To preserve and encourage the sport of sailing, and foster a spirit of camaraderie among yachtsmen."

Duck Island Yacht Club

Founded in 1932

Happy mid-August!

Please help us out Sept 4th for our last Wednesday night. We want everyone to enjoy the after party. PARKING will be an issue. SO please park tight being cautious, carpool. Give a little extra effort to help others get a spot, especially those that need to arrive after racing.

End of Series parties are for racers and our RC volunteers!

(Thank you skippers & RC for your RSVPs)

Hall Racers – Tuesday Aug 27th
One Design Racers – Thursday Aug 29th
McLellan/Fleet Racers – Wed Sept 4th

Reminder, we are a BYOB club!

COULD USE MORE VOLUTEERS TO HELP EACH NIGHT w/cleanup! PLEASE!

ILCA Disrict 7 Regatta – Saturday September 7th

***Register here** for the ILCA Regatta*
***Facebook page** for more ILCA update*

ILCA Meeting Tuesday Sept 3rd 6:15pm at DIYC

Thank You, co-chairs are Roger Bauman, Ben Russell & John Amendola

Bill's Cup – Wednesday September 11th
Distance Race – Saturday September 28th

US Racing Protest Form
(Also found on our website under the racing tab)

****NEW DATE** **NEW DATE** **NEW DATE** **NEW DATE****

Annual Meeting - Friday October 4th at 6:00p w/End of Summer TGIF to follow

BYOB & Appetizer to share

Notice, proxy and 2023 meeting minutes to be emailed Monday Sept 16th

****Mark your calendar****

2024 Annual Awards Banquet - Saturday November 23rd at 5p

Essex Corinthian Yacht Club

Look for invitation in September 23rd The Mainsheet Newsletter

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Member Spotlight
2024 Class 1 Boats & Crew

Backfox by Mary Jo Noonan & Marty Marx

I took up sailing late in life, though it was always a dream of mine to sail. I sailed my first race in 2010, a Thundermug, onboard Slainte. It was a very memorable race with everything you would expect in a Thundermug and I was immediately in love with sailboat racing. Mark McCarthy took me under his wing and I learned a ton doing mast with Scott Woodford on bow. Sailing on Slainte was a blast!

When I joined DIYC, I met Peter Floyd while serving on the DIYC board. He was looking for a partner to help with Reepicheep, a Ranger 22, and I jumped at the chance to "own" my own boat so to speak. On Reepicheep I learned all of the other racing positions and learned a ton about sail trim and racing strategy from Peter and Paul Krisavage, who trimmed main.

MaryJo and I bought Backfox in October of 2021. Backfox is a Berret/Racoupeau designed Benetaeu First 33.7. She was built in 2000. We were looking for a boat that would hold its own on Wednesday night and weekend races but that would also serve as a comfortable weekend cruiser. We think Backfox servers both needs well. The name Backfox comes from a small village in County Mayo Ireland where my mother was born and raised before immigrating to the US.

We have built a crew over the last 3 years of friends and family with the mantra of Safety first, Fun second, winning third. I wanted to bring on people who wanted to learn to sail but were not comfortable on a full-on racing boat. Most of the crew on Backfox had little or no sailing experience when we started. We like to keep things relaxed and casual, though we do like to win! A lot!!

The crew: Co-captain Maryjo Noonan, along with my sister Helen Marx are the jib trimmers, Paul Randall trims main, Alan Spotlow does pit, Brian Randall is on mast and Nancy Morrell does bow. The newest member of the crew, Tommy Cleveland, who ironically has the most sailing experience of the crew, having raced sailboats in high school, fills in at any and all positions as needed.

We love racing at DIYC. There is so much great sailing experience at the club and everyone is willing to help with advice and encouragement. We are grateful for all of the volunteers who keep the club humming and who make it possible for us to race every Wednesday night.

Thank you race committee!!!

