Starting the Nav Rally

BMYS Training 2025

Start and Finish

Start line 145 degrees from traffic lights through pole on end of jetty

°12A

A

Practice runup to start E.g 25 secs from known point before line

Get to start at your nominated time E.g 09:34
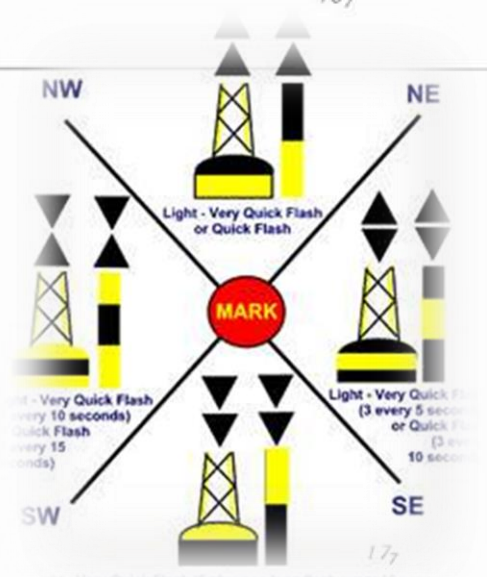
Start

- **Practice start timing run to start line. E.g. 25 secs from pre-start**

- **Start : 37 59.5500 S 145 02.7500 E**

- **Be at Start line at allocated time on run sheet.**

- **Running the course know where you are and meet target times**

- **Keep it simple**

Starting the Nav Rally

- Get Your Start Time - Running Sheet

- Clock – Chartplotter or Other Clock

- Start Position – Course Instructions

- Practice your Start – runup from Pre-Start

- Be at Start Line at your start time at your speed

- Running Sheet combines Position and Time

- In the end it all comes down to TIME!

- Keep it simple

Chart:	AUS143 WGS84	
Official Time:	GPS Satellite Time	
Time Is:	https://time.is/	
Start Time:	0900 Hours	

BOAT NAME: **BLACK DOLPHIN**

TACK-TRACKER No: **BMYS 1** | RACE No: **B48**

ETA	LAT.		LONG.		TURNNo.
9:30:00	37:59:550	S	145:02:750	E	START

MORNINGTON

13:43:28

Your Time

Your Speed
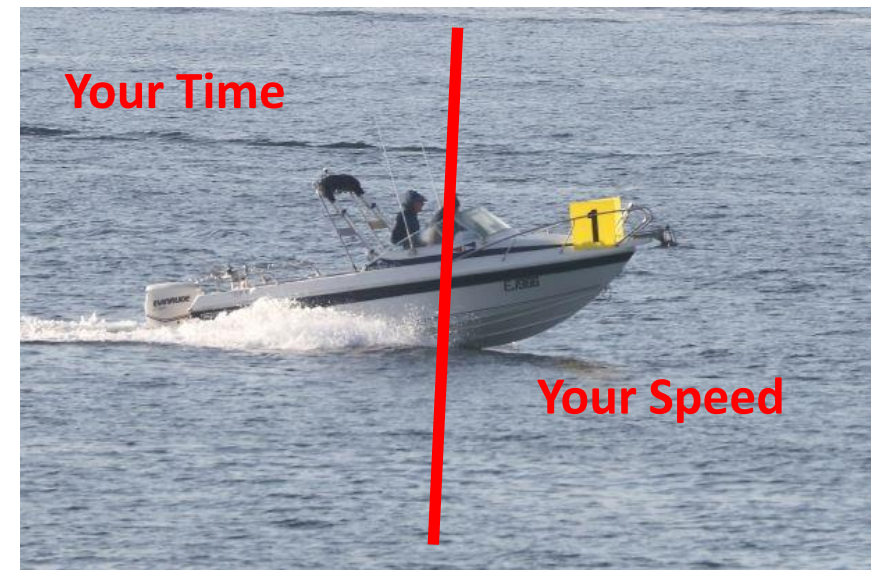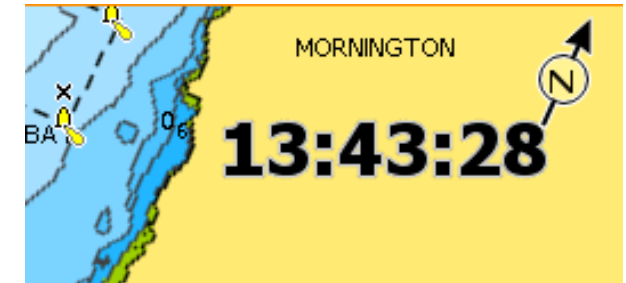
Running Sheet – Combines Position / Time

