



# 2015 MEDIA GUIDE

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# Introduction

The ISAF Sailing World Cup is the annual circuit of Olympic sailing for elite and professional sailors, its centre piece is the ISAF Sailing World Cup Final in Abu Dhabi, United Arab Emirates. Ten Olympic events will be contested at each ISAF Sailing World Cup with the addition of Kiteboarding and Paralympic events where possible.

Over 2,000 of the world's leading sailors representing 75 nations have competed in the ISAF Sailing World Cup which offers a definitive guide to the best-of-the-best in the Olympic sailing world.

## 2015 ISAF SAILING WORLD CUP

Melbourne, Australia will begin the 2015 ISAF Sailing World Cup journey mid December 2014. Miami, Florida, USA will host the next stop on the circuit in January 2015 before a double European stopover. Sailors will head to Hyères, France in April before returning to the London 2012 Olympic Sailing Competition venue of Weymouth and Portland, Great Britain in June. The final stopover on the 2015 circuit will be Qingdao, China in September before the top sailors head to Abu Dhabi for the Final.

Qualification places for the ISAF Sailing World Cup Final are up for grabs at each event. The Final will bring together the top 20 boats in each Olympic event and an Open Kiteboarding event and the ISAF Sailing World Cup Champions will be crowned.

# Media Contacts

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# Social Media

You can follow the updates from the ISAF Sailing World Cup online

Website - [sailing.org/worldcup](http://sailing.org/worldcup)

Twitter - [@ISAFUpdates](https://twitter.com/ISAFUpdates)

Facebook - [ISAF Sailing World Cup](https://www.facebook.com/ISAFSailingWorldCup)

Instagram - [isafworldsailing](https://www.instagram.com/isafworldsailing)

YouTube - [youtube.com/sailingworldcup](https://www.youtube.com/sailingworldcup)

Flickr - [ISAF Media Library](https://www.flickr.com/photos/isafmedia/)

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Date - 7 - 14 December 2014
Venue - Melbourne, Australia
Website - <a href="http://www.sailmelbourne.com.au">http://www.sailmelbourne.com.au</a>
Twitter - @SailMelbourne
Local Media Contact - Jay Greaves ( <a href="mailto:media@newtack.com.au">media@newtack.com.au</a> )

## About

ISAF Sailing World Cup Melbourne is the first stop on the 2015 ISAF Sailing World Cup Series and returns to Sandringham Yacht Club for the seventh consecutive year. The major regatta of Yachting Victoria was first held in 1994 and is enjoyed by sailors for great sailing conditions prevalent on Port Phillip Bay.

## Venue

Situated on the foreshore of Port Phillip Bay, the Sandringham Yacht Club is Melbourne's premier sailing club, presenting world class sporting and event facilities right on the water's edge.

The new \$13m development boasts a state of the art 340 berth floating marina and off the beach area, boating academy, waterfront support services, newly built clubhouse and reciprocal rights with yacht clubs worldwide, offering sailors from Melbourne and across the world an incomparable sailing experience.

## Weather

Melbourne is situated at the top of Port Phillip Bay, with 2,000sq kilometres of deep open water unaffected by tide or geographical features, regular sea breezes averaging 15 knots, summer water temperature of 20°C and daily air temperature between 25°C and 30°C.

## Media Information

ISAF Sailing World Cup Melbourne operates a functional media centre equipped with internet lines and wireless, photocopiers and other general office equipment.

A boat is available for approved accredited media personnel to capture the racing action up close. Note, priority allocation will be given to event contracted media.

For media accreditation please visit <http://sailmelbourne.com.au/website/media.html>

# 2014 Champions

Men's 470 - Alexander Conway and Patrick Conway (AUS)

Women's 470 - Sasha Ryan and Amelia Catt (AUS)

49er - Nathan Outteridge and Iain Jensen (AUS)

49erFX - Ragna Agerup and Maia Agerup (NOR)

Finn - Edward Wright (GBR)

Laser - Tom Burton (AUS)

Laser Radial - Alison Young (GBR)

Nacra 17 - Jason Waterhouse and Lisa Darmanin (AUS)

Men's RS:X - Juozas Bernotas (LTU)

Women's RS:X - Stefania Elfutina (RUS)

# 2013 Champions

Men's 470 - Mat Belcher and Will Ryan (AUS)

Women's 470 - Sasha Chen and Yang Gao (CHN)

49er - Nathan Outteridge and Iain Jensen (AUS)

