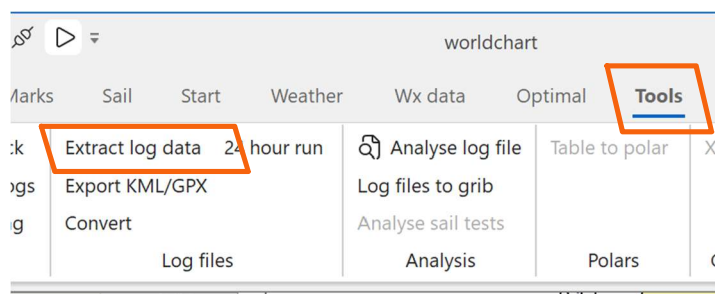


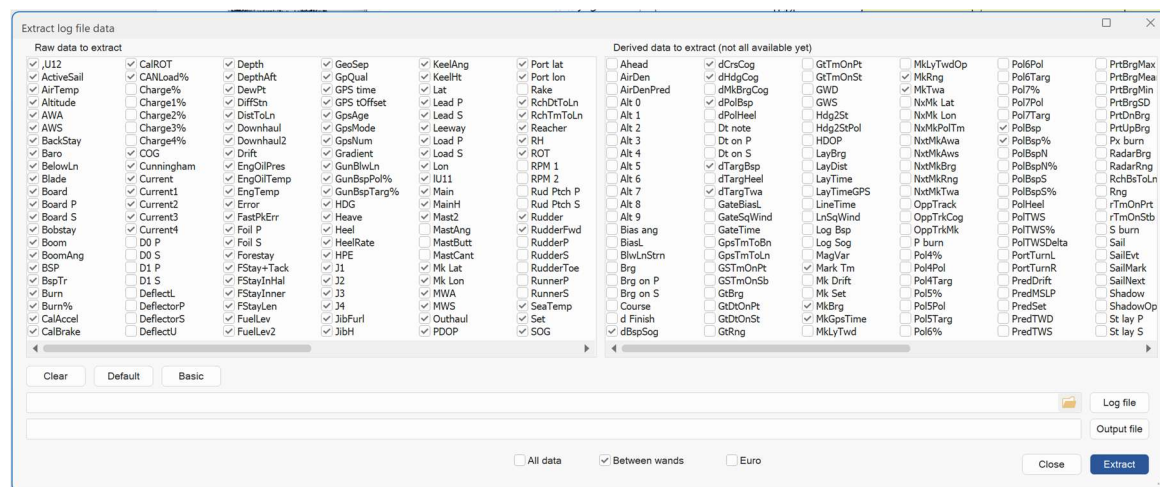


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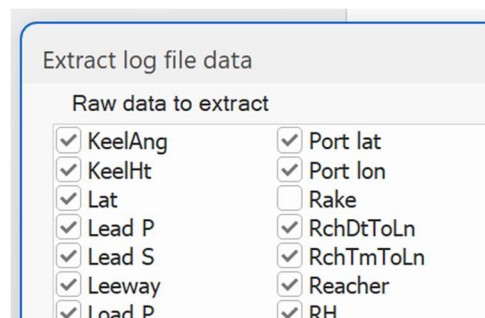
Step 2: In Expedition, select **TOOLS** -> then **EXTRACT LOG DATA**



Step 3a: Selecting Data to extract. A panel will open up, asking which data to extract from the log.



Step 3a: Selecting Raw Data to Extract:

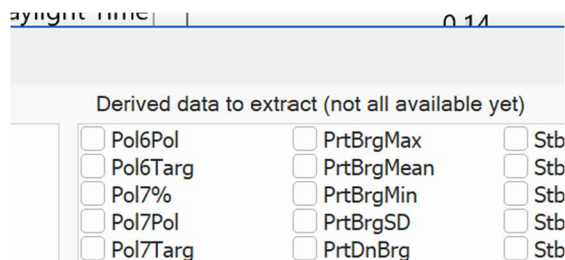


Pick as much as you like, but we do require the following:

AWA AWS BSP COG GPSTime HDG LAT
LON SOG SOG TWA TWD TWS

This is a MINIMUM list. You should also polar and target information. If you have sensor like rake, forestay, rudder, heel or mast rotation select those as well. Select as many as you like. If you have been racing for 24 hours, you may want to pare the data back to get it to 16mb, but it will work

Step 3b: Select Derived Data to extract.



