

Warning/Prep Signal	0:00:00
Course:	1
Nautical miles:	10.1

ATTACHMENT B

Course #1

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
300	0	0.0	0:00:00	254	7	44.6	0:07:44	208	15	29.2	0:15:29
299	0	10.1	0:00:10	253	7	54.7	0:07:54	207	15	39.3	0:15:39
298	0	20.2	0:00:20	252	8	4.8	0:08:04	206	15	49.4	0:15:49
297	0	30.3	0:00:30	251	8	14.9	0:08:14	205	15	59.5	0:15:59
296	0	40.4	0:00:40	250	8	25.0	0:08:25	204	16	9.6	0:16:09
295	0	50.5	0:00:50	249	8	35.1	0:08:35	203	16	19.7	0:16:19
294	1	0.6	0:01:00	248	8	45.2	0:08:45	202	16	29.8	0:16:29
293	1	10.7	0:01:10	247	8	55.3	0:08:55	201	16	39.9	0:16:39
292	1	20.8	0:01:20	246	9	5.4	0:09:05	200	16	50.0	0:16:50
291	1	30.9	0:01:30	245	9	15.5	0:09:15	199	17	0.1	0:17:00
290	1	41.0	0:01:41	244	9	25.6	0:09:25	198	17	10.2	0:17:10
289	1	51.1	0:01:51	243	9	35.7	0:09:35	197	17	20.3	0:17:20
288	2	1.2	0:02:01	242	9	45.8	0:09:45	196	17	30.4	0:17:30
287	2	11.3	0:02:11	241	9	55.9	0:09:55	195	17	40.5	0:17:40
286	2	21.4	0:02:21	240	10	6.0	0:10:06	194	17	50.6	0:17:50
285	2	31.5	0:02:31	239	10	16.1	0:10:16	193	18	0.7	0:18:00
284	2	41.6	0:02:41	238	10	26.2	0:10:26	192	18	10.8	0:18:10
283	2	51.7	0:02:51	237	10	36.3	0:10:36	191	18	20.9	0:18:20
282	3	1.8	0:03:01	236	10	46.4	0:10:46	190	18	31.0	0:18:31
281	3	11.9	0:03:11	235	10	56.5	0:10:56	189	18	41.1	0:18:41
280	3	22.0	0:03:22	234	11	6.6	0:11:06	188	18	51.2	0:18:51
279	3	32.1	0:03:32	233	11	16.7	0:11:16	187	19	1.3	0:19:01
278	3	42.2	0:03:42	232	11	26.8	0:11:26	186	19	11.4	0:19:11
277	3	52.3	0:03:52	231	11	36.9	0:11:36	185	19	21.5	0:19:21
276	4	2.4	0:04:02	230	11	47.0	0:11:47	184	19	31.6	0:19:31
275	4	12.5	0:04:12	229	11	57.1	0:11:57	183	19	41.7	0:19:41
274	4	22.6	0:04:22	228	12	7.2	0:12:07	182	19	51.8	0:19:51
273	4	32.7	0:04:32	227	12	17.3	0:12:17	181	20	1.9	0:20:01
272	4	42.8	0:04:42	226	12	27.4	0:12:27	180	20	12.0	0:20:12
271	4	52.9	0:04:52	225	12	37.5	0:12:37	179	20	22.1	0:20:22
270	5	3.0	0:05:03	224	12	47.6	0:12:47	178	20	32.2	0:20:32
269	5	13.1	0:05:13	223	12	57.7	0:12:57	177	20	42.3	0:20:42
268	5	23.2	0:05:23	222	13	7.8	0:13:07	176	20	52.4	0:20:52
267	5	33.3	0:05:33	221	13	17.9	0:13:17	175	21	2.5	0:21:02
266	5	43.4	0:05:43	220	13	28.0	0:13:28	174	21	12.6	0:21:12
265	5	53.5	0:05:53	219	13	38.1	0:13:38	173	21	22.7	0:21:22
264	6	3.6	0:06:03	218	13	48.2	0:13:48	172	21	32.8	0:21:32
263	6	13.7	0:06:13	217	13	58.3	0:13:58	171	21	42.9	0:21:42
262	6	23.8	0:06:23	216	14	8.4	0:14:08	170	21	53.0	0:21:53
261	6	33.9	0:06:33	215	14	18.5	0:14:18	169	22	3.1	0:22:03
260	6	44.0	0:06:44	214	14	28.6	0:14:28	168	22	13.2	0:22:13
259	6	54.1	0:06:54	213	14	38.7	0:14:38	167	22	23.3	0:22:23
258	7	4.2	0:07:04	212	14	48.8	0:14:48	166	22	33.4	0:22:33
257	7	14.3	0:07:14	211	14	58.9	0:14:58	165	22	43.5	0:22:43
256	7	24.4	0:07:24	210	15	9.0	0:15:09	164	22	53.6	0:22:53
255	7	34.5	0:07:34	209	15	19.1	0:15:19	163	23	3.7	0:23:03

