

Preparatory Signal	17:00:00
Course:	1
Nautical miles:	10.2

ATTACHMENT A - Course 1

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
274	0	0.0	17:00:00	228	7	49.2	17:07:49	182	15	38.4	17:15:38
273	0	10.2	17:00:10	227	7	59.4	17:07:59	181	15	48.6	17:15:48
272	0	20.4	17:00:20	226	8	9.6	17:08:09	180	15	58.8	17:15:58
271	0	30.6	17:00:30	225	8	19.8	17:08:19	179	16	9.0	17:16:09
270	0	40.8	17:00:40	224	8	30.0	17:08:30	178	16	19.2	17:16:19
269	0	51.0	17:00:51	223	8	40.2	17:08:40	177	16	29.4	17:16:29
268	1	1.2	17:01:01	222	8	50.4	17:08:50	176	16	39.6	17:16:39
267	1	11.4	17:01:11	221	9	0.6	17:09:00	175	16	49.8	17:16:49
266	1	21.6	17:01:21	220	9	10.8	17:09:10	174	17	0.0	17:17:00
265	1	31.8	17:01:31	219	9	21.0	17:09:21	173	17	10.2	17:17:10
264	1	42.0	17:01:42	218	9	31.2	17:09:31	172	17	20.4	17:17:20
263	1	52.2	17:01:52	217	9	41.4	17:09:41	171	17	30.6	17:17:30
262	2	2.4	17:02:02	216	9	51.6	17:09:51	170	17	40.8	17:17:40
261	2	12.6	17:02:12	215	10	1.8	17:10:01	169	17	51.0	17:17:51
260	2	22.8	17:02:22	214	10	12.0	17:10:12	168	18	1.2	17:18:01
259	2	33.0	17:02:33	213	10	22.2	17:10:22	167	18	11.4	17:18:11
258	2	43.2	17:02:43	212	10	32.4	17:10:32	166	18	21.6	17:18:21
257	2	53.4	17:02:53	211	10	42.6	17:10:42	165	18	31.8	17:18:31
256	3	3.6	17:03:03	210	10	52.8	17:10:52	164	18	42.0	17:18:42
255	3	13.8	17:03:13	209	11	3.0	17:11:03	163	18	52.2	17:18:52
254	3	24.0	17:03:24	208	11	13.2	17:11:13	162	19	2.4	17:19:02
253	3	34.2	17:03:34	207	11	23.4	17:11:23	161	19	12.6	17:19:12
252	3	44.4	17:03:44	206	11	33.6	17:11:33	160	19	22.8	17:19:22
251	3	54.6	17:03:54	205	11	43.8	17:11:43	159	19	33.0	17:19:33
250	4	4.8	17:04:04	204	11	54.0	17:11:54	158	19	43.2	17:19:43
249	4	15.0	17:04:15	203	12	4.2	17:12:04	157	19	53.4	17:19:53
248	4	25.2	17:04:25	202	12	14.4	17:12:14	156	20	3.6	17:20:03
247	4	35.4	17:04:35	201	12	24.6	17:12:24	155	20	13.8	17:20:13
246	4	45.6	17:04:45	200	12	34.8	17:12:34	154	20	24.0	17:20:24
245	4	55.8	17:04:55	199	12	45.0	17:12:45	153	20	34.2	17:20:34
244	5	6.0	17:05:06	198	12	55.2	17:12:55	152	20	44.4	17:20:44
243	5	16.2	17:05:16	197	13	5.4	17:13:05	151	20	54.6	17:20:54
242	5	26.4	17:05:26	196	13	15.6	17:13:15	150	21	4.8	17:21:04
241	5	36.6	17:05:36	195	13	25.8	17:13:25	149	21	15.0	17:21:15
240	5	46.8	17:05:46	194	13	36.0	17:13:36	148	21	25.2	17:21:25
239	5	57.0	17:05:57	193	13	46.2	17:13:46	147	21	35.4	17:21:35
238	6	7.2	17:06:07	192	13	56.4	17:13:56	146	21	45.6	17:21:45
237	6	17.4	17:06:17	191	14	6.6	17:14:06	145	21	55.8	17:21:55
236	6	27.6	17:06:27	190	14	16.8	17:14:16	144	22	6.0	17:22:06
235	6	37.8	17:06:37	189	14	27.0	17:14:27	143	22	16.2	17:22:16
234	6	48.0	17:06:48	188	14	37.2	17:14:37	142	22	26.4	17:22:26
233	6	58.2	17:06:58	187	14	47.4	17:14:47	141	22	36.6	17:22:36
232	7	8.4	17:07:08	186	14	57.6	17:14:57	140	22	46.8	17:22:46
231	7	18.6	17:07:18	185	15	7.8	17:15:07	139	22	57.0	17:22:57
230	7	28.8	17:07:28	184	15	18.0	17:15:18	138	23	7.2	17:23:07
229	7	39.0	17:07:39	183	15	28.2	17:15:28	137	23	17.4	17:23:17

