

# Countdown to your start.

<b>24 hours</b>	<p>Pre – launch preparations:</p> <ul style="list-style-type: none"><li>• Read sailing instructions</li><li>• Weather forecast</li><li>• Tide information</li></ul>
<b>4 hours</b>	<p>At the club:</p> <ul style="list-style-type: none"><li>• Latest weather report</li><li>• Changes to the sailing instructions</li></ul>
<b>2 hours</b>	<p>On the water pre-start:</p> <ul style="list-style-type: none"><li>• Warm up / Wake up.</li><li>• Check current at bottom mark</li><li>• Keep an eye on clouds and compare with forecast</li></ul>
<b>In sequence</b>	<ul style="list-style-type: none"><li>• Beat up to the windward mark, checking shifts.</li><li>• Do some speed testing with a partner.</li><li>• Do a split pair with a partner.</li><li>• Check current at top mark.</li><li>• Get back to start line in time for the warning signal.</li><li>• Start thinking about possible plans</li><li>• Make sure you get the gun</li><li>• Fix transit</li><li>• Get bias</li><li>• Check windward mark</li><li>• Choose a plan</li></ul>
<b>2-3 minutes</b>	<p>Approach the starting line.</p> <ul style="list-style-type: none"><li>• Start scouting for a possible spot.</li><li>• Decision time, (finalise your plan).</li><li>• Practice start</li></ul>
<b>1 minute</b>	<ul style="list-style-type: none"><li>• Make sure you are front row</li><li>• Create a space to leeward</li><li>• Defend space to leeward</li></ul>
<b>Last few seconds.</b>	<ul style="list-style-type: none"><li>• Move with fleet</li><li>• Bear off into gap and go!</li></ul>