

## RNSYC Sailing Programme 2010

Month	Day	Date	Event	LW BST	HW BST	Height Metres
Apr	Thurs	01 Apr	Lift in Day			
May	Sat	01 May	Shakedown Cruise weekend		12.02	2.5
	Sat	08 May	Club Racing starts		17.55	2.2
	Sun	09 May	Scroby Sands	13.17	18.54	2.2
	Tue	11 May	Evening Racing starts		20.34	2.3
	Sat	22 May	Squibs Martello trophy	10.45	16.52	2.4
	Sun	23 May	Squibs Martello trophy	12.06	18.03	2.4
June	Sat	05 Jun	Squibs Reynolds Rosebowl		15.55	2.3
	Sun	06 Jun	Squibs Reynolds Rosebowl	10.25	16.56	2.2
	Fri	11 Jun	June Regatta	15.3	9.26	2.4
	Sat	12 Jun	June Regatta	16.18	10.05	2.4
	Sun	13 Jun	June Regatta		10.44	2.5
	Sat	19 Jun	BOD Simo Trophy Race 1 of 3		15.22	2.5
	Sat	26 Jun	BOD Simo Trophy Race 2 of 3		10.08	2.5
	Sun	27 Jun	Topper Training Day (Eastern Region) Topper Traveller Event (Eastern Region)		10.47	2.5
July	Sat	03 Jul	BOD Simo Trophy Race 3 of 3		14.29	2.4
	Sat	10 Jul	Nicholson Cup	15.1	8.59	2.4
	Sun	11 Jul	Inshore Challenge (incl BOD Geo.Brooks Trophy)		9.42	2.5
	Mon	12 Jul	Sea Week		10.25	2.6
	Tues	13 Jul	Sea Week		11.08	2.7
	Wed	14 Jul	Sea Week		11.52	2.8
	Thurs	15 Jul	Sea Week		12.37	2.8
	Fri	16 Jul	Sea Week		13.22	2.8
	Sat	17 Jul	Club Challenge Cup		14.09	2.7
Aug	Sat	07 Aug	Dinghy Weekend	13.55	7.42	2.3
	Sun	08 Aug	Dinghy Weekend	14.53	8.31	2.4
			Scroby Sand Picnic (prov)			
	Thurs	12 Aug	Lowestoft Air Show (2 days)			
	Sat	14 Aug	BOD Wilson Cup Phil Back Offshore Trophy race		13.01	2.9
	Sun	15 Aug	Southwold Race		13.47	2.8
	Sat	21 Aug	Scroby Sands	14.36	8.03	2.3
	Sat	28 Aug	Javelin Nationals		12.15	2.7
	Sun	29 Aug	Javelin Nationals		12.49	2.6
	Mon	30 Aug	Javelin Nationals		13.25	2.5
Sep	Sun	05 Sep	Yarmouth Festival of the Sea	13.35	7.08	2.4
	Sat	11 Sep	Nicholson Cup; Wilson Trophy		11.54	3.1
	Sun	12 Sep	Lake Lothing Regatta Day		12.4	2.9
	Sat	25-Sep	End of Season Cruise		11.12	2.7

**NOTE** High Tide times (BST) are always shown in the above list  
Low Tide times (BST) are only shown when they coincide during racing.