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Prism by Joel Mangini

A sailing history of Joel W. Mangini, owner/captain of Prism, a C&C 29 Mk. II First started sailing at 15 on a family friend's 16 ft. boat, on lakes and reservoirs in Mass. and CT Loved it so much, I got my own boat, a wooden Blue Jay OD, #4006 when I was 16. Sailed on the CT river both in the Enfield/Springfield MA area, and Deep River and Chester CT area. During my college years, I traded the Blue Jay for a wooden Lightning OD, #5354, sailed that in the Deep River and Chester CT area of the CT river.

After college, I moved up to a trailer-sailer, a Kells 23 swing-keel cruiser, kept it in Deep River, tried to sail in the Sound, but didn't like the commute. After getting married, sold the Kells and bought a Catalina 25 fin keel model, # 1777, which was the second boat named Prism, after the Kells. Kept the Catalina at
Pilots Point South on N dock, where I first became acquainted with DIYC. Entered the Commodore's
Invitational race in 1981, and won my class, beating 12 other boats, so I won the first race I ever entered.
Became a member of DIYC soon after that, and raced with the club and ECYRA (as ECSA was known back
then) with moderate success.

In 1983, traded the Catalina 25 for a C&C 29 Mk. II, the current Prism of today. Continued to race and cruise with DIYC, and in 1984, was the Non-Spinnaker Division Champion in ECYRA. We tried our hand in spinnaker class racing, with some success within the club races, but did not have much luck in ECSA events, so we stuck to the non-spinnaker class. In ECSA competition, Prism was part of the Duck Island team which won the North Cove Outer Light trophy for the Non-Spinnaker class twice, and Prism won the Long Sand Shoal trophy for Non-Spinnaker class in 2006 and 2012. Prism was the inaugural winner of the Paul McLaughlin Memorial trophy in 1987, and 20 years later, won again in 2007. Most recently, we won the 2023 Bob McLellan Memorial Wednesday-night Series Non-Spinnaker class, thanks to the devoted efforts of my tireless crew.

I have had crewmembers on and off during my racing career, and even went it alone when I couldn't find anyone. I came to the realization a few years ago that I couldn't race by myself any longer, and put out the word that if somebody didn't help me, then that'd be it for my racing career. Lucky for me, Ruth Emblin put me in touch with two people who were motivated, enthusiastic, and wanted to be on the water. Without them coming on board, I wouldn't be racing today. Jessi and Jason Kneier, two of the best crew I've ever had, thank you. This year we added Cherie Calabrese, who brings the same spirit and enthusiasm as Jessi and Jason. I appreciate all three of them, and thank them for helping to extend my time on the water. I've been at this for 55 years, and hopefully with their help, for a few more.

[Team One Newport (DIYC SWAG)]

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Badger by Karla Ray & Mike DeNamur

BADGER is a 2006 Beneteau First 36.7. She's the third boat that we've owned and 2024 is our 8th season sailing her. The Beneteau First line is well-recognized as a performance design with a racer-cruiser profile. We've found BADGER to be a comfortable cruiser that we can manage shorthanded, and a quick boat when we gather up a full crew for racing. We've cruised the boat as far as New Bedford and Edgartown, and placed 2nd in ECSA Division 7 in 2023. Living and working in southwestern CT makes Wednesday night DIYC racing difficult, but we make an exception for the Fleet Captain's series. This year – with the help of great crew – we're adding to our weekend racing by doing the Off Soundings events.

Recently, BADGER was spotted flying a symmetrical kite and there may be a new chapter to write starting next season – stay tuned!