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
136	23	27.6	17:23:27	89	31	27.0	17:31:27	42	39	26.4	17:39:26
135	23	37.8	17:23:37	88	31	37.2	17:31:37	41	39	36.6	17:39:36
134	23	48.0	17:23:48	87	31	47.4	17:31:47	40	39	46.8	17:39:46
133	23	58.2	17:23:58	86	31	57.6	17:31:57	39	39	57.0	17:39:57
132	24	8.4	17:24:08	85	32	7.8	17:32:07	38	40	7.2	17:40:07
131	24	18.6	17:24:18	84	32	18.0	17:32:18	37	40	17.4	17:40:17
130	24	28.8	17:24:28	83	32	28.2	17:32:28	36	40	27.6	17:40:27
129	24	39.0	17:24:39	82	32	38.4	17:32:38	35	40	37.8	17:40:37
128	24	49.2	17:24:49	81	32	48.6	17:32:48	34	40	48.0	17:40:48
127	24	59.4	17:24:59	80	32	58.8	17:32:58	33	40	58.2	17:40:58
126	25	9.6	17:25:09	79	33	9.0	17:33:09	32	41	8.4	17:41:08
125	25	19.8	17:25:19	78	33	19.2	17:33:19	31	41	18.6	17:41:18
124	25	30.0	17:25:30	77	33	29.4	17:33:29	30	41	28.8	17:41:28
123	25	40.2	17:25:40	76	33	39.6	17:33:39	29	41	39.0	17:41:39
122	25	50.4	17:25:50	75	33	49.8	17:33:49	28	41	49.2	17:41:49
121	26	0.6	17:26:00	74	34	0.0	17:34:00				
120	26	10.8	17:26:10	73	34	10.2	17:34:10				
119	26	21.0	17:26:21	72	34	20.4	17:34:20				
118	26	31.2	17:26:31	71	34	30.6	17:34:30				
117	26	41.4	17:26:41	70	34	40.8	17:34:40				
116	26	51.6	17:26:51	69	34	51.0	17:34:51				
115	27	1.8	17:27:01	68	35	1.2	17:35:01				
114	27	12.0	17:27:12	67	35	11.4	17:35:11				
113	27	22.2	17:27:22	66	35	21.6	17:35:21				
112	27	32.4	17:27:32	65	35	31.8	17:35:31				
111	27	42.6	17:27:42	64	35	42.0	17:35:42				
110	27	52.8	17:27:52	63	35	52.2	17:35:52				
109	28	3.0	17:28:03	62	36	2.4	17:36:02				
108	28	13.2	17:28:13	61	36	12.6	17:36:12				
107	28	23.4	17:28:23	60	36	22.8	17:36:22				
106	28	33.6	17:28:33	59	36	33.0	17:36:33				
105	28	43.8	17:28:43	58	36	43.2	17:36:43				
104	28	54.0	17:28:54	57	36	53.4	17:36:53				
103	29	4.2	17:29:04	56	37	3.6	17:37:03				
102	29	14.4	17:29:14	55	37	13.8	17:37:13				
101	29	24.6	17:29:24	54	37	24.0	17:37:24				
100	29	34.8	17:29:34	53	37	34.2	17:37:34				
99	29	45.0	17:29:45	52	37	44.4	17:37:44				
98	29	55.2	17:29:55	51	37	54.6	17:37:54				
97	30	5.4	17:30:05	50	38	4.8	17:38:04				
96	30	15.6	17:30:15	49	38	15.0	17:38:15				
95	30	25.8	17:30:25	48	38	25.2	17:38:25				
94	30	36.0	17:30:36	47	38	35.4	17:38:35				
93	30	46.2	17:30:46	46	38	45.6	17:38:45				
92	30	56.4	17:30:56	45	38	55.8	17:38:55				
91	31	6.6	17:31:06	44	39	6.0	17:39:06				
90	31	16.8	17:31:16	43	39	16.2	17:39:16				