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
162	23	13.8	0:23:13	115	31	8.5	0:31:08	68	39	3.2	0:39:03
161	23	23.9	0:23:23	114	31	18.6	0:31:18	67	39	13.3	0:39:13
160	23	34.0	0:23:34	113	31	28.7	0:31:28	66	39	23.4	0:39:23
159	23	44.1	0:23:44	112	31	38.8	0:31:38	65	39	33.5	0:39:33
158	23	54.2	0:23:54	111	31	48.9	0:31:48	64	39	43.6	0:39:43
157	24	4.3	0:24:04	110	31	59.0	0:31:59	63	39	53.7	0:39:53
156	24	14.4	0:24:14	109	32	9.1	0:32:09	62	40	3.8	0:40:03
155	24	24.5	0:24:24	108	32	19.2	0:32:19	61	40	13.9	0:40:13
154	24	34.6	0:24:34	107	32	29.3	0:32:29	60	40	24.0	0:40:24
153	24	44.7	0:24:44	106	32	39.4	0:32:39	59	40	34.1	0:40:34
152	24	54.8	0:24:54	105	32	49.5	0:32:49	58	40	44.2	0:40:44
151	25	4.9	0:25:04	104	32	59.6	0:32:59	57	40	54.3	0:40:54
150	25	15.0	0:25:15	103	33	9.7	0:33:09	56	41	4.4	0:41:04
149	25	25.1	0:25:25	102	33	19.8	0:33:19	55	41	14.5	0:41:14
148	25	35.2	0:25:35	101	33	29.9	0:33:29	54	41	24.6	0:41:24
147	25	45.3	0:25:45	100	33	40.0	0:33:40	53	41	34.7	0:41:34
146	25	55.4	0:25:55	99	33	50.1	0:33:50	52	41	44.8	0:41:44
145	26	5.5	0:26:05	98	34	0.2	0:34:00	51	41	54.9	0:41:54
144	26	15.6	0:26:15	97	34	10.3	0:34:10	50	42	5.0	0:42:05
143	26	25.7	0:26:25	96	34	20.4	0:34:20				
142	26	35.8	0:26:35	95	34	30.5	0:34:30				
141	26	45.9	0:26:45	94	34	40.6	0:34:40				
140	26	56.0	0:26:56	93	34	50.7	0:34:50				
139	27	6.1	0:27:06	92	35	0.8	0:35:00				
138	27	16.2	0:27:16	91	35	10.9	0:35:10				
137	27	26.3	0:27:26	90	35	21.0	0:35:21				
136	27	36.4	0:27:36	89	35	31.1	0:35:31				
135	27	46.5	0:27:46	88	35	41.2	0:35:41				
134	27	56.6	0:27:56	87	35	51.3	0:35:51				
133	28	6.7	0:28:06	86	36	1.4	0:36:01				
132	28	16.8	0:28:16	85	36	11.5	0:36:11				
131	28	26.9	0:28:26	84	36	21.6	0:36:21				
130	28	37.0	0:28:37	83	36	31.7	0:36:31				
129	28	47.1	0:28:47	82	36	41.8	0:36:41				
128	28	57.2	0:28:57	81	36	51.9	0:36:51				
127	29	7.3	0:29:07	80	37	2.0	0:37:02				
126	29	17.4	0:29:17	79	37	12.1	0:37:12				
125	29	27.5	0:29:27	78	37	22.2	0:37:22				
124	29	37.6	0:29:37	77	37	32.3	0:37:32				
123	29	47.7	0:29:47	76	37	42.4	0:37:42				
122	29	57.8	0:29:57	75	37	52.5	0:37:52				
121	30	7.9	0:30:07	74	38	2.6	0:38:02				
120	30	18.0	0:30:18	73	38	12.7	0:38:12				
119	30	28.1	0:30:28	72	38	22.8	0:38:22				
118	30	38.2	0:30:38	71	38	32.9	0:38:32				
117	30	48.3	0:30:48	70	38	43.0	0:38:43				
116	30	58.4	0:30:58	69	38	53.1	0:38:53				