Midnight Runner and Southern Cross by Chris Moore

Midnight Runner is a 35-foot 1971 Ericson Mark II that I acquired in the spring of 2022. I put a fair amount of work into it, replacing custom windows with the help of Marley Connor (now on Scoots on Wednesday – thank you Marley!), installing new standing rigging, rebuilding the engine transmission and redoing the interior wiring as well as repairing some leaks. The hull is solid and she does really well at the right angle and wind, but is simply not the fastest of boats across wider conditions. It has been a good size for me and was a step up from my previous O'Day 26 with an outboard. However, since lucking into a slip at DIYC (found while suturing the former owner at the Shoreline Medical Center) I caught a bit more of the racing bug and was looking around for a new boat even before tragedy struck.

As some of you may know, while doing a Saturday sail across the sound we lost the starboard chainplate. This occurred in about 15 knots of wind with two sails up and we were lucky to be able to turn the boat before the rig came down and make it in safely. While there was a survey of the boat performed before purchase and I had redone the standing rigging the year prior, on closer inspection behind some nicely disguised woodwork there had been a sub-par repair that was not disclosed by the previous owner. The boat has been repaired so that I believe it is structurally sound, but it was time for me to move on. Hopefully by the time this newsletter is out there will be a new owner who can continue to sail her. As I write this she is still in the water at DIYC in slip space kindly loaned by Ned Bennett but will need to be out before Labor Day.

I recently acquired Southern Cross, a 1987 Frers 33 (hull #17) from Brian Higgins in Westport CT. I delivered the boat with Paul von Maffei on August 5th in some hot but otherwise flawless weather. She is a solid and well-maintained boat with first rate electronics and sails. I plan to get in some races in later August and Fall, likely in non-spin with the hope to get into spinnaker class at some point next season if possible. This will be the third Frers 33 (along with Wolverine and Black Hawk) in the DIYC racing fleet, and also joins Pachyderm nearby on the Sound. To race it well will require some effective crew (please reach out if anyone is interested!) and I of course have a lot to learn at the helm and beyond, but am happy to have a boat that I hope will meet my needs for cruising and potentially be competitive on Wednesday nights.

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RACE INFO

Please see below note from Ruth

Thank you, Ruth diyc.race@gmail.com

Hello, DIYC Racers and Friends!

Where has the summer gone? I look at the racing schedule and it's getting closer to the end of our weekday races than I would like.
It's been a mixed bag of conditions out there, from no wind, maybe - maybe not wind, hazy and smoky, great wind to too much wind, and rain and thunderstorms, making it "interesting", to say the least.. Typical New England! But all of you haven't let that stop you and it has been a pretty successful (and hopefully fun) season for all!
The Shirley Hall Series will have its last race on August 27th; One-Design ends on August 29th, with a special end-of season celebration for all participants; the Bob McLellan Wednesday Summer Series has a few more to go until it ends on September 4th.
But do not despair, we aren't completely done yet!
The DIYC ILCA District 7 Regatta, the Grand Prix event, will be held at DIYC on Saturday, September 7th. It promises to be an exciting event with many of the area's best Laser sailors competing against each other.
One more Wednesday night in September, the 11th to be exact, will let PHRF boats get back out on the water and compete for the coveted "Bill's Cup" (co-hosted by Bill's Seafood and DIYC). Someone will be drinking out of the special trophy that night… remains to be seen who it will be! The party after the regatta will be at Bill's Seafood. Please let us know if you want to help with organization, we always need volunteers to sell and check tickets, and sell event t-shirts.
The next Duck Island regatta is the ECSA Bonus Points Daylight Distance Race (what a mouthful…) on Saturday, September 28th. The race committee will manage the start in the morning, and competitors will self-time their finish on an honor system. Trophies for this regatta will be handed out at our annual year-end and awards dinner, as there is no post-race get-together.
And finally, the icing on the cake, is the DIYC Thundermug Regatta on Saturday, October 19th. This year it is a double points race, and we hope to attract a lot of ECSA sailors who want to close out the season with as many additional points as possible. We will have our traditional post-race awards party at our clubhouse to celebrate the winners and participants.
All these events have been made possible by a large number of volunteers who work on the water and on shore to make sure every participant is enjoying the races and social events that follow them. The Race Committee has been hard at work to set up a variety of courses, depending on wind, weather and, of course, tides and currents. While they can't always make everyone happy, I think they have really been doing a great job throughout the season. If you don't know them yet personally I hope you have a chance to chat with them during our post-race get-togethers.

