23	13.2	13:23:13	41	29	57.4	13:29:57				
87	23	21.8	13:23:21	40	30	6.0	13:30:06				
86	23	30.4	13:23:30	39	30	14.6	13:30:14				
85	23	39.0	13:23:39	38	30	23.2	13:30:23				
84	23	47.6	13:23:47	37	30	31.8	13:30:31				
83	23	56.2	13:23:56	36	30	40.4	13:30:40				
82	24	4.8	13:24:04	35	30	49.0	13:30:49				
81	24	13.4	13:24:13	34	30	57.6	13:30:57				
80	24	22.0	13:24:22	33	31	6.2	13:31:06				
79	24	30.6	13:24:30	32	31	14.8	13:31:14				
78	24	39.2	13:24:39	31	31	23.4	13:31:23				
77	24	47.8	13:24:47	30	31	32.0	13:31:32				
76	24	56.4	13:24:56	29	31	40.6	13:31:40				
75	25	5.0	13:25:05	28	31	49.2	13:31:49				
74	25	13.6	13:25:13	27	31	57.8	13:31:57				
73	25	22.2	13:25:22	26	32	6.4	13:32:06				
72	25	30.8	13:25:30	25	32	15.0	13:32:15				
71	25	39.4	13:25:39	24	32	23.6	13:32:23				
70	25	48.0	13:25:48	23	32	32.2	13:32:32				
69	25	56.6	13:25:56	22	32	40.8	13:32:40				
68	26	5.2	13:26:05	21	32	49.4	13:32:49				
67	26	13.8	13:26:13	20	32	58.0	13:32:58				
66	26	22.4	13:26:22	19	33	6.6	13:33:06				