**END OF COURSE 1**

Warning/Prep Signal	0:00:00
Course:	2
Nautical miles:	10.5

**Course #2**

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
300	0	0.0	0:00:00	254	8	3.0	0:08:03	208	16	6.0	0:16:06
299	0	10.5	0:00:10	253	8	13.5	0:08:13	207	16	16.5	0:16:16
298	0	21.0	0:00:21	252	8	24.0	0:08:24	206	16	27.0	0:16:27
297	0	31.5	0:00:31	251	8	34.5	0:08:34	205	16	37.5	0:16:37
296	0	42.0	0:00:42	250	8	45.0	0:08:45	204	16	48.0	0:16:48
295	0	52.5	0:00:52	249	8	55.5	0:08:55	203	16	58.5	0:16:58
294	1	3.0	0:01:03	248	9	6.0	0:09:06	202	17	9.0	0:17:09
293	1	13.5	0:01:13	247	9	16.5	0:09:16	201	17	19.5	0:17:19
292	1	24.0	0:01:24	246	9	27.0	0:09:27	200	17	30.0	0:17:30
291	1	34.5	0:01:34	245	9	37.5	0:09:37	199	17	40.5	0:17:40
290	1	45.0	0:01:45	244	9	48.0	0:09:48	198	17	51.0	0:17:51
289	1	55.5	0:01:55	243	9	58.5	0:09:58	197	18	1.5	0:18:01
288	2	6.0	0:02:06	242	10	9.0	0:10:09	196	18	12.0	0:18:12
287	2	16.5	0:02:16	241	10	19.5	0:10:19	195	18	22.5	0:18:22
286	2	27.0	0:02:27	240	10	30.0	0:10:30	194	18	33.0	0:18:33
285	2	37.5	0:02:37	239	10	40.5	0:10:40	193	18	43.5	0:18:43
284	2	48.0	0:02:48	238	10	51.0	0:10:51	192	18	54.0	0:18:54
283	2	58.5	0:02:58	237	11	1.5	0:11:01	191	19	4.5	0:19:04
282	3	9.0	0:03:09	236	11	12.0	0:11:12	190	19	15.0	0:19:15
281	3	19.5	0:03:19	235	11	22.5	0:11:22	189	19	25.5	0:19:25
280	3	30.0	0:03:30	234	11	33.0	0:11:33	188	19	36.0	0:19:36
279	3	40.5	0:03:40	233	11	43.5	0:11:43	187	19	46.5	0:19:46
278	3	51.0	0:03:51	232	11	54.0	0:11:54	186	19	57.0	0:19:57
277	4	1.5	0:04:01	231	12	4.5	0:12:04	185	20	7.5	0:20:07
276	4	12.0	0:04:12	230	12	15.0	0:12:15	184	20	18.0	0:20:18
275	4	22.5	0:04:22	229	12	25.5	0:12:25	183	20	28.5	0:20:28
274	4	33.0	0:04:33	228	12	36.0	0:12:36	182	20	39.0	0:20:39
273	4	43.5	0:04:43	227	12	46.5	0:12:46	181	20	49.5	0:20:49
272	4	54.0	0:04:54	226	12	57.0	0:12:57	180	21	0.0	0:21:00
271	5	4.5	0:05:04	225	13	7.5	0:13:07	179	21	10.5	0:21:10
270	5	15.0	0:05:15	224	13	18.0	0:13:18	178	21	21.0	0:21:21
269	5	25.5	0:05:25	223	13	28.5	0:13:28	177	21	31.5	0:21:31
268	5	36.0	0:05:36	222	13	39.0	0:13:39	176	21	42.0	0:21:42
267	5	46.5	0:05:46	221	13	49.5	0:13:49	175	21	52.5	0:21:52
266	5	57.0	0:05:57	220	14	0.0	0:14:00	174	22	3.0	0:22:03
265	6	7.5	0:06:07	219	14	10.5	0:14:10	173	22	13.5	0:22:13
264	6	18.0	0:06:18	218	14	21.0	0:14:21	172	22	24.0	0:22:24
263	6	28.5	0:06:28	217	14	31.5	0:14:31	171	22	34.5	0:22:34
262	6	39.0	0:06:39	216	14	42.0	0:14:42	170	22	45.0	0:22:45
261	6	49.5	0:06:49	215	14	52.5	0:14:52	169	22	55.5	0:22:55
260	7	0.0	0:07:00	214	15	3.0	0:15:03	168	23	6.0	0:23:06
259	7	10.5	0:07:10	213	15	13.5	0:15:13	167	23	16.5	0:23:16
258	7	21.0	0:07:21	212	15	24.0	0:15:24	166	23	27.0	0:23:27
257	7	31.5	0:07:31	211	15	34.5	0:15:34	165	23	37.5	0:23:37
256	7	42.0	0:07:42	210	15	45.0	0:15:45	164	23	48.0	0:23:48
255	7	52.5	0:07:52	209	15	55.5	0:15:55	163	23	58.5	0:23:58