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We are truly lucky to have such a great group of dedicated volunteers and club stewards. Naming just a few, Norb Church and Jeff Meinke have set consistent courses, assisted by a varying number of committee members. Dick Saunders, our Master Scorer, has provided results without skipping a beat. Other members manage the timer, set flags, and take times, as well as help with any other race chores. Our stewards, headed by Braden Porter, have been keeping our equipment and boats in ship shape, expertly supported by our Fleet Captain Roger Bauman who by now must know every square inch of Sitting Duck by heart and has a magical ability to fix whatever doesn't work. If you add up all the hours spent off and on the water to keep DIYC Racing going we owe them all a big round of applause! We also need to thank every volunteer who has helped with Grillin' & Chillin' or other post-race get-togethers. A very prominent volunteer among them is Robin Konrad, who has graciously filled in to organize the food supplies and set-up, even though she is already handling publicity and is crewing herself. Please consider helping her out for the remainder of the year, and think about stepping up as Rear Commodore Social, a position that definitely needs to be filled to relieve her of these tasks.

Overall, I think we can look back at another very successful racing season at Duck Island so far. There haven't been too many protests and other race-related issues, but those are part of what we do. We have a great number of very knowledgeable, experienced members who are always ready to give advice or help resolve problems. If you are not sure about something race-related, please feel free to reach out; if I cannot answer one of your questions, there are plenty of others we can fall back upon. DIYC is a true racing club and it shows.

See you out on the water!
Ruth

Not a racer? But want to be in the action?
Consider joining race committee!

Tuesday volunteers - All Tuesday's Hall Series racers welcome you to join any team's table for our themed dinners
AND
Wednesday volunteers – Enjoy a meal on us at Grillin' & Chillin'

We thank each and every one of you each and every night you come!

Contact Ruth at diyc.race@gmail.com

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SOCIAL CENTRAL

End of the Series parties are for racers & volunteers on RC!
PARKING WILL BE TOUGH. PLEASE LEAVE LITTLE SPACE b/w cars!!
(Thank you skippers and RC for your RSVPs)

Hall Racers & RC – Tues Aug 27th
One Design Racers & RC – Thurs Aug 29th
McLellan/Fleet Captain Racers & RC – Wed Sept 4th

Reminder, we are a BYOB club

I COULD USE MORE VOLUTEERS TO HELP clean up each night! PLEASE!

Friday Oct 4th: ANNUAL MEETING 6p with End of the Summer TGIF to follow
BYOB & Appetizer to share
Notice, proxy and meeting minutes will be emailed Sept 16th

Saturday Nov 23rd 5-10p: ANNUAL AWARDS BANQUET
Look for invitation in Sept 23rd The Mainsheet Newsletter

Thank you, Robin social.chairman@diyc.com

THANK YOU for the Grillin' & Chillin' help…

…for being honest and paying with our honor system
…volunteers for grilling, cleaning up & trash removal
(EVERY McLellan Series boat took their turn!)
…Marty for keeping our propane full
…Mark for cleaning our grill
…Al for donating our plants
…for those who watered our plants weekly/daily
…for those took home our recycling weekly
…for those who washed our table linens often
…for those who emptied our bathroom trash weekly
…for the soap, toilet paper, cleaning and paper towel donations
…for those who filled our soaps/TP/paper towels when needed
…for those who washed our kitchen towels often
…for those who straighten up the tables and chairs weekly
…for those who just DO/DID without asking!
THANK YOU ALL as I couldn't have done it alone…Cheers Robin ☺

