

|                    |          |
|--------------------|----------|
| Preparatory Signal | 13:00:00 |
| Course:            |          |
| Nautical miles:    | 12.8     |

Attachment C  
Course 3

| PHRF | Min | Sec  | Start    | PHRF | Min | Sec  | Start    | PHRF | Min | Sec  | Start    |
|------|-----|------|----------|------|-----|------|----------|------|-----|------|----------|
| 250  | 0   | 0.0  | 13:00:00 | 204  | 9   | 48.8 | 13:09:48 | 158  | 19  | 37.6 | 13:19:37 |
| 249  | 0   | 12.8 | 13:00:12 | 203  | 10  | 1.6  | 13:10:01 | 157  | 19  | 50.4 | 13:19:50 |
| 248  | 0   | 25.6 | 13:00:25 | 202  | 10  | 14.4 | 13:10:14 | 156  | 20  | 3.2  | 13:20:03 |
| 247  | 0   | 38.4 | 13:00:38 | 201  | 10  | 27.2 | 13:10:27 | 155  | 20  | 16.0 | 13:20:16 |
| 246  | 0   | 51.2 | 13:00:51 | 200  | 10  | 40.0 | 13:10:40 | 154  | 20  | 28.8 | 13:20:28 |
| 245  | 1   | 4.0  | 13:01:04 | 199  | 10  | 52.8 | 13:10:52 | 153  | 20  | 41.6 | 13:20:41 |
| 244  | 1   | 16.8 | 13:01:16 | 198  | 11  | 5.6  | 13:11:05 | 152  | 20  | 54.4 | 13:20:54 |
| 243  | 1   | 29.6 | 13:01:29 | 197  | 11  | 18.4 | 13:11:18 | 151  | 21  | 7.2  | 13:21:07 |
| 242  | 1   | 42.4 | 13:01:42 | 196  | 11  | 31.2 | 13:11:31 | 150  | 21  | 20.0 | 13:21:20 |
| 241  | 1   | 55.2 | 13:01:55 | 195  | 11  | 44.0 | 13:11:44 | 149  | 21  | 32.8 | 13:21:32 |
| 240  | 2   | 8.0  | 13:02:08 | 194  | 11  | 56.8 | 13:11:56 | 148  | 21  | 45.6 | 13:21:45 |
| 239  | 2   | 20.8 | 13:02:20 | 193  | 12  | 9.6  | 13:12:09 | 147  | 21  | 58.4 | 13:21:58 |
| 238  | 2   | 33.6 | 13:02:33 | 192  | 12  | 22.4 | 13:12:22 | 146  | 22  | 11.2 | 13:22:11 |
| 237  | 2   | 46.4 | 13:02:46 | 191  | 12  | 35.2 | 13:12:35 | 145  | 22  | 24.0 | 13:22:24 |
| 236  | 2   | 59.2 | 13:02:59 | 190  | 12  | 48.0 | 13:12:48 | 144  | 22  | 36.8 | 13:22:36 |
| 235  | 3   | 12.0 | 13:03:12 | 189  | 13  | 0.8  | 13:13:00 | 143  | 22  | 49.6 | 13:22:49 |
| 234  | 3   | 24.8 | 13:03:24 | 188  | 13  | 13.6 | 13:13:13 | 142  | 23  | 2.4  | 13:23:02 |
| 233  | 3   | 37.6 | 13:03:37 | 187  | 13  | 26.4 | 13:13:26 | 141  | 23  | 15.2 | 13:23:15 |
| 232  | 3   | 50.4 | 13:03:50 | 186  | 13  | 39.2 | 13:13:39 | 140  | 23  | 28.0 | 13:23:28 |
| 231  | 4   | 3.2  | 13:04:03 | 185  | 13  | 52.0 | 13:13:52 | 139  | 23  | 40.8 | 13:23:40 |
| 230  | 4   | 16.0 | 13:04:16 | 184  | 14  | 4.8  | 13:14:04 | 138  | 23  | 53.6 | 13:23:53 |
| 229  | 4   | 28.8 | 13:04:28 | 183  | 14  | 17.6 | 13:14:17 | 137  | 24  | 6.4  | 13:24:06 |
| 228  | 4   | 41.6 | 13:04:41 | 182  | 14  | 30.4 | 13:14:30 | 136  | 24  | 19.2 | 13:24:19 |
| 227  | 4   | 54.4 | 13:04:54 | 181  | 14  | 43.2 | 13:14:43 | 135  | 24  | 32.0 | 13:24:32 |
| 226  | 5   | 7.2  | 13:05:07 | 180  | 14  | 56.0 | 13:14:56 | 134  | 24  | 44.8 | 13:24:44 |
| 225  | 5   | 20.0 | 13:05:20 | 179  | 15  | 8.8  | 13:15:08 | 133  | 24  | 57.6 | 13:24:57 |
| 224  | 5   | 32.8 | 13:05:32 | 178  | 15  | 21.6 | 13:15:21 | 132  | 25  | 10.4 | 13:25:10 |
| 223  | 5   | 45.6 | 13:05:45 | 177  | 15  | 34.4 | 13:15:34 | 131  | 25  | 23.2 | 13:25:23 |
| 222  | 5   | 58.4 | 13:05:58 | 176  | 15  | 47.2 | 13:15:47 | 130  | 25  | 36.0 | 13:25:36 |