Preparatory Signal	17:00:00
Course:	2
Nautical miles:	11.4

ATTACHMENT A - Course 2

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
274	0	0.0	17:00:00	228	8	44.4	17:08:44	182	17	28.8	17:17:28
273	0	11.4	17:00:11	227	8	55.8	17:08:55	181	17	40.2	17:17:40
272	0	22.8	17:00:22	226	9	7.2	17:09:07	180	17	51.6	17:17:51
271	0	34.2	17:00:34	225	9	18.6	17:09:18	179	18	3.0	17:18:03
270	0	45.6	17:00:45	224	9	30.0	17:09:30	178	18	14.4	17:18:14
269	0	57.0	17:00:57	223	9	41.4	17:09:41	177	18	25.8	17:18:25
268	1	8.4	17:01:08	222	9	52.8	17:09:52	176	18	37.2	17:18:37
267	1	19.8	17:01:19	221	10	4.2	17:10:04	175	18	48.6	17:18:48
266	1	31.2	17:01:31	220	10	15.6	17:10:15	174	19	0.0	17:19:00
265	1	42.6	17:01:42	219	10	27.0	17:10:27	173	19	11.4	17:19:11
264	1	54.0	17:01:54	218	10	38.4	17:10:38	172	19	22.8	17:19:22
263	2	5.4	17:02:05	217	10	49.8	17:10:49	171	19	34.2	17:19:34
262	2	16.8	17:02:16	216	11	1.2	17:11:01	170	19	45.6	17:19:45
261	2	28.2	17:02:28	215	11	12.6	17:11:12	169	19	57.0	17:19:57
260	2	39.6	17:02:39	214	11	24.0	17:11:24	168	20	8.4	17:20:08
259	2	51.0	17:02:51	213	11	35.4	17:11:35	167	20	19.8	17:20:19
258	3	2.4	17:03:02	212	11	46.8	17:11:46	166	20	31.2	17:20:31
257	3	13.8	17:03:13	211	11	58.2	17:11:58	165	20	42.6	17:20:42
256	3	25.2	17:03:25	210	12	9.6	17:12:09	164	20	54.0	17:20:54
255	3	36.6	17:03:36	209	12	21.0	17:12:21	163	21	5.4	17:21:05
254	3	48.0	17:03:48	208	12	32.4	17:12:32	162	21	16.8	17:21:16
253	3	59.4	17:03:59	207	12	43.8	17:12:43	161	21	28.2	17:21:28
252	4	10.8	17:04:10	206	12	55.2	17:12:55	160	21	39.6	17:21:39
251	4	22.2	17:04:22	205	13	6.6	17:13:06	159	21	51.0	17:21:51
250	4	33.6	17:04:33	204	13	18.0	17:13:18	158	22	2.4	17:22:02
249	4	45.0	17:04:45	203	13	29.4	17:13:29	157	22	13.8	17:22:13
248	4	56.4	17:04:56	202	13	40.8	17:13:40	156	22	25.2	17:22:25
247	5	7.8	17:05:07	201	13	52.2	17:13:52	155	22	36.6	17:22:36
246	5	19.2	17:05:19	200	14	3.6	17:14:03	154	22	48.0	17:22:48
245	5	30.6	17:05:30	199	14	15.0	17:14:15	153	22	59.4	17:22:59
244	5	42.0	17:05:42	198	14	26.4	17:14:26	152	23	10.8	17:23:10
243	5	53.4	17:05:53	197	14	37.8	17:14:37	151	23	22.2	17:23:22
242	6	4.8	17:06:04	196	14	49.2	17:14:49	150	23	33.6	17:23:33
241	6	16.2	17:06:16	195	15	0.6	17:15:00	149	23	45.0	17:23:45
240	6	27.6	17:06:27	194	15	12.0	17:15:12	148	23	56.4	17:23:56
239	6	39.0	17:06:39	193	15	23.4	17:15:23	147	24	7.8	17:24:07
238	6	50.4	17:06:50	192	15	34.8	17:15:34	146	24	19.2	17:24:19
237	7	1.8	17:07:01	191	15	46.2	17:15:46	145	24	30.6	17:24:30
236	7	13.2	17:07:13	190	15	57.6	17:15:57	144	24	42.0	17:24:42
235	7	24.6	17:07:24	189	16	9.0	17:16:09	143	24	53.4	17:24:53
234	7	36.0	17:07:36	188	16	20.4	17:16:20	142	25	4.8	17:25:04
233	7	47.4	17:07:47	187	16	31.8	17:16:31	141	25	16.2	17:25:16
232	7	58.8	17:07:58	186	16	43.2	17:16:43	140	25	27.6	17:25:27
231	8	10.2	17:08:10	185	16	54.6	17:16:54	139	25	39.0	17:25:39
230	8	21.6	17:08:21	184	17	6.0	17:17:06	138	25	50.4	17:25:50
229	8	33.0	17:08:33	183	17	17.4	17:17:17	137	26	1.8	17:26:01

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
136	26	13.2	17:26:13	89	35	9.0	17:35:09	42	44	4.8	17:44:04
135	26	24.6	17:26:24	88	35	20.4	17:35:20	41	44	16.2	17:44:16
134	26	36.0	17:26:36	87	35	31.8	17:35:31	40	44	27.6	17:44:27
133	26	47.4	17:26:47	86	35	43.2	17:35:43	39	44	39.0	17:44:39
132	26	58.8	17:26:58	85	35	54.6	17:35:54	38	44	50.4	17:44:50
131	27	10.2	17:27:10	84	36	6.0	17:36:06	37	45	1.8	17:45:01
130	27	21.6	17:27:21	83	36	17.4	17:36:17	36	45	13.2	17:45:13
129	27	33.0	17:27:33	82	36	28.8	17:36:28	35	45	24.6	17:45:24
128	27	44.4	17:27:44	81	36	40.2	17:36:40	34	45	36.0	17:45:36
127	27	55.8	17:27:55	80	36	51.6	17:36:51	33	45	47.4	17:45:47
126	28	7.2	17:28:07	79	37	3.0	17:37:03	32	45	58.8	17:45:58
125	28	18.6	17:28:18	78	37	14.4	17:37:14	31	46	10.2	17:46:10
124	28	30.0	17:28:30	77	37	25.8	17:37:25	30	46	21.6	17:46:21
123	28	41.4	17:28:41	76	37	37.2	17:37:37	29	46	33.0	17:46:33
122	28	52.8	17:28:52	75	37	48.6	17:37:48	28	46	44.4	17:46:44
121	29	4.2	17:29:04	74	38	0.0	17:38:00				
120	29	15.6	17:29:15	73	38	11.4	17:38:11				
119	29	27.0	17:29:27	72	38	22.8	17:38:22				
118	29	38.4	17:29:38	71	38	34.2	17:38:34				
117	29	49.8	17:29:49	70	38	45.6	17:38:45				
116	30	1.2	17:30:01	69	38	57.0	17:38:57				
115	30	12.6	17:30:12	68	39	8.4	17:39:08				
114	30	24.0	17:30:24	67	39	19.8	17:39:19				
113	30	35.4	17:30:35	66	39	31.2	17:39:31				
112	30	46.8	17:30:46	65	39	42.6	17:39:42				
111	30	58.2	17:30:58	64	39	54.0	17:39:54				
110	31	9.6	17:31:09	63	40	5.4	17:40:05				
109	31	21.0	17:31:21	62	40	16.8	17:40:16				
108	31	32.4	17:31:32	61	40	28.2	17:40:28				
107	31	43.8	17:31:43	60	40	39.6	17:40:39				
106	31	55.2	17:31:55	59	40	51.0	17:40:51				
105	32	6.6	17:32:06	58	41	2.4	17:41:02				
104	32	18.0	17:32:18	57	41	13.8	17:41:13				
103	32	29.4	17:32:29	56	41	25.2	17:41:25				
102	32	40.8	17:32:40	55	41	36.6	17:41:36				
101	32	52.2	17:32:52	54	41	48.0	17:41:48				
100	33	3.6	17:33:03	53	41	59.4	17:41:59				
99	33	15.0	17:33:15	52	42	10.8	17:42:10				
98	33	26.4	17:33:26	51	42	22.2	17:42:22				
97	33	37.8	17:33:37	50	42	33.6	17:42:33				
96	33	49.2	17:33:49	49	42	45.0	17:42:45				
95	34	0.6	17:34:00	48	42	56.4	17:42:56				
94	34	12.0	17:34:12	47	43	7.8	17:43:07				
93	34	23.4	17:34:23	46	43	19.2	17:43:19				
92	34	34.8	17:34:34	45	43	30.6	17:43:30				
91	34	46.2	17:34:46	44	43	42.0	17:43:42				
90	34	57.6	17:34:57	43	43	53.4	17:43:53				