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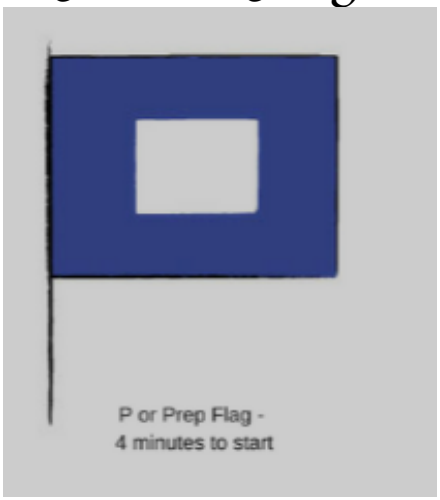
FLEET NEWS

Good news…no news at this time.

Thank you, Roger fleet.captain@diyc.com

Fun w/Flags



Got News?

Our NEXT "The Mainsheet Newsletter" will be Monday, September 23rd

Spotlight will be on the Big Boys and some motor boats!
Jammy, Til, Sea-Wings, Sunshine Daydream, Tir Na Nog, Joy, Picabo, Patrol, Salty Shepard, Perky Seas, Craigearn, Hot Fudge…just a few that I know of.!

Submission deadline: Tuesday September 17th.

Thank you, Robin
Director of Publicity diyc.pub@gmail.com

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Condo Happenings

- *Fall Clean Up Date – TBD*

Thank you, Mark Salerno-Condo Secretary

Treasurer's Report

a) Monthly bills (Eversource & webhosting) paid
b) Club Stewards paid
c) Busy entering Fleet Captains Series fees
d) Also entering dry storage fees and going through contracts

Thank you, Evan *diyc.treasurer@gmail.com*

BOG Chair Update

Nothing at this time.

Regards, David Nauber

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Secretary's Summaries

- ✓ Officers' meeting minutes from July 9th have been approved and posted
- ✓ Pick up your membership card! (Look for them on front table of our clubhouse)
- ✓ Annual Meeting notice, proxy and meeting minutes from 2023 will be emailed Sept 16th

Find our minutes and rosters on our website → **Members Only** Requires userid & pswd

Thank you, Renee diyc.secretary32@gmail.com

Cruise Highlights

THIS WEEKEND!

Labor Day Weekend Cruise (Mystic Seaport and Block Island)

8 boats are scheduled to head to Mystic Seaport and we will have Happy Hour at the Seaport Saturday 5pm and Sunday 4pm

MOORING REGULATION REMINDER

1) Moorings are available on a "first come, first served" basis, subject to the following priorities
   A) DIYC Active members
   B) Where permitted, guests of DIYC members when cruising with a member yacht
   C) Where permitted members of yacht clubs which grant reciprocal privileges to DIYC