| 221  | 6   | 11.2 | 13:06:11 | 175  | 16  | 0.0  | 13:16:00 | 129  | 25  | 48.8 | 13:25:48 |
| 220  | 6   | 24.0 | 13:06:24 | 174  | 16  | 12.8 | 13:16:12 | 128  | 26  | 1.6  | 13:26:01 |
| 219  | 6   | 36.8 | 13:06:36 | 173  | 16  | 25.6 | 13:16:25 | 127  | 26  | 14.4 | 13:26:14 |
| 218  | 6   | 49.6 | 13:06:49 | 172  | 16  | 38.4 | 13:16:38 | 126  | 26  | 27.2 | 13:26:27 |
| 217  | 7   | 2.4  | 13:07:02 | 171  | 16  | 51.2 | 13:16:51 | 125  | 26  | 40.0 | 13:26:40 |
| 216  | 7   | 15.2 | 13:07:15 | 170  | 17  | 4.0  | 13:17:04 | 124  | 26  | 52.8 | 13:26:52 |
| 215  | 7   | 28.0 | 13:07:28 | 169  | 17  | 16.8 | 13:17:16 | 123  | 27  | 5.6  | 13:27:05 |
| 214  | 7   | 40.8 | 13:07:40 | 168  | 17  | 29.6 | 13:17:29 | 122  | 27  | 18.4 | 13:27:18 |
| 213  | 7   | 53.6 | 13:07:53 | 167  | 17  | 42.4 | 13:17:42 | 121  | 27  | 31.2 | 13:27:31 |
| 212  | 8   | 6.4  | 13:08:06 | 166  | 17  | 55.2 | 13:17:55 | 120  | 27  | 44.0 | 13:27:44 |
| 211  | 8   | 19.2 | 13:08:19 | 165  | 18  | 8.0  | 13:18:08 | 119  | 27  | 56.8 | 13:27:56 |
| 210  | 8   | 32.0 | 13:08:32 | 164  | 18  | 20.8 | 13:18:20 | 118  | 28  | 9.6  | 13:28:09 |
| 209  | 8   | 44.8 | 13:08:44 | 163  | 18  | 33.6 | 13:18:33 | 117  | 28  | 22.4 | 13:28:22 |
| 208  | 8   | 57.6 | 13:08:57 | 162  | 18  | 46.4 | 13:18:46 | 116  | 28  | 35.2 | 13:28:35 |
| 207  | 9   | 10.4 | 13:09:10 | 161  | 18  | 59.2 | 13:18:59 | 115  | 28  | 48.0 | 13:28:48 |
| 206  | 9   | 23.2 | 13:09:23 | 160  | 19  | 12.0 | 13:19:12 | 114  | 29  | 0.8  | 13:29:00 |
| 205  | 9   | 36.0 | 13:09:36 | 159  | 19  | 24.8 | 13:19:24 | 113  | 29  | 13.6 | 13:29:13 |

| PHRF | Min | Sec  | Start    | PHRF | Min | Sec  | Start    | PHRF | Min | Sec  | Start    |
|------|-----|------|----------|------|-----|------|----------|------|-----|------|----------|
| 112  | 29  | 26.4 | 13:29:26 | 65   | 39  | 28.0 | 13:39:28 | 18   | 49  | 29.6 | 13:49:29 |
| 111  | 29  | 39.2 | 13:29:39 | 64   | 39  | 40.8 | 13:39:40 | 17   | 49  | 42.4 | 13:49:42 |
| 110  | 29  | 52.0 | 13:29:52 | 63   | 39  | 53.6 | 13:39:53 | 16   | 49  | 55.2 | 13:49:55 |
| 109  | 30  | 4.8  | 13:30:04 | 62   | 40  | 6.4  | 13:40:06 | 15   | 50  | 8.0  | 13:50:08 |
| 108  | 30  | 17.6 | 13:30:17 | 61   | 40  | 19.2 | 13:40:19 | 14   | 50  | 20.8 | 13:50:20 |
| 107  | 30  | 30.4 | 13:30:30 | 60   | 40  | 32.0 | 13:40:32 | 13   | 50  | 33.6 | 13:50:33 |
| 106  | 30  | 43.2 | 13:30:43 | 59   | 40  | 44.8 | 13:40:44 | 12   | 50  | 46.4 | 13:50:46 |
| 105  | 30  | 56.0 | 13:30:56 | 58   | 40  | 57.6 | 13:40:57 | 11   | 50  | 59.2 | 13:50:59 |
| 104  | 31  | 8.8  | 13:31:08 | 57   | 41  | 10.4 | 13:41:10 | 10   | 51  | 12.0 | 13:51:12 |
| 103  | 31  | 21.6 | 13:31:21 | 56   | 41  | 23.2 | 13:41:23 | 9    | 51  | 24.8 | 13:51:24 |
| 102  | 31  | 34.4 | 13:31:34 | 55   | 41  | 36.0 | 13:41:36 | 8    | 51  | 37.6 | 13:51:37 |
| 101  | 31  | 47.2 | 13:31:47 | 54   | 41  | 48.8 | 13:41:48 | 7    | 51  | 50.4 | 13:51:50 |
| 100  | 32  | 0.0  | 13:32:00 | 53   | 42  | 1.6  | 13:42:01 | 6    | 52  | 3.2  | 13:52:03 |
| 99   | 32  | 12.8 | 13:32:12 | 52   | 42  | 14.4 | 13:42:14 | 5    | 52  | 16.0 | 13:52:16 |