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
162	24	9.0	0:24:09	115	32	22.5	0:32:22	68	40	36.0	0:40:36
161	24	19.5	0:24:19	114	32	33.0	0:32:33	67	40	46.5	0:40:46
160	24	30.0	0:24:30	113	32	43.5	0:32:43	66	40	57.0	0:40:57
159	24	40.5	0:24:40	112	32	54.0	0:32:54	65	41	7.5	0:41:07
158	24	51.0	0:24:51	111	33	4.5	0:33:04	64	41	18.0	0:41:18
157	25	1.5	0:25:01	110	33	15.0	0:33:15	63	41	28.5	0:41:28
156	25	12.0	0:25:12	109	33	25.5	0:33:25	62	41	39.0	0:41:39
155	25	22.5	0:25:22	108	33	36.0	0:33:36	61	41	49.5	0:41:49
154	25	33.0	0:25:33	107	33	46.5	0:33:46	60	42	0.0	0:42:00
153	25	43.5	0:25:43	106	33	57.0	0:33:57	59	42	10.5	0:42:10
152	25	54.0	0:25:54	105	34	7.5	0:34:07	58	42	21.0	0:42:21
151	26	4.5	0:26:04	104	34	18.0	0:34:18	57	42	31.5	0:42:31
150	26	15.0	0:26:15	103	34	28.5	0:34:28	56	42	42.0	0:42:42
149	26	25.5	0:26:25	102	34	39.0	0:34:39	55	42	52.5	0:42:52
148	26	36.0	0:26:36	101	34	49.5	0:34:49	54	43	3.0	0:43:03
147	26	46.5	0:26:46	100	35	0.0	0:35:00	53	43	13.5	0:43:13
146	26	57.0	0:26:57	99	35	10.5	0:35:10	52	43	24.0	0:43:24
145	27	7.5	0:27:07	98	35	21.0	0:35:21	51	43	34.5	0:43:34
144	27	18.0	0:27:18	97	35	31.5	0:35:31	50	43	45.0	0:43:45
143	27	28.5	0:27:28	96	35	42.0	0:35:42				
142	27	39.0	0:27:39	95	35	52.5	0:35:52				
141	27	49.5	0:27:49	94	36	3.0	0:36:03				
140	28	0.0	0:28:00	93	36	13.5	0:36:13				
139	28	10.5	0:28:10	92	36	24.0	0:36:24				
138	28	21.0	0:28:21	91	36	34.5	0:36:34				
137	28	31.5	0:28:31	90	36	45.0	0:36:45				
136	28	42.0	0:28:42	89	36	55.5	0:36:55				
135	28	52.5	0:28:52	88	37	6.0	0:37:06				
134	29	3.0	0:29:03	87	37	16.5	0:37:16				
133	29	13.5	0:29:13	86	37	27.0	0:37:27				
132	29	24.0	0:29:24	85	37	37.5	0:37:37				
131	29	34.5	0:29:34	84	37	48.0	0:37:48				
130	29	45.0	0:29:45	83	37	58.5	0:37:58				
129	29	55.5	0:29:55	82	38	9.0	0:38:09				
128	30	6.0	0:30:06	81	38	19.5	0:38:19				
127	30	16.5	0:30:16	80	38	30.0	0:38:30				
126	30	27.0	0:30:27	79	38	40.5	0:38:40				
125	30	37.5	0:30:37	78	38	51.0	0:38:51				
124	30	48.0	0:30:48	77	39	1.5	0:39:01				
123	30	58.5	0:30:58	76	39	12.0	0:39:12				
122	31	9.0	0:31:09	75	39	22.5	0:39:22				
121	31	19.5	0:31:19	74	39	33.0	0:39:33				
120	31	30.0	0:31:30	73	39	43.5	0:39:43				
119	31	40.5	0:31:40	72	39	54.0	0:39:54				
118	31	51.0	0:31:51	71	40	4.5	0:40:04				
117	32	1.5	0:32:01	70	40	15.0	0:40:15				
116	32	12.0	0:32:12	69	40	25.5	0:40:25				