49erFX - Olivia Price and Eliza Solly (AUS)

Finn - Björn Allansson (SWE)

Laser - Tom Burton (AUS)

Laser Radial - Tatiana Drozdovskaya (BLR)

Nacra 17 - Darren Bundock and Nina Curtis (AUS)

Men's RS:X - Chuankun Shi (CHN)

Women's RS:X - Manja Zheng (CHN)

# 2012 Champions

Men's 470 - Mat Belcher and Will Ryan (AUS)

Women's 470 - Sasha Ryan and Jaime Ryan (AUS)

49er - Steven Thomas and Rhys Mara (AUS)

49erFX - Alexandra Maloney and Molly Meech (NZL)

Finn - Brendan Casey (AUS)

Laser - Tom Burton (AUS)

Laser Radial - Krystal Weir (AUS)

Men's RS:X - Luke Baillie (AUS)

Women's RS:X - n/a





Date - 24 - 31 January 2015
Venue - Miami, USA
Website - <a href="http://miami.ussailing.org/">http://miami.ussailing.org/</a>
Twitter - @SailingWCMiami
Local Media Contact - Jake Fish (jakefish@ussailing.org)

## About

ISAF Sailing World Cup Miami, presented by Sunbrella, is a mainstay regatta on the winter circuit for sailors who are campaigning for Rio 2016. Raced on the waters of Biscayne Bay the regatta was founded in 1990 as part of the 'Can-Am' series that promoted sailing during the winter months for Canadian and American Olympic hopefuls. As the regatta evolved it now features prominently on Olympic sailors schedules.

## Venue

Regatta Headquarters are located at the US SAILING Center Miami, an official Olympic training center, in Coconut Grove, Miami. Event organizers have partnered with the city of Miami to provide world-class venues for competition. Additional hosts for the event include Coral Reef Yacht Club, Key Biscayne Yacht Club, Coconut Grove Sailing Club, Miami Rowing Club and Shake-a-Leg-Miami. These sailing organizations host classes onshore, as well as help run the on-the-water racing. The Coral Reef Yacht Club also hosts the Opening and Closing Ceremonies.

## Weather

Biscayne Bay is one of the great sailing venues in the world and offers a subtropical climate in the North American winter. ISAF Sailing World Cup Miami utilises an eight mile portion of the bay with a modest tidal range. The sea breeze typically arrives in late morning or early afternoon and builds until late afternoon. The trade winds can provide a reliable breeze from the north east to the south east.

## Media Information

Located at Coral Reef Yacht Club, the media centre is suitably equipped to cater for the international media. Daily news releases and results will be distributed via email and daily racing images will be captured digitally (both low-res and high-res) by official event photographers and will be available online.

# 2015 Champions

Men's 470 - Luke Patience and Elliot Willis (GBR)  
Women's 470 - Jo Aleh and Polly Powrie (NZL)  
49er - Nico Delle - Karth and Nikolaus Resch (AUT)  
49erFX - Alexandra Maloney and Molly Meech (NZL)  
Finn - Giles Scott (GBR)  
Laser - Phillip Buhl (GER)  
Laser Radial - Anne-Marie Rindom (DEN)  
Nacra 17 - Vittorio Bissaro and Silvia Sicouri (ITA)  
Men's RS:X - Dorian Van Rijsselberge (NED)  
Women's RS:X - Bryony Shaw (GBR)

# 2014 Champions

Men's 470 - Sofian Bouvet and Jeremie Mion (FRA)  
Women's 470 - Sophie Weguelin and Eilidh McIntyre (GBR)  
49er - Jonas Warrer and Peter Lang (DEN)  
49erFX - Sarah Steyaert and Julie Bossard (BRA)  
Finn - Giles Scott (GBR)  
Laser - Tonci Stipanovic (CRO)  
Laser Radial - Paige Railey (USA)  
Nacra 17 - Vittorio Bissaro and Silvia Sicouri (ITA)  
Men's RS:X - Byron Kokkalanis (GRE)  
Women's RS:X - Bryony Shaw (GBR)

# 2013 Champions

Men's 470 - Stu McNay and David Hughes (USA)  
Women's 470 - Fernanda Oliveira and Ana Luiza Barbachan (BRA)  
49er - Frederick Strammer and Zach Brown (USA)  
49erFX - Martine Grael and Kahena Kunze (BRA)  
Finn - Caleb Paine (USA)  
Laser - Jesper Stalheim (SWE)  
Laser Radial - Paige Railey (USA)  
Nacra 17 - Sarah Newberry and John Casey (USA)  
Men's RS:X - Ivan Pastor (ESP)  
Women's RS:X - Maayan Davidovich (ISR)