Preparatory Signal	17:00:00
Course:	3
Nautical miles:	8.1

ATTACHMENT A - Course 3

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
274	0	0.0	17:00:00	228	6	12.6	17:06:12	182	12	25.2	17:12:25
273	0	8.1	17:00:08	227	6	20.7	17:06:20	181	12	33.3	17:12:33
272	0	16.2	17:00:16	226	6	28.8	17:06:28	180	12	41.4	17:12:41
271	0	24.3	17:00:24	225	6	36.9	17:06:36	179	12	49.5	17:12:49
270	0	32.4	17:00:32	224	6	45.0	17:06:45	178	12	57.6	17:12:57
269	0	40.5	17:00:40	223	6	53.1	17:06:53	177	13	5.7	17:13:05
268	0	48.6	17:00:48	222	7	1.2	17:07:01	176	13	13.8	17:13:13
267	0	56.7	17:00:56	221	7	9.3	17:07:09	175	13	21.9	17:13:21
266	1	4.8	17:01:04	220	7	17.4	17:07:17	174	13	30.0	17:13:30
265	1	12.9	17:01:12	219	7	25.5	17:07:25	173	13	38.1	17:13:38
264	1	21.0	17:01:21	218	7	33.6	17:07:33	172	13	46.2	17:13:46
263	1	29.1	17:01:29	217	7	41.7	17:07:41	171	13	54.3	17:13:54
262	1	37.2	17:01:37	216	7	49.8	17:07:49	170	14	2.4	17:14:02
261	1	45.3	17:01:45	215	7	57.9	17:07:57	169	14	10.5	17:14:10
260	1	53.4	17:01:53	214	8	6.0	17:08:06	168	14	18.6	17:14:18
259	2	1.5	17:02:01	213	8	14.1	17:08:14	167	14	26.7	17:14:26
258	2	9.6	17:02:09	212	8	22.2	17:08:22	166	14	34.8	17:14:34
257	2	17.7	17:02:17	211	8	30.3	17:08:30	165	14	42.9	17:14:42
256	2	25.8	17:02:25	210	8	38.4	17:08:38	164	14	51.0	17:14:51
255	2	33.9	17:02:33	209	8	46.5	17:08:46	163	14	59.1	17:14:59
254	2	42.0	17:02:42	208	8	54.6	17:08:54	162	15	7.2	17:15:07
253	2	50.1	17:02:50	207	9	2.7	17:09:02	161	15	15.3	17:15:15
252	2	58.2	17:02:58	206	9	10.8	17:09:10	160	15	23.4	17:15:23
251	3	6.3	17:03:06	205	9	18.9	17:09:18	159	15	31.5	17:15:31
250	3	14.4	17:03:14	204	9	27.0	17:09:27	158	15	39.6	17:15:39
249	3	22.5	17:03:22	203	9	35.1	17:09:35	157	15	47.7	17:15:47
248	3	30.6	17:03:30	202	9	43.2	17:09:43	156	15	55.8	17:15:55
247	3	38.7	17:03:38	201	9	51.3	17:09:51	155	16	3.9	17:16:03
246	3	46.8	17:03:46	200	9	59.4	17:09:59	154	16	12.0	17:16:12
245	3	54.9	17:03:54	199	10	7.5	17:10:07	153	16	20.1	17:16:20
244	4	3.0	17:04:03	198	10	15.6	17:10:15	152	16	28.2	17:16:28
243	4	11.1	17:04:11	197	10	23.7	17:10:23	151	16	36.3	17:16:36
242	4	19.2	17:04:19	196	10	31.8	17:10:31	150	16	44.4	17:16:44
241	4	27.3	17:04:27	195	10	39.9	17:10:39	149	16	52.5	17:16:52
240	4	35.4	17:04:35	194	10	48.0	17:10:48	148	17	0.6	17:17:00
239	4	43.5	17:04:43	193	10	56.1	17:10:56	147	17	8.7	17:17:08
238	4	51.6	17:04:51	192	11	4.2	17:11:04	146	17	16.8	17:17:16
237	4	59.7	17:04:59	191	11	12.3	17:11:12	145	17	24.9	17:17:24
236	5	7.8	17:05:07	190	11	20.4	17:11:20	144	17	33.0	17:17:33
235	5	15.9	17:05:15	189	11	28.5	17:11:28	143	17	41.1	17:17:41
234	5	24.0	17:05:24	188	11	36.6	17:11:36	142	17	49.2	17:17:49
233	5	32.1	17:05:32	187	11	44.7	17:11:44	141	17	57.3	17:17:57
232	5	40.2	17:05:40	186	11	52.8	17:11:52	140	18	5.4	17:18:05
231	5	48.3	17:05:48	185	12	0.9	17:12:00	139	18	13.5	17:18:13
230	5	56.4	17:05:56	184	12	9.0	17:12:09	138	18	21.6	17:18:21
229	6	4.5	17:06:04	183	12	17.1	17:12:17	137	18	29.7	17:18:29