**END OF COURSE 2**

Warning/Prep Signal	0:00:00
Course:	3
Nautical miles:	13.96

**Course #3**

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
300	0	0.0	0:00:00	254	10	42.2	0:10:42	208	21	24.3	0:21:24
299	0	14.0	0:00:13	253	10	56.1	0:10:56	207	21	38.3	0:21:38
298	0	27.9	0:00:27	252	11	10.1	0:11:10	206	21	52.2	0:21:52
297	0	41.9	0:00:41	251	11	24.0	0:11:24	205	22	6.2	0:22:06
296	0	55.8	0:00:55	250	11	38.0	0:11:38	204	22	20.2	0:22:20
295	1	9.8	0:01:09	249	11	52.0	0:11:51	203	22	34.1	0:22:34
294	1	23.8	0:01:23	248	12	5.9	0:12:05	202	22	48.1	0:22:48
293	1	37.7	0:01:37	247	12	19.9	0:12:19	201	23	2.0	0:23:02
292	1	51.7	0:01:51	246	12	33.8	0:12:33	200	23	16.0	0:23:16
291	2	5.6	0:02:05	245	12	47.8	0:12:47	199	23	30.0	0:23:29
290	2	19.6	0:02:19	244	13	1.8	0:13:01	198	23	43.9	0:23:43
289	2	33.6	0:02:33	243	13	15.7	0:13:15	197	23	57.9	0:23:57
288	2	47.5	0:02:47	242	13	29.7	0:13:29	196	24	11.8	0:24:11
287	3	1.5	0:03:01	241	13	43.6	0:13:43	195	24	25.8	0:24:25
286	3	15.4	0:03:15	240	13	57.6	0:13:57	194	24	39.8	0:24:39
285	3	29.4	0:03:29	239	14	11.6	0:14:11	193	24	53.7	0:24:53
284	3	43.4	0:03:43	238	14	25.5	0:14:25	192	25	7.7	0:25:07
283	3	57.3	0:03:57	237	14	39.5	0:14:39	191	25	21.6	0:25:21
282	4	11.3	0:04:11	236	14	53.4	0:14:53	190	25	35.6	0:25:35
281	4	25.2	0:04:25	235	15	7.4	0:15:07	189	25	49.6	0:25:49
280	4	39.2	0:04:39	234	15	21.4	0:15:21	188	26	3.5	0:26:03
279	4	53.2	0:04:53	233	15	35.3	0:15:35	187	26	17.5	0:26:17
278	5	7.1	0:05:07	232	15	49.3	0:15:49	186	26	31.4	0:26:31
277	5	21.1	0:05:21	231	16	3.2	0:16:03	185	26	45.4	0:26:45
276	5	35.0	0:05:35	230	16	17.2	0:16:17	184	26	59.4	0:26:59
275	5	49.0	0:05:49	229	16	31.2	0:16:31	183	27	13.3	0:27:13
274	6	3.0	0:06:02	228	16	45.1	0:16:45	182	27	27.3	0:27:27
273	6	16.9	0:06:16	227	16	59.1	0:16:59	181	27	41.2	0:27:41
272	6	30.9	0:06:30	226	17	13.0	0:17:13	180	27	55.2	0:27:55
271	6	44.8	0:06:44	225	17	27.0	0:17:27	179	28	9.2	0:28:09
270	6	58.8	0:06:58	224	17	41.0	0:17:40	178	28	23.1	0:28:23
269	7	12.8	0:07:12	223	17	54.9	0:17:54	177	28	37.1	0:28:37
268	7	26.7	0:07:26	222	18	8.9	0:18:08	176	28	51.0	0:28:51
267	7	40.7	0:07:40	221	18	22.8	0:18:22	175	29	5.0	0:29:05
266	7	54.6	0:07:54	220	18	36.8	0:18:36	174	29	19.0	0:29:18
265	8	8.6	0:08:08	219	18	50.8	0:18:50	173	29	32.9	0:29:32
264	8	22.6	0:08:22	218	19	4.7	0:19:04	172	29	46.9	0:29:46
263	8	36.5	0:08:36	217	19	18.7	0:19:18	171	30	0.8	0:30:00
262	8	50.5	0:08:50	216	19	32.6	0:19:32	170	30	14.8	0:30:14
261	9	4.4	0:09:04	215	19	46.6	0:19:46	169	30	28.8	0:30:28
260	9	18.4	0:09:18	214	20	0.6	0:20:00	168	30	42.7	0:30:42
259	9	32.4	0:09:32	213	20	14.5	0:20:14	167	30	56.7	0:30:56
258	9	46.3	0:09:46	212	20	28.5	0:20:28	166	31	10.6	0:31:10
257	10	0.3	0:10:00	211	20	42.4	0:20:42	165	31	24.6	0:31:24
256	10	14.2	0:10:14	210	20	56.4	0:20:56	164	31	38.6	0:31:38
255	10	28.2	0:10:28	209	21	10.4	0:21:10	163	31	52.5	0:31:52