| 98   | 32  | 25.6 | 13:32:25 | 51   | 42  | 27.2 | 13:42:27 | 4    | 52  | 28.8 | 13:52:28 |
| 97   | 32  | 38.4 | 13:32:38 | 50   | 42  | 40.0 | 13:42:40 |      |     |      |          |
| 96   | 32  | 51.2 | 13:32:51 | 49   | 42  | 52.8 | 13:42:52 |      |     |      |          |
| 95   | 33  | 4.0  | 13:33:04 | 48   | 43  | 5.6  | 13:43:05 |      |     |      |          |
| 94   | 33  | 16.8 | 13:33:16 | 47   | 43  | 18.4 | 13:43:18 |      |     |      |          |
| 93   | 33  | 29.6 | 13:33:29 | 46   | 43  | 31.2 | 13:43:31 |      |     |      |          |
| 92   | 33  | 42.4 | 13:33:42 | 45   | 43  | 44.0 | 13:43:44 |      |     |      |          |
| 91   | 33  | 55.2 | 13:33:55 | 44   | 43  | 56.8 | 13:43:56 |      |     |      |          |
| 90   | 34  | 8.0  | 13:34:08 | 43   | 44  | 9.6  | 13:44:09 |      |     |      |          |
| 89   | 34  | 20.8 | 13:34:20 | 42   | 44  | 22.4 | 13:44:22 |      |     |      |          |
| 88   | 34  | 33.6 | 13:34:33 | 41   | 44  | 35.2 | 13:44:35 |      |     |      |          |
| 87   | 34  | 46.4 | 13:34:46 | 40   | 44  | 48.0 | 13:44:48 |      |     |      |          |
| 86   | 34  | 59.2 | 13:34:59 | 39   | 45  | 0.8  | 13:45:00 |      |     |      |          |
| 85   | 35  | 12.0 | 13:35:12 | 38   | 45  | 13.6 | 13:45:13 |      |     |      |          |
| 84   | 35  | 24.8 | 13:35:24 | 37   | 45  | 26.4 | 13:45:26 |      |     |      |          |
| 83   | 35  | 37.6 | 13:35:37 | 36   | 45  | 39.2 | 13:45:39 |      |     |      |          |
| 82   | 35  | 50.4 | 13:35:50 | 35   | 45  | 52.0 | 13:45:52 |      |     |      |          |
| 81   | 36  | 3.2  | 13:36:03 | 34   | 46  | 4.8  | 13:46:04 |      |     |      |          |
| 80   | 36  | 16.0 | 13:36:16 | 33   | 46  | 17.6 | 13:46:17 |      |     |      |          |
| 79   | 36  | 28.8 | 13:36:28 | 32   | 46  | 30.4 | 13:46:30 |      |     |      |          |
| 78   | 36  | 41.6 | 13:36:41 | 31   | 46  | 43.2 | 13:46:43 |      |     |      |          |
| 77   | 36  | 54.4 | 13:36:54 | 30   | 46  | 56.0 | 13:46:56 |      |     |      |          |
| 76   | 37  | 7.2  | 13:37:07 | 29   | 47  | 8.8  | 13:47:08 |      |     |      |          |
| 75   | 37  | 20.0 | 13:37:20 | 28   | 47  | 21.6 | 13:47:21 |      |     |      |          |
| 74   | 37  | 32.8 | 13:37:32 | 27   | 47  | 34.4 | 13:47:34 |      |     |      |          |
| 73   | 37  | 45.6 | 13:37:45 | 26   | 47  | 47.2 | 13:47:47 |      |     |      |          |
| 72   | 37  | 58.4 | 13:37:58 | 25   | 48  | 0.0  | 13:48:00 |      |     |      |          |
| 71   | 38  | 11.2 | 13:38:11 | 24   | 48  | 12.8 | 13:48:12 |      |     |      |          |
| 70   | 38  | 24.0 | 13:38:24 | 23   | 48  | 25.6 | 13:48:25 |      |     |      |          |
| 69   | 38  | 36.8 | 13:38:36 | 22   | 48  | 38.4 | 13:48:38 |      |     |      |          |
| 68   | 38  | 49.6 | 13:38:49 | 21   | 48  | 51.2 | 13:48:51 |      |     |      |          |
| 67   | 39  | 2.4  | 13:39:02 | 20   | 49  | 4.0  | 13:49:04 |      |     |      |          |
| 66   | 39  | 15.2 | 13:39:15 | 19   | 49  | 16.8 | 13:49:16 |      |     |      |          |