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
136	18	37.8	17:18:37	89	24	58.5	17:24:58	42	31	19.2	17:31:19
135	18	45.9	17:18:45	88	25	6.6	17:25:06	41	31	27.3	17:31:27
134	18	54.0	17:18:54	87	25	14.7	17:25:14	40	31	35.4	17:31:35
133	19	2.1	17:19:02	86	25	22.8	17:25:22	39	31	43.5	17:31:43
132	19	10.2	17:19:10	85	25	30.9	17:25:30	38	31	51.6	17:31:51
131	19	18.3	17:19:18	84	25	39.0	17:25:39	37	31	59.7	17:31:59
130	19	26.4	17:19:26	83	25	47.1	17:25:47	36	32	7.8	17:32:07
129	19	34.5	17:19:34	82	25	55.2	17:25:55	35	32	15.9	17:32:15
128	19	42.6	17:19:42	81	26	3.3	17:26:03	34	32	24.0	17:32:24
127	19	50.7	17:19:50	80	26	11.4	17:26:11	33	32	32.1	17:32:32
126	19	58.8	17:19:58	79	26	19.5	17:26:19	32	32	40.2	17:32:40
125	20	6.9	17:20:06	78	26	27.6	17:26:27	31	32	48.3	17:32:48
124	20	15.0	17:20:15	77	26	35.7	17:26:35	30	32	56.4	17:32:56
123	20	23.1	17:20:23	76	26	43.8	17:26:43	29	33	4.5	17:33:04
122	20	31.2	17:20:31	75	26	51.9	17:26:51	28	33	12.6	17:33:12
121	20	39.3	17:20:39	74	27	0.0	17:27:00				
120	20	47.4	17:20:47	73	27	8.1	17:27:08				
119	20	55.5	17:20:55	72	27	16.2	17:27:16				
118	21	3.6	17:21:03	71	27	24.3	17:27:24				
117	21	11.7	17:21:11	70	27	32.4	17:27:32				
116	21	19.8	17:21:19	69	27	40.5	17:27:40				
115	21	27.9	17:21:27	68	27	48.6	17:27:48				
114	21	36.0	17:21:36	67	27	56.7	17:27:56				
113	21	44.1	17:21:44	66	28	4.8	17:28:04				
112	21	52.2	17:21:52	65	28	12.9	17:28:12				
111	22	0.3	17:22:00	64	28	21.0	17:28:21				
110	22	8.4	17:22:08	63	28	29.1	17:28:29				
109	22	16.5	17:22:16	62	28	37.2	17:28:37				
108	22	24.6	17:22:24	61	28	45.3	17:28:45				
107	22	32.7	17:22:32	60	28	53.4	17:28:53				
106	22	40.8	17:22:40	59	29	1.5	17:29:01				
105	22	48.9	17:22:48	58	29	9.6	17:29:09				
104	22	57.0	17:22:57	57	29	17.7	17:29:17				
103	23	5.1	17:23:05	56	29	25.8	17:29:25				
102	23	13.2	17:23:13	55	29	33.9	17:29:33				
101	23	21.3	17:23:21	54	29	42.0	17:29:42				
100	23	29.4	17:23:29	53	29	50.1	17:29:50				
99	23	37.5	17:23:37	52	29	58.2	17:29:58				
98	23	45.6	17:23:45	51	30	6.3	17:30:06				
97	23	53.7	17:23:53	50	30	14.4	17:30:14				
96	24	1.8	17:24:01	49	30	22.5	17:30:22				
95	24	9.9	17:24:09	48	30	30.6	17:30:30				
94	24	18.0	17:24:18	47	30	38.7	17:30:38				
93	24	26.1	17:24:26	46	30	46.8	17:30:46				
92	24	34.2	17:24:34	45	30	54.9	17:30:54				
91	24	42.3	17:24:42	44	31	3.0	17:31:03				
90	24	50.4	17:24:50	43	31	11.1	17:31:11				