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
162	32	6.5	0:32:06	115	43	2.6	0:43:02	68	53	58.7	0:53:58
161	32	20.4	0:32:20	114	43	16.6	0:43:16	67	54	12.7	0:54:12
160	32	34.4	0:32:34	113	43	30.5	0:43:30	66	54	26.6	0:54:26
159	32	48.4	0:32:48	112	43	44.5	0:43:44	65	54	40.6	0:54:40
158	33	2.3	0:33:02	111	43	58.4	0:43:58	64	54	54.6	0:54:54
157	33	16.3	0:33:16	110	44	12.4	0:44:12	63	55	8.5	0:55:08
156	33	30.2	0:33:30	109	44	26.4	0:44:26	62	55	22.5	0:55:22
155	33	44.2	0:33:44	108	44	40.3	0:44:40	61	55	36.4	0:55:36
154	33	58.2	0:33:58	107	44	54.3	0:44:54	60	55	50.4	0:55:50
153	34	12.1	0:34:12	106	45	8.2	0:45:08	59	56	4.4	0:56:04
152	34	26.1	0:34:26	105	45	22.2	0:45:22	58	56	18.3	0:56:18
151	34	40.0	0:34:40	104	45	36.2	0:45:36	57	56	32.3	0:56:32
150	34	54.0	0:34:54	103	45	50.1	0:45:50	56	56	46.2	0:56:46
149	35	8.0	0:35:07	102	46	4.1	0:46:04	55	57	0.2	0:57:00
148	35	21.9	0:35:21	101	46	18.0	0:46:18	54	57	14.2	0:57:14
147	35	35.9	0:35:35	100	46	32.0	0:46:32	53	57	28.1	0:57:28
146	35	49.8	0:35:49	99	46	46.0	0:46:45	52	57	42.1	0:57:42
145	36	3.8	0:36:03	98	46	59.9	0:46:59	51	57	56.0	0:57:56
144	36	17.8	0:36:17	97	47	13.9	0:47:13	50	58	10.0	0:58:10
143	36	31.7	0:36:31	96	47	27.8	0:47:27				
142	36	45.7	0:36:45	95	47	41.8	0:47:41				
141	36	59.6	0:36:59	94	47	55.8	0:47:55				
140	37	13.6	0:37:13	93	48	9.7	0:48:09				
139	37	27.6	0:37:27	92	48	23.7	0:48:23				
138	37	41.5	0:37:41	91	48	37.6	0:48:37				
137	37	55.5	0:37:55	90	48	51.6	0:48:51				
136	38	9.4	0:38:09	89	49	5.6	0:49:05				
135	38	23.4	0:38:23	88	49	19.5	0:49:19				
134	38	37.4	0:38:37	87	49	33.5	0:49:33				
133	38	51.3	0:38:51	86	49	47.4	0:49:47				
132	39	5.3	0:39:05	85	50	1.4	0:50:01				
131	39	19.2	0:39:19	84	50	15.4	0:50:15				
130	39	33.2	0:39:33	83	50	29.3	0:50:29				
129	39	47.2	0:39:47	82	50	43.3	0:50:43				
128	40	1.1	0:40:01	81	50	57.2	0:50:57				
127	40	15.1	0:40:15	80	51	11.2	0:51:11				
126	40	29.0	0:40:29	79	51	25.2	0:51:25				
125	40	43.0	0:40:43	78	51	39.1	0:51:39				
124	40	57.0	0:40:56	77	51	53.1	0:51:53				
123	41	10.9	0:41:10	76	52	7.0	0:52:07				
122	41	24.9	0:41:24	75	52	21.0	0:52:21				
121	41	38.8	0:41:38	74	52	35.0	0:52:34				
120	41	52.8	0:41:52	73	52	48.9	0:52:48				
119	42	6.8	0:42:06	72	53	2.9	0:53:02				
118	42	20.7	0:42:20	71	53	16.8	0:53:16				
117	42	34.7	0:42:34	70	53	30.8	0:53:30				
116	42	48.6	0:42:48	69	53	44.8	0:53:44				