Date - 20 - 26 April 2015
Venue - Hyères, France
Website - <a href="http://swc.ffvoile.com/">http://swc.ffvoile.com/</a>
Twitter - @FFVoileEvt
Local Media Contact - Havas Sports swc.hyeres@havas-se.com

## About

Sixty Finn and 5.5m sailors from 12 nations competed at the first regatta held in Hyères in 1968. The early 1970s saw the regatta increase in size with 240 sailors from 16 nations compete, although most were Europeans. By the 1980s the regatta had evolved into a global affair.

ISAF Sailing World Cup Hyères is set to welcome the cream of the crop, a quota of 40 boats means qualification is essential. The top 30 ranked sailors in the ISAF World Sailing Rankings on 2 February 2015 will be invited. The next ten places plus any declined invitations will be allocated at the ISAF Sailing World Cup Qualification Regatta, for Hyères this is the Princess Sofia Trophy in Palma de Mallorca, Spain.

## Venue

Hyères and the palm trees, symbol of the city, is appreciated by competitors and their support. With the International airport within walking distance from the port, reasonably priced accommodation overlooking the venue and the close proximity of the boat parks, it makes the venue one of the most attractive for international sailors.

With a walk that lasts no more than ten minutes from the two farthest boat parks, sailors continue to flock in their numbers to the venue.

## Weather

The racing areas offers a wide range of wind conditions, with smooth sea breeze, sometimes Mistral, strong northerly with flat water, or easterly wind bringing waves and rough sea. These changing conditions makes Hyères one of the most testing challenges on the ISAF Sailing World Cup circuit, but cannot be better for preparation of the teams.

## Media Information

Located in the heart of the event venue, the media centre enjoys great views over the bay and all the racing areas. This central point allows easy access to sailors and is equipped with fast internet connection.

Free images in high and low resolution for editorial use are available on a dedicated FTP after racing. Press boats are available for accredited journalists and photographers and it is advisable to book in advance at the press centre. Press boats depart the press centre 30 minutes before racing starts.



# 2015 Champions

Men's 470 - Sime Fantela and Igor Marenic (CRO)  
Women's 470 - Fernanda Oliveira and Ana Luiza Barbachan (BRA)  
49er - Peter Burling and Blair Tuke (NZL)  
49erFX - Ida Marie Baad Nielsen and Marie Thusgaard Olsen (DEN)  
Finn - Giles Scott (GBR)  
Laser - Tom Burton (AUS)  
Laser Radial - Evi Van Acker (BEL)  
Nacra 17 - Billy Besson and Marie Riou (FRA)  
Men's RS:X - Pierre Le Coq (FRA)  
Women's RS:X - Lilian De Geus (NED)

# 2014 Champions

Men's 470 - Mat Belcher and Will Ryan (AUS)  
Women's 470 - Jo Aleh and Polly Powrie (NZL)  
49er - Peter Burling and Blair Tuke (NZL)  
49erFX - Martine Grael and Kahena Kunze (BRA)  
Finn - Pieter-Jan Postma (NED)  
Laser - Tom Burton (AUS)  
Laser Radial - Evi Van Acker (BEL)  
Nacra 17 - Vittorio Bissaro and Silvia Sicouri (ITA)  
Men's RS:X - Piotr Myszka (POL)  
Women's RS:X - Moana Delle (GER)

# 2013 Champions

Men's 470 - Mat Belcher and Will Ryan (AUS)  
Women's 470 - Fernanda Oliveira and Ana Barbachan (BRA)  
49er - Dylan Fletcher and Alain Sign (GBR)  
49erFX - Alex Maloney and Molly Meech (NZL)  
Finn - Andrew Mills (GBR)  
Laser - Tom Burton (AUS)  
Laser Radial - Marit Bouwmeester (NED)  
Nacra 17 - Tim Shuwalow and Hanna Klinga (SWE)  
Men's RS:X - Przemyslaw Miarczynski (POL)  
Women's RS:X - Bryony Shaw (GBR)





Date - 8-14 June 2015
Venue - Weymouth & Portland, GBR
Website - <a href="http://sailing.org/worldcup">sailing.org/worldcup</a>
Twitter - @ISAFUpdates

## About

Returning to the London 2012 Olympic waters, ISAF Sailing World Cup Weymouth & Portland is the second European stopover in the series. The regatta was pivotal for competitors as they prepared for London 2012 and it is now back on the map.