DIYC members may not offer the use of the Club moorings to other individuals

For full mooring locations & regulations

See our DIYC website and click on "Member Only" section

See you out on the sound! ~ Check out the cruise link online here

Thank you, Lauren cruise.chairman@diyc.com

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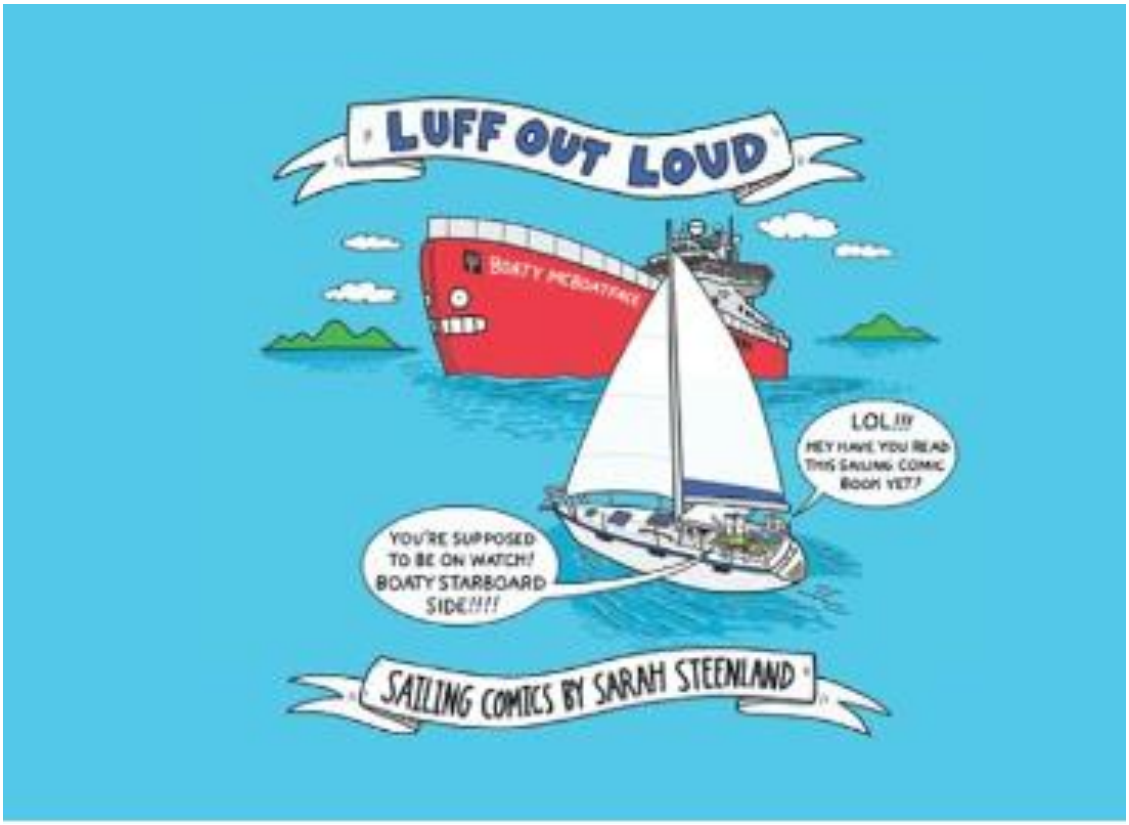
★★★★★★★★★★

Vice Commodore's Comments

Fall Clean Up Date – TBD

Thank You, Mike Vice.commodore@diyc.com

★★★★★★★★★★



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Commodore's Corner

ANNUAL MEETING Friday October 4th at 6:00p
w/End of Summer TGIF to follow!
Bring appetizer to share and BYOB

We are still looking for a tent to use for Thundermug for the deck.
If you know of one or would like to lend us one please email/phone me!

Next Officer's Meeting: *Tuesday, September 10th* (5:30p) at DIYC

Thank you, Anne
NEW EMAIL diyc.commodore@gmail.com

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***Classified Alert! Classified Alert! Classified Alert! Classified Alert! ***

- **Free Inflatable Duck** – We have a free large size inflatable yellow DUCK! It was donated/given to us in hopes it will find a fun new home. Please contact Robin or Anne
- **Tent needed** - We are looking for a tent to use for Thundermug for our deck!! Can we borrow yours?? Please contact any officer
- ***Rent our Clubhouse*** - $100/day, see our rental agreement link in the "Members Only" section of our website – questions ask Vice Commodore Mike
- **Need Swag?** – DIYC Magnets $5 and stickers $3! *For purchase see Rear Social Commodore/Director of Publicity Robin. For questions ask Vice Commodore Mike*.
- **Have Photos to Share** - *DIYC's 2024 Gallery* - questions ask Vice Commodore Mike

Scan the QR code, or click on the link below to access the
https://my.guestpix.com/Guest/Access/50306/t6TGPQIL

- **For Sale: 1971 Ericson 35 mk ii** - $6000- This Classic Bruce designed 35 foot yacht is turnkey and ready to sail. It is priced to move as the season is late and need to free up the slip. New standing rigging, new windows, rebuilt transmission on diesel engine, rebidded chainplate, sails from 2018 including 155 genoa and roller fuller.