SKIPPER NAME: Roger Hartley				SPEED: 10 KN		BOAT NAME: Black Pearl					
NAVIGATOR NAME : Brendan O'Donoghue						TACK-TRACKER No: BMYS 1			RACE No: 9		

POSITION	DIST	SPEED	TIME	TOTAL DIST	TOTAL TIME	ETA	LAT.		LONG.		TURNNo.
START HEAD 220 TRUE	0.000	10	0:00:00	0.000	0:00:00	9:30:00	37:59:550	S	145:02:750	E	START
	0.000										
TURN TO 190 TRUE	0.900	10	0:05:24	0.900	0:05:24	9:35:24	38:00:239	S	145:02:017	E	1
Intermediate Position 1A	0.450	10	0:02:42	1.350	0:08:06	9:38:06	38:00:685	S	145:01:912	E	
Intermediate Position 1B	0.480	10	0:02:53	1.830	0:10:59	9:40:59	38:01:160	S	145:01:805	E	
Intermediate Position 1C	0.670	10	0:04:01	2.500	0:15:00	9:45:00	38:01:825	S	145:01:659	E	
	0.000										
TURN TO 138 TRUE	2.220	10	0:13:19	3.120	0:18:43	9:48:43	38:02:423	S	145:01:528	E	2
	0.000										
TURN TO 48 TRUE	0.790	10	0:04:44	3.910	0:23:28	9:53:28	38:03:010	S	145:02:198	E	3
	0.000										
TURN TO 133 TRUE	1.000	10	0:06:00	4.910	0:29:28	9:59:28	38:02:342	S	145:03:141	E	4
	0.000										
TURN TO 68 TRUE	0.750	10	0:04:30	5.660	0:33:58	10:03:58	38:02:853	S	145:03:837	E	5
	0.000										
TURN TO 314 TRUE	0.910	10	0:05:28	6.570	0:39:25	10:09:25	38:02:512	S	145:04:908	E	6
	0.000										
TURN TO 358 TRUE	1.090	10	0:06:32	7.660	0:45:58	10:15:58	38:01:755	S	145:03:913	E	7
	0.000										
TURN TO 18 TRUE	0.770	10	0:04:37	8.430	0:50:35	10:20:35	38:00:987	S	145:03:879	E	8
	0.000										
TURN TO 28 TRUE	0.500	10	0:03:00	8.930	0:53:35	10:23:35	38:00:511	S	145:04:075	E	9
	0.000										
TURN TO 309 TRUE	0.400	10	0:02:24	9.330	0:55:59	10:25:59	38:00:158	S	145:04:313	E	10
Intermediate Position 10A	0.350	10	0:02:06	9.680	0:58:05	10:28:05	37:59:945	S	145:03:968	E	
Intermediate Position 10B	0.520	10	0:03:07	10.200	1:01:12	10:31:12	37:59:610	S	145:03:461	E	
	0.000										
TURN TO 236 TRUE	1.250	10	0:07:30	10.580	1:03:29	10:33:29	37:59:372	S	145:03:081	E	11
	0.000										
FINISH	0.316	10	0:01:54	10.896	1:05:23	10:35:23	37:59:550	S	145:02:750	E	END

- **Up to now emphasis on position.**

- **Be at known position at target time.**

- **Run sheet combines position and time**

- **Combination of position and time needed**

- **When running course need to be at each point at target time**

- **Keep it simple !**