Like Hyères, ISAF Sailing World Cup Weymouth and Portland will have a quota of 40 boats so qualification is essential. The top 30 ranked sailors in the ISAF World Sailing Rankings on 27 April 2015 will be invited. The next ten places plus any declined invitations will be allocated at the ISAF Sailing World Cup Qualification Regatta, for Weymouth and Portland this is the Delta Lloyd Regatta.

## Venue

Weymouth Bay and Portland Harbour are widely recognised as some of the best sailing waters in Europe. Hosted by the Weymouth and Portland National Sailing Academy with the Jurassic Coast making a spectacular backdrop to the action the facility is capable of hosting over 1,000 sailors at a time.

The extensive boat park space and launching areas are easily accessible for all.

## Weather

Inside Portland Harbour the prevailing south-westerly wind comes over Chesil Beach, providing protection and producing relatively flat water and little tide within the harbour wall. Racing action also takes place outside the harbour in Weymouth Bay, it is a relatively sheltered basin with clean winds and small waves. This means that sailing conditions for the venue are almost neutral, so that local knowledge is of no great importance.



# 2015 Champions

Men's 470 - Stu McNay and Dave Hughes (USA)

Women's 470 - Hannah Mills & Saskia Clark (GBR)

49er - Peter Burling and Blair Tuke (NZL)

49erFX - Martine Grael and Kahena Kunze (BRA)

Finn - Giles Scott (GBR)

Laser - Phillip Buhl (GER)

Laser Radial - Marit Bouwmeester (NED)

Nacra 17 - Jason Waterhouse and Lisa Darmanin (AUS)

Men's RS:X - Nick Dempsey (GBR)

Women's RS:X - Flavia Tartaglino (ITA)





Date - 14 - 20 September 2015
Venue - Qingdao, China
Website - <a href="http://www.qingdaosailingworldcup.com/">http://www.qingdaosailingworldcup.com/</a>
Local Media Contact - -Su Wenjie (swcqdm2013@126.com)

## About

Sailors will return to the host venue of the Beijing 2008 Olympic and Paralympic Sailing Competition for ISAF Sailing World Cup Qingdao. Now in its third year Qingdao will invite all ten Olympic events to the event to be crowned champion and pick up some of the last qualification spots for the ISAF Sailing World Cup Final.

## Venue

The Qingdao Olympic Sailing Center and Yin Hai International Yacht Club are separated by 3km and will host sailors and officials, providing them with world class facilities during ISAF Sailing World Cup Qingdao. The spacious venues are a legacy from Beijing 2008 and provide excellent access to race areas and local amenities.

## Weather

The racing areas offers a wide range of wind conditions, with smooth sea breeze, sometimes Mistral, strong northerly with flat water, or easterly wind bringing waves and rough sea. These changing conditions makes Hyères one of the most testing challenges on the ISAF Sailing World Cup circuit, but cannot be better for preparation of the teams.

## Media Information

A dedicated media centre will be provided to cater for visiting journalists. The facility will have open internet access, results service, photo/interview backdrop setting as well as a general meeting and briefing area. Official boats will also be available each day to bring journalists and photographers afloat to view the racing.

# 2014 Champions

Men's 470 - Jordi Xammar and Joan Herp (ESP)

Women's 470 - Mengxi Wei and Yani Xu (CHN)

Laser - Tonci Stipanovic (CRO)

Laser Radial - Dongshuang Zhang (CHN)

Men's RS:X - Byron Kokkalanis (GRE)

Women's RS:X - Jiali Sun (CHN)

# 2013 Champions

Men's 470 - Lucas Calabrese and Juan de la Fuente (ARG)

Women's 470 - Jo Aleh and Polly Powrie (NZL)

Laser - Tonci Stipanovic (CRO)

Laser Radial - Dongshuang Zhang (CHN)

Men's RS:X - Shahar Zubari (ISR)

Women's RS:X - Peina Chen (CHN)







Date - 27 October - 1 November 2015
Venue - Abu Dhabi, UAE
Website - <a href="http://sailing.org/worldcup/home">sailing.org/worldcup/home</a>

## About

The ISAF Sailing World Cup Final Abu Dhabi will bring together the best of the best in Olympic sailing and Kiteboarding to be crowned ISAF Sailing World Cup Champion as well as taking a share of the prize purse.