Preparatory Signal	17:00:00
Course:	4
Nautical miles:	8.4

ATTACHMENT A - Course 4

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
274	0	0.0	17:00:00	228	6	26.4	17:06:26	182	12	52.8	17:12:52
273	0	8.4	17:00:08	227	6	34.8	17:06:34	181	13	1.2	17:13:01
272	0	16.8	17:00:16	226	6	43.2	17:06:43	180	13	9.6	17:13:09
271	0	25.2	17:00:25	225	6	51.6	17:06:51	179	13	18.0	17:13:18
270	0	33.6	17:00:33	224	7	0.0	17:07:00	178	13	26.4	17:13:26
269	0	42.0	17:00:42	223	7	8.4	17:07:08	177	13	34.8	17:13:34
268	0	50.4	17:00:50	222	7	16.8	17:07:16	176	13	43.2	17:13:43
267	0	58.8	17:00:58	221	7	25.2	17:07:25	175	13	51.6	17:13:51
266	1	7.2	17:01:07	220	7	33.6	17:07:33	174	14	0.0	17:14:00
265	1	15.6	17:01:15	219	7	42.0	17:07:42	173	14	8.4	17:14:08
264	1	24.0	17:01:24	218	7	50.4	17:07:50	172	14	16.8	17:14:16
263	1	32.4	17:01:32	217	7	58.8	17:07:58	171	14	25.2	17:14:25
262	1	40.8	17:01:40	216	8	7.2	17:08:07	170	14	33.6	17:14:33
261	1	49.2	17:01:49	215	8	15.6	17:08:15	169	14	42.0	17:14:42
260	1	57.6	17:01:57	214	8	24.0	17:08:24	168	14	50.4	17:14:50
259	2	6.0	17:02:06	213	8	32.4	17:08:32	167	14	58.8	17:14:58
258	2	14.4	17:02:14	212	8	40.8	17:08:40	166	15	7.2	17:15:07
257	2	22.8	17:02:22	211	8	49.2	17:08:49	165	15	15.6	17:15:15
256	2	31.2	17:02:31	210	8	57.6	17:08:57	164	15	24.0	17:15:24
255	2	39.6	17:02:39	209	9	6.0	17:09:06	163	15	32.4	17:15:32
254	2	48.0	17:02:48	208	9	14.4	17:09:14	162	15	40.8	17:15:40
253	2	56.4	17:02:56	207	9	22.8	17:09:22	161	15	49.2	17:15:49
252	3	4.8	17:03:04	206	9	31.2	17:09:31	160	15	57.6	17:15:57
251	3	13.2	17:03:13	205	9	39.6	17:09:39	159	16	6.0	17:16:06
250	3	21.6	17:03:21	204	9	48.0	17:09:48	158	16	14.4	17:16:14
249	3	30.0	17:03:30	203	9	56.4	17:09:56	157	16	22.8	17:16:22
248	3	38.4	17:03:38	202	10	4.8	17:10:04	156	16	31.2	17:16:31
247	3	46.8	17:03:46	201	10	13.2	17:10:13	155	16	39.6	17:16:39
246	3	55.2	17:03:55	200	10	21.6	17:10:21	154	16	48.0	17:16:48
245	4	3.6	17:04:03	199	10	30.0	17:10:30	153	16	56.4	17:16:56
244	4	12.0	17:04:12	198	10	38.4	17:10:38	152	17	4.8	17:17:04
243	4	20.4	17:04:20	197	10	46.8	17:10:46	151	17	13.2	17:17:13
242	4	28.8	17:04:28	196	10	55.2	17:10:55	150	17	21.6	17:17:21
241	4	37.2	17:04:37	195	11	3.6	17:11:03	149	17	30.0	17:17:30
240	4	45.6	17:04:45	194	11	12.0	17:11:12	148	17	38.4	17:17:38
239	4	54.0	17:04:54	193	11	20.4	17:11:20	147	17	46.8	17:17:46
238	5	2.4	17:05:02	192	11	28.8	17:11:28	146	17	55.2	17:17:55
237	5	10.8	17:05:10	191	11	37.2	17:11:37	145	18	3.6	17:18:03
236	5	19.2	17:05:19	190	11	45.6	17:11:45	144	18	12.0	17:18:12
235	5	27.6	17:05:27	189	11	54.0	17:11:54	143	18	20.4	17:18:20
234	5	36.0	17:05:36	188	12	2.4	17:12:02	142	18	28.8	17:18:28
233	5	44.4	17:05:44	187	12	10.8	17:12:10	141	18	37.2	17:18:37
232	5	52.8	17:05:52	186	12	19.2	17:12:19	140	18	45.6	17:18:45
231	6	1.2	17:06:01	185	12	27.6	17:12:27	139	18	54.0	17:18:54
230	6	9.6	17:06:09	184	12	36.0	17:12:36	138	19	2.4	17:19:02
229	6	18.0	17:06:18	183	12	44.4	17:12:44	137	19	10.8	17:19:10

