

Optimist Logs (OOSS)			
Environment		Settings	
Date	/ /	Sprit Tension	
Location		Main Sheet Distance (cm)	
Crew		Centre Board Ht (mm)	
Hours on the water	1 – 2 – 3 – 4 – 5 – 6 – 7 – 8 or	Outhaul (mm)	
Sail No'		Cunningham (mm)	
Crew Weight		Vang	
Wind Speed (Knots)	- 1 2 4 6 8 10 12 14 16 18 20 22 24 26 28 30 +	Flatness	Vertical = %
Wind Direction	N E S W NE SE NW SW	Flatness	Horizontal = %
Wave Height	Nil S Med Large Very Large	Helm results	L = % W = % or (N)
Tunning	very poor - poor - ok - good – really good – great (Settings Verse Results)		
Tactics			
Crew Techniques			
Areas to improve on			
Repair & Maintenance			
Tips & Conclusions			
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