With just 20 boats in each fleet the level of competition will be high. Equipment may be supplied for the ten Olympic events and support will be given for travel expenses and accommodation.

## Qualification

Event winners from each Sailing World Cup round will qualify to the 2015 Final whilst the best placed 'home continent' sailor in each round will also qualify. The top three finishers at the 2015 Class World Championships (if already held) will qualify to the 2015 Final. The remaining places will be awarded via the ISAF World Sailing Rankings.

The full qualification system can be seen here - <http://www.sailing.org/tools/documents/2015QualificationSystemSWC-%5B17739%5D.pdf>

## Venue and Weather

The Abu Dhabi Sailing & Yacht Club premises will host the event with some technical support facilities located at the adjacent Abu Dhabi International Marine Sports Club. The Yacht Club is located on the Abu Dhabi Breakwater next to the Heritage Village and opposite Abu Dhabi Marina Mall immediate access to the beautiful waters of the Arabian Gulf.

Expected conditions are outflow in the morning followed by a sea breeze which picks up to 8-12 knots but can go into the high teens. The breeze starts at 11:30, stabilizing at 13:00 and flows until sunset at 17:30.

## Media Information

A dedicated press centre will be provided to cater for visiting journalists.

The facility will have open internet access, results service, photo/interview backdrop setting as well as a general meeting and briefing area. Official boats will also be available each day to bring journalists and photographers afloat to view the racing.

# 2014 Champions

Men's 470 - Mathew Belcher and William Ryan (AUS)

Women's 470 - Lara Vadlau and Jolanta Ogar (AUT)

49er - Tomasz Januszewski and Jacek Nowak (POL)

49erFX - Alexandra Maloney and Molly Meech (NZL)

Finn - Vasilij Zbogor (SLO)

Laser - Tom Burton (AUS)

Laser Radial - Evi Van Acker (BEL)

Nacra 17 - Billy Besson and Marie Riou (FRA)

Men's RS:X - Louis Giard (FRA)

Women's RS:X - Bryony Shaw (GBR)

Open Kiteboard - Oliver Bridge (GBR)





# Sailing And The Olympic Games

Sailing was first contested at the 1900 Olympic Games, made its next Olympic appearance in 1908 and has been on every Olympic programme since that year. It is one of the oldest sports on the Olympic programme and its Olympic history is littered with many heroes including some of the sporting world's great figures.

In the early Olympic Games, sailing was dominated by bigger boats, sometimes with as many as 10-12 sailors, and time handicaps were used to adjudicate the races. Starting from 1924 and increasingly from the 1950s onwards, the trend has been towards smaller and smaller one-design boats with fewer crew members. In the last 20 years, equipment trials have resulted in several new boats reflecting the latest developments in the sport.

The current line up of boats is a mixture between classes with a long Olympic history such as the Finn which was first seen at the Helsinki 1952 Olympic Sailing Competition, and those reflecting the design and technology advances in the sport, such as the 49er and the Nacra 17.

Women have always been allowed to compete in Olympic sailing with men, but in 1988, separate sailing events were introduced exclusively for women. The Olympic sailing programme for Rio 2016 will see men and women compete side by side in the Mixed Multihull event using the Nacra 17 as the equipment.

In effect, sailing made its Olympic debut in Sydney, as it became the first Olympic sport to make a name change. The sport had always been called yachting in the past.

Rio de Janeiro, Brazil will host the 2016 Olympic Sailing Competition.

# About ISAF

The world governing body for the sport of sailing was created in Paris in October 1907. It was initially called the International Yacht Racing Union (IYRU) before the name was changed to the International Sailing Federation (ISAF) on 5 August 1996.

The International Sailing Federation is officially recognised by the International Olympic Committee as the governing authority for sailing world-wide. As such, ISAF is responsible for promotion of the sport internationally, managing sailing at the Olympic Games, developing the International Racing Rules and Regulations for all sailing competitions and the training of judges, umpires and other administrators, the development of the sport around the world, as well as representing sailors in all matters concerning the sport.

The name change to the International Sailing Federation in 1996 came with the change to the name of the sport on the Olympic programme from Yachting to Sailing.

In order to promote the development of the sport the ISAF has established several events - including, but not limited to the ISAF World Sailing Championships and ISAF Sailing World Cup (for Olympic equipment), ISAF Youth Sailing World Championship, ISAF Team Racing World Championship, ISAF Match Racing World Championship, ISAF Women's Match Racing World Championship, ISAF Nations Cup, as well as endorsing and grading the top international match racing and Olympic Class regattas, the results of which go towards sailors' world rankings, which are administered by ISAF.