**END OF COURSE 3**

Warning/Prep Signal	0:00:00
Course:	4
Nautical miles:	7.7

**Course #4**

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
300	0	0.0	0:00:00	254	5	54.2	0:05:54	208	11	48.4	0:11:48
299	0	7.7	0:00:07	253	6	1.9	0:06:01	207	11	56.1	0:11:56
298	0	15.4	0:00:15	252	6	9.6	0:06:09	206	12	3.8	0:12:03
297	0	23.1	0:00:23	251	6	17.3	0:06:17	205	12	11.5	0:12:11
296	0	30.8	0:00:30	250	6	25.0	0:06:25	204	12	19.2	0:12:19
295	0	38.5	0:00:38	249	6	32.7	0:06:32	203	12	26.9	0:12:26
294	0	46.2	0:00:46	248	6	40.4	0:06:40	202	12	34.6	0:12:34
293	0	53.9	0:00:53	247	6	48.1	0:06:48	201	12	42.3	0:12:42
292	1	1.6	0:01:01	246	6	55.8	0:06:55	200	12	50.0	0:12:50
291	1	9.3	0:01:09	245	7	3.5	0:07:03	199	12	57.7	0:12:57
290	1	17.0	0:01:17	244	7	11.2	0:07:11	198	13	5.4	0:13:05
289	1	24.7	0:01:24	243	7	18.9	0:07:18	197	13	13.1	0:13:13
288	1	32.4	0:01:32	242	7	26.6	0:07:26	196	13	20.8	0:13:20
287	1	40.1	0:01:40	241	7	34.3	0:07:34	195	13	28.5	0:13:28
286	1	47.8	0:01:47	240	7	42.0	0:07:42	194	13	36.2	0:13:36
285	1	55.5	0:01:55	239	7	49.7	0:07:49	193	13	43.9	0:13:43
284	2	3.2	0:02:03	238	7	57.4	0:07:57	192	13	51.6	0:13:51
283	2	10.9	0:02:10	237	8	5.1	0:08:05	191	13	59.3	0:13:59
282	2	18.6	0:02:18	236	8	12.8	0:08:12	190	14	7.0	0:14:07
281	2	26.3	0:02:26	235	8	20.5	0:08:20	189	14	14.7	0:14:14
280	2	34.0	0:02:34	234	8	28.2	0:08:28	188	14	22.4	0:14:22
279	2	41.7	0:02:41	233	8	35.9	0:08:35	187	14	30.1	0:14:30
278	2	49.4	0:02:49	232	8	43.6	0:08:43	186	14	37.8	0:14:37
277	2	57.1	0:02:57	231	8	51.3	0:08:51	185	14	45.5	0:14:45
276	3	4.8	0:03:04	230	8	59.0	0:08:59	184	14	53.2	0:14:53
275	3	12.5	0:03:12	229	9	6.7	0:09:06	183	15	0.9	0:15:00
274	3	20.2	0:03:20	228	9	14.4	0:09:14	182	15	8.6	0:15:08
273	3	27.9	0:03:27	227	9	22.1	0:09:22	181	15	16.3	0:15:16
272	3	35.6	0:03:35	226	9	29.8	0:09:29	180	15	24.0	0:15:24
271	3	43.3	0:03:43	225	9	37.5	0:09:37	179	15	31.7	0:15:31
270	3	51.0	0:03:51	224	9	45.2	0:09:45	178	15	39.4	0:15:39
269	3	58.7	0:03:58	223	9	52.9	0:09:52	177	15	47.1	0:15:47
268	4	6.4	0:04:06	222	10	0.6	0:10:00	176	15	54.8	0:15:54
267	4	14.1	0:04:14	221	10	8.3	0:10:08	175	16	2.5	0:16:02
266	4	21.8	0:04:21	220	10	16.0	0:10:16	174	16	10.2	0:16:10
265	4	29.5	0:04:29	219	10	23.7	0:10:23	173	16	17.9	0:16:17
264	4	37.2	0:04:37	218	10	31.4	0:10:31	172	16	25.6	0:16:25
263	4	44.9	0:04:44	217	10	39.1	0:10:39	171	16	33.3	0:16:33
262	4	52.6	0:04:52	216	10	46.8	0:10:46	170	16	41.0	0:16:41
261	5	0.3	0:05:00	215	10	54.5	0:10:54	169	16	48.7	0:16:48
260	5	8.0	0:05:08	214	11	2.2	0:11:02	168	16	56.4	0:16:56
259	5	15.7	0:05:15	213	11	9.9	0:11:09	167	17	4.1	0:17:04
258	5	23.4	0:05:23	212	11	17.6	0:11:17	166	17	11.8	0:17:11
257	5	31.1	0:05:31	211	11	25.3	0:11:25	165	17	19.5	0:17:19
256	5	38.8	0:05:38	210	11	33.0	0:11:33	164	17	27.2	0:17:27
255	5	46.5	0:05:46	209	11	40.7	0:11:40	163	17	34.9	0:17:34