Contact member Chris Moore

Classified Alert! Classified Alert! Classified Alert! Classified Alert! *

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DIYC Website News & Updates

@

ILCA District 7 Regatta Sept 7th
Daytime Distance Bonus Pts Sept 28th

Bill's Cup Sept 11th (1st Gun 18:00)
Thundermug Bonus Pts Oct 19th

Thank you, Dick diyc.webmaster@gmail.com

Previous Month **September** Next Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Labor Day Weekend Cruise	2 Labor Day Weekend Cruise	3 ILCA Regatta Meeting 6:15 PM	4 Bob McLellan Summer Series Race 7 1st Gun 18:30 **Party**	5	6 TGIF on the Deck - TBD	7 DIYC ILCA Division 7 Regatta (Laser)
8 Gray items are last years positions or best guess. When date is confirmed it'll be changed to red. DIYC ECSA Events. Non-DIYC events.	9	10 Officers Meeting 5:30 PM	11 The 3rd Annual Bill's Cup - First gun at 18:00 Post-race Party on the deck at Bill's.	12	13 Fall Off Soundings	14 Fall Off Soundings
15	16	17	18	19	20	21
22	23 Mainsheet Newsletter eBlast	24	25	26	27	28 ECSA Daylight Distance Race 1st Gun 09:00 - TBC by ECSA
29	30					

Other Happenings:

- Fall Off Soundings September 13th - 14th
- ECYC Cross Sound Challenge September 21st
- September tide chart (see below)

That's all for now Duckies ☺…..Cheers Thank you, Robin diyc.pub@gmail.com

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DUCK ISLAND YACHT CLUB Inc.

Membership Application

TYPE OF MEMBERSHIP (check one) Active ___Social ____
Children under Age 26 by 4/1? Yes____ No____
A Social member may not own a boat greater than 20 feet

Name_____
Last First Spouse/Significant other

Address_____
Street City State Zip

Applicant:

Cell Phone_____Home phone_____E-mail_____

Spouse/Significant other:

Cell Phone_____Home phone_____E-mail_____

Children (names and ages) _____

Occupation (Applicant) _____ Company_____

Work Address_____
Street City State Zip Phone

Occupation (Spouse) _____Company_____

Work Address_____
Street City State Zip Phone

Boat Name: _____ Make_____ Type_____ Sail #_____

Boat Location: (Where is it docked?) _____

Proposals: Applicant must be proposed by current Active (not Social) Members of Duck Island Yacht Club

Proposed By: _____

Seconded By: _____ Seconded By: _____

Applicant & Member Responsibility: I understand the success of Duck Island Yacht Club requires 100% involvement of its members. I agree to do my part as an active contributor to the work responsibilities of the club.
The applicant understands and agrees to all the requirements of Active/Social Membership and agrees to comply with all DIYC rules and bylaws.

Applicant's Signature_____Date_____

***Proposer/Seconds must recommend the applicant for membership by completing the New Member Recommendation Form. They must be Active (not Social) Members in good standing and must know the Applicant.**
****All completed forms are *to be submitted to the Proposer* of this member.**
The *proposer* will then mail all completed forms with the appropriate fees (see Membership Options) to the DIYC Secretary.