ISAF currently consists of 138 member nations who are its principle members, and responsible for the decision making process that governs the sailing world.

There are currently more than 100 ISAF Class Associations, ranging from small dinghies up to 60 foot ocean racers.

ISAF, from its outset, has worked towards a primary goal to ensure that as many people as possible go sailing.

In 2007 ISAF celebrated its Centenary year by celebrating sailing. The ISAF members, sailing clubs, regatta organizers, sailors and fans were encouraged to organize activities to mark the Centenary with the 'Sail the World weekend' dedicated to getting as many people out on the water world-wide as possible. ISAF also launched the ISAF Sailing Hall of Fame in 2007 to acknowledge some of the sports greatest achievers.

ISAF has had seven elected Presidents since 1946 when Sir Ralph Gore took up the role. Current ISAF President, Carlo Croce, who was elected in November 2012, follows in the footsteps of his father Beppe, who held the role from 1969-1986.



# Glossary

Sailing Term	Definition
Boom	The horizontal pole or spar attached to the mast and the bottom of the sail.
Bow	The front of the boat.
Buoy	A floating marker.
Capsize	When a boat overturns.
Centreboard	An adjustable fin primarily used to stop the boat moving sideways through the water. Also called daggerboard.
Course	The route which the boats must sail to complete the race.
Daggerboard	An adjustable fin primarily used to stop the boat moving sideways through the water. Also called centreboard.
Dinghy	e.g. Laser, 470, Finn - the dinghies used at the Olympics - they all have a one hull and a centreboard or daggerboard.
Downwind	Boats sailing downwind have the wind behind them. If a boat has a spinnaker it will be used while sailing downwind.
Fleet Racing	Competition format where entries race against each other around a course
Genoa/Head-sail/Jib	The smaller sail set in front of the mast.
Hiking/hike out	To lean out over the side to balance the boat against the force of the wind.
Jury	The group of Rules experts who decide the outcome of protests.
Keelboat	e.g. Star, Elliott 6m - A boat with a "keel" - the fin attached to the bottom that prevents it from capsizing and stops it moving sideways through the water.
Kite (asymmetric)	A large, often colourful sail used during downwind sailing set in front of the other sails (carried by the 470, 49er) The 49er uses an asymmetric spinnaker.
Knot	A measure of wind speed 1 knot = 1 nautical mile per hour, 1.15 mph and 1.85 km/h.
Leeward	Side furthest away from the wind.
Mainsail	The sail behind the mast.
Mast	The vertical spar or pole to which the sail(s) are attached.
Match Racing	Competition format where two identical boats race against each other.
Medal Race	The final race in the series. Only the top 10 boats after the opening series compete and scores are doubled.
Multihull	e.g. Nacra 17 - A boat with more than one hull. A boat with two hulls is also known as a catamaran and a boat with three hulls is known as a trimaran
Port	The left hand side of a boat when looking forward. A boat is on "port tack" when the wind is coming from the left.
Protest	A claim that another boat has broken the Rules.
Race Officials	The Officials responsible for running the race and enforcing the Rules.
Rudder	Attached to the tiller the rudder is used to steer the boat.
Sheet	A rope used to control a sail.
Skiff	e.g. 49er - A light open dinghy with a self draining hull.

Sailing Term	Definition
Slalom finish	A technical section of the windsurfing (RS:X) course involving multiple changes of direction in quick succession.
Spinnaker	A large, often colourful sail used during downwind sailing set in front of the other sails (carried by the 470, 49er and Women's Match Racing) The 49er spinnaker is asymmetric. Also called kite.
Starboard	The right hand side of a boat when looking forward. A boat is on "starboard tack" when the wind is blowing from the right.
Stern	The back of a boat
Tiller	The handle attached to the rudder used to steer a boat
Trapeze	A wire attached to the mast to which a sailor wearing a harness attaches him/herself. It enables them to position their weight further out of the boat providing greater balance against the boat heeling over. Used on the 470 and 49er.
Upwind	Sailing upwind means to sail towards the direction the wind is coming from. A boat cannot sail directly into the wind so will sail a zig zag course to reach the upwind (windward) mark.
Windsurfer	e.g. RS:X - The board, sail, mast etc on which the sailor stands up.
Windward	The side closest to the wind.