PHRF	Min	Sec	Start	PHRF	Min	Sec	Start	PHRF	Min	Sec	Start
162	17	42.6	0:17:42	115	23	44.5	0:23:44	68	29	46.4	0:29:46
161	17	50.3	0:17:50	114	23	52.2	0:23:52	67	29	54.1	0:29:54
160	17	58.0	0:17:58	113	23	59.9	0:23:59	66	30	1.8	0:30:01
159	18	5.7	0:18:05	112	24	7.6	0:24:07	65	30	9.5	0:30:09
158	18	13.4	0:18:13	111	24	15.3	0:24:15	64	30	17.2	0:30:17
157	18	21.1	0:18:21	110	24	23.0	0:24:23	63	30	24.9	0:30:24
156	18	28.8	0:18:28	109	24	30.7	0:24:30	62	30	32.6	0:30:32
155	18	36.5	0:18:36	108	24	38.4	0:24:38	61	30	40.3	0:30:40
154	18	44.2	0:18:44	107	24	46.1	0:24:46	60	30	48.0	0:30:48
153	18	51.9	0:18:51	106	24	53.8	0:24:53	59	30	55.7	0:30:55
152	18	59.6	0:18:59	105	25	1.5	0:25:01	58	31	3.4	0:31:03
151	19	7.3	0:19:07	104	25	9.2	0:25:09	57	31	11.1	0:31:11
150	19	15.0	0:19:15	103	25	16.9	0:25:16	56	31	18.8	0:31:18
149	19	22.7	0:19:22	102	25	24.6	0:25:24	55	31	26.5	0:31:26
148	19	30.4	0:19:30	101	25	32.3	0:25:32	54	31	34.2	0:31:34
147	19	38.1	0:19:38	100	25	40.0	0:25:40	53	31	41.9	0:31:41
146	19	45.8	0:19:45	99	25	47.7	0:25:47	52	31	49.6	0:31:49
145	19	53.5	0:19:53	98	25	55.4	0:25:55	51	31	57.3	0:31:57
144	20	1.2	0:20:01	97	26	3.1	0:26:03	50	32	5.0	0:32:05
143	20	8.9	0:20:08	96	26	10.8	0:26:10				
142	20	16.6	0:20:16	95	26	18.5	0:26:18				
141	20	24.3	0:20:24	94	26	26.2	0:26:26				
140	20	32.0	0:20:32	93	26	33.9	0:26:33				
139	20	39.7	0:20:39	92	26	41.6	0:26:41				
138	20	47.4	0:20:47	91	26	49.3	0:26:49				
137	20	55.1	0:20:55	90	26	57.0	0:26:57				
136	21	2.8	0:21:02	89	27	4.7	0:27:04				
135	21	10.5	0:21:10	88	27	12.4	0:27:12				
134	21	18.2	0:21:18	87	27	20.1	0:27:20				
133	21	25.9	0:21:25	86	27	27.8	0:27:27				
132	21	33.6	0:21:33	85	27	35.5	0:27:35				
131	21	41.3	0:21:41	84	27	43.2	0:27:43				
130	21	49.0	0:21:49	83	27	50.9	0:27:50				
129	21	56.7	0:21:56	82	27	58.6	0:27:58				
128	22	4.4	0:22:04	81	28	6.3	0:28:06				
127	22	12.1	0:22:12	80	28	14.0	0:28:14				
126	22	19.8	0:22:19	79	28	21.7	0:28:21				
125	22	27.5	0:22:27	78	28	29.4	0:28:29				
124	22	35.2	0:22:35	77	28	37.1	0:28:37				
123	22	42.9	0:22:42	76	28	44.8	0:28:44				
122	22	50.6	0:22:50	75	28	52.5	0:28:52				
121	22	58.3	0:22:58	74	29	0.2	0:29:00				
120	23	6.0	0:23:06	73	29	7.9	0:29:07				
119	23	13.7	0:23:13	72	29	15.6	0:29:15				
118	23	21.4	0:23:21	71	29	23.3	0:29:23				
117	23	29.1	0:23:29	70	29	31.0	0:29:31				
116	23	36.8	0:23:36	69	29	38.7	0:29:38				

**END OF COURSE 4**