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Duck Island Yacht Club - New Member Recommendation Form

DUCK ISLAND YACHT CLUB Inc.
PO BOX 593 * WESTBROOK, CONNECTICUT 06498

TYPE OF MEMBERSHIP (check one) _____ Active _____ Social

Name of Applicant (s) _____
Last First Spouse

How long have you known applicant? _____ In what capacity do you know the applicant?
_____
_____
_____

Describe the contributions this applicant could make to the club as a member:
_____
_____
_____
_____
_____
_____

Recommender's Signature _____ Date _____

(check one) _____ Proposer _____ Second #1 _____ Second #2

This completed form is to given to the *Proposer* to be submitted with the completed application and appropriate fees to:

Secretary, Duck Island Yacht Club, P.O. Box 593, Westbrook, CT 06498

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US HARBORS www.USHarbors.com

Westbrook, CT - Sep 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Sun	10:34	4.2	10:50	4.4	4:24	0.3	4:35	0.4	6:18	7:26	
2	Mon	11:14	4.3	11:29	4.4	5:03	0.3	5:17	0.4	6:19	7:24	
3	Tue	11:51	4.4			5:39	0.3	5:55	0.4	6:20	7:23	
4	Wed	12:07	4.4	12:27	4.4	6:13	0.3	6:33	0.4	6:21	7:21	
5	Thu	12:44	4.3	1:02	4.4	6:47	0.4	7:10	0.4	6:22	7:19	
6	Fri	1:22	4.2	1:37	4.4	7:20	0.5	7:48	0.4	6:23	7:18	
7	Sat	2:00	4.0	2:14	4.3	7:55	0.6	8:28	0.5	6:24	7:16	
8	Sun	2:41	3.9	2:52	4.3	8:33	0.8	9:11	0.6	6:25	7:14	
9	Mon	3:24	3.8	3:35	4.2	9:15	0.9	9:59	0.7	6:26	7:13	
10	Tue	4:13	3.6	4:25	4.1	10:04	1.0	10:54	0.8	6:27	7:11	
11	Wed	5:07	3.6	5:22	4.0	11:02	1.1	11:55	0.8	6:28	7:09	
12	Thu	6:08	3.6	6:26	4.1			12:05	1.0	6:29	7:07	
13	Fri	7:10	3.7	7:30	4.2	12:57	0.7	1:09	0.9	6:30	7:06	
14	Sat	8:09	3.9	8:29	4.5	1:56	0.5	2:10	0.6	6:31	7:04	
15	Sun	9:03	4.2	9:24	4.7	2:50	0.3	3:07	0.3	6:32	7:02	
16	Mon	9:54	4.5	10:15	4.9	3:41	0.1	4:01	0.0	6:33	7:01	
17	Tue	10:42	4.9	11:04	5.0	4:28	-0.1	4:52	-0.2	6:34	6:59	
18	Wed	11:29	5.1	11:54	5.0	5:15	-0.3	5:43	-0.3	6:35	6:57	
19	Thu			12:16	5.2	6:01	-0.3	6:34	-0.4	6:36	6:55	
20	Fri	12:44	4.9	1:05	5.3	6:48	-0.2	7:26	-0.3	6:37	6:54	
21	Sat	1:35	4.7	1:56	5.2	7:36	-0.1	8:20	-0.2	6:38	6:52	
22	Sun	2:29	4.4	2:50	4.9	8:29	0.1	9:16	0.1	6:39	6:50	
23	Mon	3:26	4.2	3:47	4.7	9:25	0.4	10:17	0.3	6:40	6:49	
24	Tue	4:26	4.0	4:49	4.4	10:27	0.6	11:21	0.5	6:41	6:47	
25	Wed	5:31	3.9	5:55	4.2	11:34	0.7			6:42	6:45	
26	Thu	6:38	3.8	7:03	4.1	12:26	0.6	12:40	0.8	6:43	6:43	
27	Fri	7:41	3.9	8:06	4.2	1:28	0.6	1:43	0.7	6:44	6:42	
28	Sat	8:38	4.0	8:59	4.2	2:23	0.5	2:40	0.6	6:45	6:40	
29	Sun	9:25	4.2	9:45	4.3	3:11	0.5	3:29	0.5	6:46	6:38	
30	Mon	10:07	4.3	10:26	4.3	3:53	0.4	4:13	0.4	6:47	6:37	