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
136	19	19.2	17:19:19	89	25	54.0	17:25:54	42	32	28.8	17:32:28
135	19	27.6	17:19:27	88	26	2.4	17:26:02	41	32	37.2	17:32:37
134	19	36.0	17:19:36	87	26	10.8	17:26:10	40	32	45.6	17:32:45
133	19	44.4	17:19:44	86	26	19.2	17:26:19	39	32	54.0	17:32:54
132	19	52.8	17:19:52	85	26	27.6	17:26:27	38	33	2.4	17:33:02
131	20	1.2	17:20:01	84	26	36.0	17:26:36	37	33	10.8	17:33:10
130	20	9.6	17:20:09	83	26	44.4	17:26:44	36	33	19.2	17:33:19
129	20	18.0	17:20:18	82	26	52.8	17:26:52	35	33	27.6	17:33:27
128	20	26.4	17:20:26	81	27	1.2	17:27:01	34	33	36.0	17:33:36
127	20	34.8	17:20:34	80	27	9.6	17:27:09	33	33	44.4	17:33:44
126	20	43.2	17:20:43	79	27	18.0	17:27:18	32	33	52.8	17:33:52
125	20	51.6	17:20:51	78	27	26.4	17:27:26	31	34	1.2	17:34:01
124	21	0.0	17:21:00	77	27	34.8	17:27:34	30	34	9.6	17:34:09
123	21	8.4	17:21:08	76	27	43.2	17:27:43	29	34	18.0	17:34:18
122	21	16.8	17:21:16	75	27	51.6	17:27:51	28	34	26.4	17:34:26
121	21	25.2	17:21:25	74	28	0.0	17:28:00				
120	21	33.6	17:21:33	73	28	8.4	17:28:08				
119	21	42.0	17:21:42	72	28	16.8	17:28:16				
118	21	50.4	17:21:50	71	28	25.2	17:28:25				
117	21	58.8	17:21:58	70	28	33.6	17:28:33				
116	22	7.2	17:22:07	69	28	42.0	17:28:42				
115	22	15.6	17:22:15	68	28	50.4	17:28:50				
114	22	24.0	17:22:24	67	28	58.8	17:28:58				
113	22	32.4	17:22:32	66	29	7.2	17:29:07				
112	22	40.8	17:22:40	65	29	15.6	17:29:15				
111	22	49.2	17:22:49	64	29	24.0	17:29:24				
110	22	57.6	17:22:57	63	29	32.4	17:29:32				
109	23	6.0	17:23:06	62	29	40.8	17:29:40				
108	23	14.4	17:23:14	61	29	49.2	17:29:49				
107	23	22.8	17:23:22	60	29	57.6	17:29:57				
106	23	31.2	17:23:31	59	30	6.0	17:30:06				
105	23	39.6	17:23:39	58	30	14.4	17:30:14				
104	23	48.0	17:23:48	57	30	22.8	17:30:22				
103	23	56.4	17:23:56	56	30	31.2	17:30:31				
102	24	4.8	17:24:04	55	30	39.6	17:30:39				
101	24	13.2	17:24:13	54	30	48.0	17:30:48				
100	24	21.6	17:24:21	53	30	56.4	17:30:56				
99	24	30.0	17:24:30	52	31	4.8	17:31:04				
98	24	38.4	17:24:38	51	31	13.2	17:31:13				
97	24	46.8	17:24:46	50	31	21.6	17:31:21				
96	24	55.2	17:24:55	49	31	30.0	17:31:30				
95	25	3.6	17:25:03	48	31	38.4	17:31:38				
94	25	12.0	17:25:12	47	31	46.8	17:31:46				
93	25	20.4	17:25:20	46	31	55.2	17:31:55				
92	25	28.8	17:25:28	45	32	3.6	17:32:03				
91	25	37.2	17:25:37	44	32	12.0	17:32:12				
90	25	45.6	17:25:45	43	32	20.4	17:32:20				

Preparatory Signal	17:00:00
Course:	5
Nautical miles:	10

ATTACHMENT A - Course 5

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
274	0	0.0	17:00:00	228	7	40.0	17:07:40	182	15	20.0	17:15:20
273	0	10.0	17:00:10	227	7	50.0	17:07:50	181	15	30.0	17:15:30
272	0	20.0	17:00:20	226	8	0.0	17:08:00	180	15	40.0	17:15:40
271	0	30.0	17:00:30	225	8	10.0	17:08:10	179	15	50.0	17:15:50
270	0	40.0	17:00:40	224	8	20.0	17:08:20	178	16	0.0	17:16:00
269	0	50.0	17:00:50	223	8	30.0	17:08:30	177	16	10.0	17:16:10
268	1	0.0	17:01:00	222	8	40.0	17:08:40	176	16	20.0	17:16:20
267	1	10.0	17:01:10	221	8	50.0	17:08:50	175	16	30.0	17:16:30
266	1	20.0	17:01:20	220	9	0.0	17:09:00	174	16	40.0	17:16:40
265	1	30.0	17:01:30	219	9	10.0	17:09:10	173	16	50.0	17:16:50
264	1	40.0	17:01:40	218	9	20.0	17:09:20	172	17	0.0	17:17:00
263	1	50.0	17:01:50	217	9	30.0	17:09:30	171	17	10.0	17:17:10
262	2	0.0	17:02:00	216	9	40.0	17:09:40	170	17	20.0	17:17:20
261	2	10.0	17:02:10	215	9	50.0	17:09:50	169	17	30.0	17:17:30
260	2	20.0	17:02:20	214	10	0.0	17:10:00	168	17	40.0	17:17:40
259	2	30.0	17:02:30	213	10	10.0	17:10:10	167	17	50.0	17:17:50
258	2	40.0	17:02:40	212	10	20.0	17:10:20	166	18	0.0	17:18:00
257	2	50.0	17:02:50	211	10	30.0	17:10:30	165	18	10.0	17:18:10
256	3	0.0	17:03:00	210	10	40.0	17:10:40	164	18	20.0	17:18:20
255	3	10.0	17:03:10	209	10	50.0	17:10:50	163	18	30.0	17:18:30
254	3	20.0	17:03:20	208	11	0.0	17:11:00	162	18	40.0	17:18:40
253	3	30.0	17:03:30	207	11	10.0	17:11:10	161	18	50.0	17:18:50
252	3	40.0	17:03:40	206	11	20.0	17:11:20	160	19	0.0	17:19:00
251	3	50.0	17:03:50	205	11	30.0	17:11:30	159	19	10.0	17:19:10
250	4	0.0	17:04:00	204	11	40.0	17:11:40	158	19	20.0	17:19:20
249	4	10.0	17:04:10	203	11	50.0	17:11:50	157	19	30.0	17:19:30
248	4	20.0	17:04:20	202	12	0.0	17:12:00	156	19	40.0	17:19:40
247	4	30.0	17:04:30	201	12	10.0	17:12:10	155	19	50.0	17:19:50
246	4	40.0	17:04:40	200	12	20.0	17:12:20	154	20	0.0	17:20:00
245	4	50.0	17:04:50	199	12	30.0	17:12:30	153	20	10.0	17:20:10
244	5	0.0	17:05:00	198	12	40.0	17:12:40	152	20	20.0	17:20:20
243	5	10.0	17:05:10	197	12	50.0	17:12:50	151	20	30.0	17:20:30
242	5	20.0	17:05:20	196	13	0.0	17:13:00	150	20	40.0	17:20:40
241	5	30.0	17:05:30	195	13	10.0	17:13:10	149	20	50.0	17:20:50
240	5	40.0	17:05:40	194	13	20.0	17:13:20	148	21	0.0	17:21:00
239	5	50.0	17:05:50	193	13	30.0	17:13:30	147	21	10.0	17:21:10
238	6	0.0	17:06:00	192	13	40.0	17:13:40	146	21	20.0	17:21:20
237	6	10.0	17:06:10	191	13	50.0	17:13:50	145	21	30.0	17:21:30
236	6	20.0	17:06:20	190	14	0.0	17:14:00	144	21	40.0	17:21:40
235	6	30.0	17:06:30	189	14	10.0	17:14:10	143	21	50.0	17:21:50
234	6	40.0	17:06:40	188	14	20.0	17:14:20	142	22	0.0	17:22:00
233	6	50.0	17:06:50	187	14	30.0	17:14:30	141	22	10.0	17:22:10
232	7	0.0	17:07:00	186	14	40.0	17:14:40	140	22	20.0	17:22:20
231	7	10.0	17:07:10	185	14	50.0	17:14:50	139	22	30.0	17:22:30
230	7	20.0	17:07:20	184	15	0.0	17:15:00	138	22	40.0	17:22:40
229	7	30.0	17:07:30	183	15	10.0	17:15:10	137	22	50.0	17:22:50

