
Pre-Race Routine – Canadian Sailing Team: RSX MOCR 2010

Time	Action	ACTIVITIES	DISTRACTIONS?
Eve	Gear organization		
08h30	Wake up		
2HRS			
10h30	Depart House		
15 MIN			
10h45	Arrive at Club		
30 MIN			
11h15	On-water		
10 MIN			
11h25	Casual warm-up		
15 MIN			
11h40	Check in		
5 MIN			
11h45	Stretch, chat, strategy		
10 MIN			
11h55	On course warm ups		
5 MIN			
12h00	WARNING		
5 MIN			
12h05	START		