

PHYC/NYC Courses (revised July 2007)

Course A (5.9 miles/lap)	Course E (4.4 miles/lap)	Course J (5 miles/lap)	Course O	Course T (13.4 miles)	Course X (14.4 miles)
Hazelbeach P	Hazelbeach P	Hazelbeach P	Carr Spit 2 P	Carr Spit 2 P	Hazelbeach P
Pennar Channel P	Llanreath S	Pennar Channel P	Wear Spit S	Wear Spit S	Pennar Channel S
Carr Spit 2 P	Ferry Inn S	Hazelbeach P	Al Khor S	South Hook S	Milford Shelf P
Hazelbeach P	Carr Rocks P	Pennar Channel P	Montreal P	Montreal P	Al Khor P
Pennar Channel P	Hazelbeach P	Carr Spit 2 S	South Hook P	Chapel P	Milford Shelf S
Carr Spit 2 S	Llanreath S	Neyland Spit S	Wear Spit P	Wear Spit P	5A P
Neyland Spit S	Ferry Inn S	3 laps or shorter* S	Carr Spit 2 S	Carr Spit 2 S	Wear Spit P
3 laps or shorter*	Carr Rocks P				Carr Spit 2 S
	Carr Spit 2 S	Course K (4.5 miles/lap)	Course P (2.65 miles/lap)	Course U (18 miles)	Course Y (16 miles)
Course B (6.5 miles/lap)	Neyland Spit S	Hazelbeach P	Hazelbeach P	Carr Spit 2 P	Carr Spit 2 P
Hazelbeach P	3 laps or shorter* S	Ferry Inn P	Llanreath S	Wear Spit S	Wear Spit S
Pennar Channel S		Carr Rocks P	Ferry Inn S	East Angle S	Al Khor S
Ferry Inn S	Course F (9.7 miles)	Hazelbeach S	Carr Rocks P	Al Khor P	Behar P
Carr Rocks P	Carr Spit 2 P	Neyland Spit S	Carr Spit 2 S	Montreal S	Chapel P
Hazelbeach P	Wear Spit S	3 laps or shorter* S	Neyland Spit S	South Hook S	Montreal S
Pennar Channel S	5A S		3 laps or shorter* S	Al Khor P	Al Khor P
Ferry Inn S	Milford Docks Middle P	Course L (5.4 miles/lap)		Montreal P	Wear Spit P
Carr Rocks P	Cunjic P	Carr Spit 2 P	Course R (13.7 miles)	Chapel P	Carr Spit 2 S
Carr Spit 2 S	Milford Shelf P	Ferry Inn P	Carr Spit 2 P	Wear Spit S	
Neyland Spit S	Milford Dock P	Carr Rocks S	Wear Spit S	Carr Spit 2 S	Course Z (8.4 miles/lap)
3 laps or shorter*	Cunjic P	Outfall P	South Hook S		Carr Spit 2 P
	Wear Spit P	Pennar Channel P	Montreal P	Course V	Wear Spit S
Course C (4.1 miles/lap)	Carr Spit 2 S	Hazelbeach S	Chapel S	will be announced on VHF	5A S
Hazelbeach P		Neyland Spit S	Behar S	Channel 37 as per Sailing	Wear Spit P
Pennar Channel S	Course G (6.75 miles)	3 laps or shorter* S	South Hook S	Instructions P	Carr Spit 2 S
Ferry Inn S	Carr Spit 2 P		Wear Spit P		Neyland Spit S
Carr Rocks P	Wear Spit S	Course M (4.9 miles/lap)	Carr Spit 2 S	Course W (17 miles)	Ferry Inn P
Carr Spit 2 S	5A S	Hazelbeach P		Carr Spit 2 P	Carr Spit 2 S
Neyland Spit S	Milford Docks Middle P	Carr Rocks S	Course S (11.6 miles)	Wear Spit S	Neyland Spit S
3 laps or shorter*	Cunjic P	Outfall P	Carr Spit 2 P	South Hook S	2 laps or shorter* S
	Pennar Channel P	Pennar Channel P	Wear Spit S	Montreal S	
Course D (6.3 miles/lap)	Ferry Inn S	Carr Spit 2 S	Chapel S	Al Khor S	
Ferry Inn P	Carr Spit 2 S	Neyland Spit S	Montreal S	Chapel S	
Pennar Channel P		3 laps or shorter* S	South Hook P	Montreal S	
Hazelbeach S	Course H (7.75 Miles)		Wear Spit P	Al Khor P	
Carr Rocks S	Carr Spit 2 P	Course N (3.85 miles/lap)	Carr Spit 2 S	East Angle P	
Ferry Inn P	Wear Spit S	Start West-East		Wear Spit P	
Pennar Channel P	Cunjic S	Easterly P		Carr Spit 2 S	
Carr Spit 2 S	Milford Docks Middle S	Hazelbeach P			
Neyland Spit S	Milford Shelf S	Pennar Channel S			
3 laps or shorter*	Cunjic S	Ferry Inn S			
	Pennar Channel P	Carr Spit 2 S			
	Hazelbeach S	Neyland Spit S			
		3 laps or shorter* S			

All starts East - West unless otherwise stated.

*Courses A to E, J to N, P and Z finishing at PHYC: Neyland Spit (S), TTL West to East.