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
136	23	0.0	17:23:00	89	30	50.0	17:30:50	42	38	40.0	17:38:40
135	23	10.0	17:23:10	88	31	0.0	17:31:00	41	38	50.0	17:38:50
134	23	20.0	17:23:20	87	31	10.0	17:31:10	40	39	0.0	17:39:00
133	23	30.0	17:23:30	86	31	20.0	17:31:20	39	39	10.0	17:39:10
132	23	40.0	17:23:40	85	31	30.0	17:31:30	38	39	20.0	17:39:20
131	23	50.0	17:23:50	84	31	40.0	17:31:40	37	39	30.0	17:39:30
130	24	0.0	17:24:00	83	31	50.0	17:31:50	36	39	40.0	17:39:40
129	24	10.0	17:24:10	82	32	0.0	17:32:00	35	39	50.0	17:39:50
128	24	20.0	17:24:20	81	32	10.0	17:32:10	34	40	0.0	17:40:00
127	24	30.0	17:24:30	80	32	20.0	17:32:20	33	40	10.0	17:40:10
126	24	40.0	17:24:40	79	32	30.0	17:32:30	32	40	20.0	17:40:20
125	24	50.0	17:24:50	78	32	40.0	17:32:40	31	40	30.0	17:40:30
124	25	0.0	17:25:00	77	32	50.0	17:32:50	30	40	40.0	17:40:40
123	25	10.0	17:25:10	76	33	0.0	17:33:00	29	40	50.0	17:40:50
122	25	20.0	17:25:20	75	33	10.0	17:33:10	28	41	0.0	17:41:00
121	25	30.0	17:25:30	74	33	20.0	17:33:20				
120	25	40.0	17:25:40	73	33	30.0	17:33:30				
119	25	50.0	17:25:50	72	33	40.0	17:33:40				
118	26	0.0	17:26:00	71	33	50.0	17:33:50				
117	26	10.0	17:26:10	70	34	0.0	17:34:00				
116	26	20.0	17:26:20	69	34	10.0	17:34:10				
115	26	30.0	17:26:30	68	34	20.0	17:34:20				
114	26	40.0	17:26:40	67	34	30.0	17:34:30				
113	26	50.0	17:26:50	66	34	40.0	17:34:40				
112	27	0.0	17:27:00	65	34	50.0	17:34:50				
111	27	10.0	17:27:10	64	35	0.0	17:35:00				
110	27	20.0	17:27:20	63	35	10.0	17:35:10				
109	27	30.0	17:27:30	62	35	20.0	17:35:20				
108	27	40.0	17:27:40	61	35	30.0	17:35:30				
107	27	50.0	17:27:50	60	35	40.0	17:35:40				
106	28	0.0	17:28:00	59	35	50.0	17:35:50				
105	28	10.0	17:28:10	58	36	0.0	17:36:00				
104	28	20.0	17:28:20	57	36	10.0	17:36:10				
103	28	30.0	17:28:30	56	36	20.0	17:36:20				
102	28	40.0	17:28:40	55	36	30.0	17:36:30				
101	28	50.0	17:28:50	54	36	40.0	17:36:40				
100	29	0.0	17:29:00	53	36	50.0	17:36:50				
99	29	10.0	17:29:10	52	37	0.0	17:37:00				
98	29	20.0	17:29:20	51	37	10.0	17:37:10				
97	29	30.0	17:29:30	50	37	20.0	17:37:20				
96	29	40.0	17:29:40	49	37	30.0	17:37:30				
95	29	50.0	17:29:50	48	37	40.0	17:37:40				
94	30	0.0	17:30:00	47	37	50.0	17:37:50				
93	30	10.0	17:30:10	46	38	0.0	17:38:00				
92	30	20.0	17:30:20	45	38	10.0	17:38:10				
91	30	30.0	17:30:30	44	38	20.0	17:38:20				
90	30	40.0	17:30:40	43	38	30.0	17:38:30				