Also pick as many as you like, but there are some REQUIRED fields here as well.

dBspSog dHdgCog dPolBsp
dTargBsp dTargTwa PolBsp
PolBsp% TargBsp TargTwa
TargBsp% VMG VMG%



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This is also a MINIMUM list. If you have other polar files such as Heel polars loaded, include that data as well.

Step 3c Select BETWEEN WANDS at the bottom of the panel so we only get the race data.

A screenshot of a software interface showing a selection panel. At the bottom, there are three radio buttons: 'All data', 'Between wands' (which is selected with a checkmark), and 'Euro'. Above these buttons are several empty text input fields and a horizontal bar with a blue line.

Step 3d Select the log file you want extract.

A screenshot of a file selection dialog. It has two input fields at the top, one with a folder icon. Below them are buttons labeled 'Log file' and 'Output file'. At the bottom are buttons labeled 'Close' and 'Extract'.

It's generally the current expedition log file and it must be the log file that is up in stripchart if you want the wands to work out.

Step 3e: Select an output file name.

Step 3f: Select EXTRACT If you skip this step, your output file will only have header row

Does the file really have to be from Expedition? No, but we expect the same column names as Expedition uses.

Data Requirements

We are looking for a comma Separated Values (.CSV) file type that meets the following general requirements:

- Each record represents all data at a particular timestamp
- The record frequency should be approximately 60 records per second.
- The file should begin at approximately the beginning of the race and end at about the end
- The position of the data in the record does not matter, but the LABELS DO Matter
- The following MINIMUM data MUST be in the file:
 - Time BSP AWA AWS HDG Lat Lon COG SOG
- More data is better, but this is the minimum. To analyze boathandling better, you need:
 - HEEL, RUDDER



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The Race Report

The Race Report is the post race tool to help debrief after a race. The goal of the Race Report is to help you get to those “Critical few” things to address quickly using facts and data, instead of just “it felt” analysis. The goal is to use it, take the lessons learned and use them tomorrow. Here’s what’s in it:

- **Focus Areas**
- **Course Performance**
- **Race Recap**
- **Tack Comparisons**
- **Jibe Comparisons**
- **Rounding Comparisons**
- **Instrument QA**
- **Leg Details**

Focus Areas:
Looking at the pie charts below show you where you spent your time, what wind angles you did well at, and which type of maneuvers cost you the most. It's hard to try and "fix" everything in at once, and these may help you quickly see where to improve first and what impact it may have.

Where You Spent Your Time Today
The pie chart on the right also shows your **Polar** **BSP** According to Tack, the radius shows the total time spent on that tack. The radius shows the total time spent on that tack. The radius shows the total time spent on that tack. The radius shows the total time spent on that tack.

Where You Lost Your Time Today
The pie chart on the left summarizes the total time lost by event type. The pie chart on the left summarizes the total time lost by event type. The pie chart on the left summarizes the total time lost by event type.

Time Spent by Tack
The pie chart on the right also shows your **Polar** **BSP** According to Tack, the radius shows the total time spent on that tack. The radius shows the total time spent on that tack. The radius shows the total time spent on that tack.

Time Lost by Event Type
The pie chart on the left summarizes the total time lost by event type. The pie chart on the left summarizes the total time lost by event type. The pie chart on the left summarizes the total time lost by event type.

Rest and Worst Events
The table below shows the 3 worst events, and the 3 best events in terms of VMG losses in the expected tacks.

Best three events:

Worst three events:

Best three events:

Worst three events:

Best three events:

Worst three events:

Best three events:

Worst three events:

Best three events:

Worst three events:

Best three events:

Worst three events:

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Worst three events:

Best three events:

Worst three events:

Best three events:

Worst three events:

Best three events:

A note on how we process your data: Our focus is on team performance. This is not a perfect process. This is an automated system that tries to figure what happening by just looking at the data. Some conditions are difficult to deal with, and we do our best but ultimately recognize that in those conditions the data is not informative and is may be a hinderance to your performance. We don't know your actual racecourse, so we make it up from the data. This means that the recap you see is not always perfect. While the numbers we give you are quite reliable, sometimes the data sees things as significant that are not. Most of these events may be interesting to the navigator but they are not actionable by the team. Our focus is on team performance, not navigational efficiency so we by and large ignore these events. Combine that with some distracted driving, a huge duck or a penalty turn and sometimes we create events such as roundings that "big picture" aren't really mark roundings. Here are some of our list of event triggers and reasons we may ignore them:

