"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-September!

Our ECSA Daytime Distance Regatta (BONUS PTS)

Saturday September 28th ~ 1st Gun 9am

ANNUAL MEETING - Friday October 4th at 6:00p

End of Summer TGIF to follow

BYOB & Appetizer to share

Annual Notice/Proxy sent via eBlast Sept 16th (& 2023 meeting minutes)

ECSA Thundermug Regatta (BONUS POINTS)

Saturday October 19th

Keep reading to see a sneak peek of the 2024 Thundermug Shirts & info!!!

Volunteers needed for the Thundermug party…PLEASE contact Robin

Anne and Carol thanks for signing up already to help.

Fall Work Party – Saturday Oct 26th 9am

Rain date Sunday Oct 27th 9am

ANNUAL AWARDS PARTY

Saturday November 23rd at 5:00p

Essex Corinthian Yacht Club

Menu/pricing be finalized and Invitation to be sent Oct 7th

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

Member Spotlight
2024 "The Big Boys" & Motor Boats

TIL by Roz & Bob Weinstein

A short story of over 70 years of boating and loving almost all of it. My parents bought our first boat when I was 7. An 18' wooden lapstrake Lyman Islander powered by a 25hp flathead gas powered Graymarine engine. The family loved it. Over the next 45 years my parents owned a succession of boats and enjoyed years of travel up and down the northeast with friends and family. I learned how to sail at summer camp and really enjoyed it. I did not know at the time it would become a major passion later on in life.

Roz entered the picture in 1966 and visited me in New York for a week in September before we went back to school in Chicago. She had no boating experience, and we spent a lot of very enjoyable time on the water. We got our first boat a year after we were married and moved to Connecticut. A partner and I found a sunken, badly damaged 21-foot fiberglass deep v power boat with a Mercury IO. It took all winter to rehab but in the spring, we had a serviceable boat. The next few years of boating were with my parents on their 37' classic Egg Harbor power boat. We would take their boat for a week in exchange for them taking their grandchildren. A few years later, as our family grew, and Brian and Daryl were 4 and 6, we "saw the light "and bought a Columbia 28 sailboat. Roz went to sailing school at Yale and we were on our way to cruising and racing. Roz took and passed the Power Squadron boating class but could not be admitted to the power squadron because they did not accept women. All loved being on the water and our next boat was an Islander 30.

In 1978 our first race was the DIYC Commodore invitational with 17 boats. We attended the raft up at duck Island after the race and were invited to join yacht club. 20 more years of cruising, racing, summer cruises with 15 boats, weekend cruises, 2 Bermuda races, great parties with lifelong friends and participating in the club added a wonderful dimension to our lives and our family. As our now adult children moved on with making their own way in the world the Admiral and I decided to continue our boating as power boaters with the purchase of a 47 foot cabin cruiser. Still cruising with the club, acting as party host and mother ship at races, and crewing with friends allowed us to continue to support and participate in the club activities. Upon our retirement it was now time to pursue the acquisition of "the last boat"... The Fleming 55 was introduced during the fall boat shows in 1988 as the 'ultimate cruiser". Well-engineered by the former head engineer at Grand Banks, the boat was aimed at sailors looking for a practical alternative to owning a sailboat. Very seaworthy, stabilized, comfortable, able to be handled by a couple, twin screw, and versatile, quality construction was many of the important attributes. Since we first saw the boat we thought that someday we should take a hard look and maybe own one. In 2014 we found the new TIL..., hull 94 built in 2000. Quite a leap to a 70,000-pound ship. 10 years later we are still very pleased with the decision to own one. The basic design is now 35 years old and now on hull 266. Still cruising with the yacht club and 8 trips up and down the ICW to Florida has continued to be a great experience. **We can only hope for more!**

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Craigearn/Tacoma by Rich & Sheryne Brekus

Craigearn is a 1993 53 foot Viking Sportfish which Sheryne and Rich have owned for 17 years. The name came from a long list of boats Rich's great great grandfather worked on during his seafaring career as chief engineer on the first steamships. Craigearn is the ship he was on the longest, and is actually a town in Scotland. Rich and Sheryne and sometimes family cruise the waters of the Long Island Sound, Block Island Sound, Vineyard Sound, Cape Cod and the Islands, occasionally Boston Harbor during the summer.

Tacoma is a 2006 26' Regulator center console which they have owned since 2012. The name Tacoma is also from the long list of ships Rich's great grandfather served on. When not cruising on Craigearn, Rich and Sheryne cruise the Long Island Sound on Tacoma for day trips and can be found wandering near Duck Island to snap photos of the DIYC races.

After many years of slogging through the snow and ice wishing for the boating season to return, they now make it an endless summer, heading to Florida where the boating begins again in November, on their other Tacoma, a 34' Regulator Center Console.

Perky Seas by Lauren & Brian Weinstein

Tir Na Nog by Ginni & George McCarthy

Living Proof by Ronald Glassman

Jammy by Tom Lee

Joy by Erik Eisensmith

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Hot Fudge by Richard Glassman

As I like to say, I have salt water in my blood. I had the distinct fortune of meeting another 8-year boy growing up in the summers at Stannard Beach. His name was Paul (not my boat partner that many of you knew) and Paul's family owned Metalmast Marine. They also owned a Block Island 40, the Bill Tripp design that was the predecessor to the Bermuda 40 made famous by Hinckley Yachts. Paul and I sailed with his father every weekend out of the CT river. By the time we were 13, Paul's father said that, since we had been sailing the boat with him napping, we should take it out ourselves. Two 13-year-old kids sailing a 40-foot yawl…sounds crazy to me now. By the time we were 15, Paul and I were sailing the boat to Martha's Vineyard where Paul's uncle spent his summers. The boat stayed in Vineyard Haven until the end of the summer when Paul and I made the return trip to Saybrook. A compass, paper charts, a depth sounder and an RDF (a radio direction finder, a predecessor to Loran - which was virtually worthless) were our only navigational assists. Pea soup fog between MV and Newport made for some very interesting trips. FYI, Metalmast Marine donated a broken mast that, after splicing the two pieces together for us, became the DIYC flagpole.

After having a sailing dinghy, a Boston Whaler, an O'Day Day Sailor and a Rhodes 19, Paul Later (the second "Paul" in my boating life and our Club historian before his passing a few years ago), and I purchased a racer/cruiser – the first Hot Fudge, a 30' Pearson Wanderer. After 9 years with the Wanderer, we continued our boat partnership with the second Hot Fudge, a Sadler 34. Both Hot Fudges won a fair amount of silver at both Circuit and Club races until I went to the "dark side" three years ago and purchased the third Hot Fudge, a "power boat" – a Formula 40. The first two Hot Fudges also did a fair amount of cruising with the Club.

Another piece of my Club and sailing history is that, while I owned Hot Fudge #2 with Paul, I also owned 3 different Etchells with Paul's son Don. Don, as many of you may know, created the Etchells fleet at the Club. Don was the leader of the effort, and I assisted by being secretary and I think treasurer of Etchells Fleet #24. Don dragged me around the country to various Etchells' regattas. At a Shelter Island regatta, Don and I led Russell Coutts around the first windward mark. At a Biscayne Bay regatta, Don and I were bow out on Dennis Connor on the starting line with 96 other Etchells. Don't ask about the final results of either regatta!

The current Hot Fudge is now taking Debbie and me and our daughter, son-in-law and two grandchildren to all of the cruising spots that I have enjoyed over my boating life.

For those of you who own slips at the Club, you also know me as the treasurer of the Condo. I enjoy giving back to the Club in some small way through my work with the Condo and coordinating efforts with the Club to make it the great club it has been for me since the early 1980s.

[Team One Newport (DIYC SWAG)]

Sunshine Daydream by Brian McLaughlin

Magic by BJ Bernblum

Salty Shepard by Joe Carroll

Sea-Wings by Frank LaCorte

Strella by Terry Munster

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Picabo by Lynne Maccubbin & Todd Berman

Picabo is a 2004 Seaswirl 2901 built in 2004, 1 of 4 built that year in the "Alaska Package" model ((hard pilot house). We purchased her in November of 2021 (after selling our beloved Sipala) from a private seller in Babylon, NY. She sports two 2019 Outboard Yamaha 225cc motors.
We delivered her on her own bottom in January of 2022 (yeah Alaska package) on a fantastic trip up Great South Bay, through the Shinecock Canal, keeping Orient Point to port and then on home (about 7 hours). She lives at Lee Landing in between Rumor and WingIt.

Her name Picabo (pronounced peek-a-boo) is derived from the Native American word for "sunlight shimmering on water", hence her boat logo. Naming her Picabo was a nod to her predecessor Sipala; also a Native American word meaning "Peace" and also a whimsical name to acknowledge our 4 under age 4 grandchildren (so many hours of peekaboo)!

Picabo has served us so well as both a light weekend cruiser and a heavy duty fishing vessel, with 40 pounds of fish in the freezer just waiting to be made into Todd's fabulous fishcakes. This summer she took us to Sag Harbor, Block Island and last weekend went to Greenport for Off Soundings. She will remain in the water late into the fall (still so much fishing to do), so if you'd like a ride, welcome aboard!

Treasurer's Report

a) Monthly bills (Eversource & webhosting) paid

b) ILCA Regatta input/updated

c) *Paid DIYC Condominium*

d) *Deposit sent to ECYC for Annual Awards Party*

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

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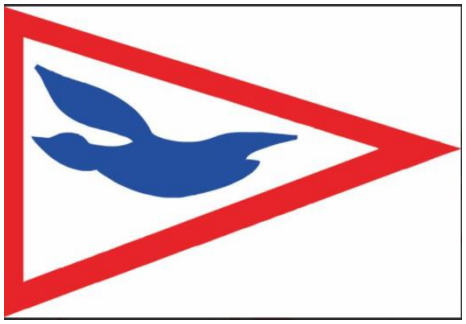
Fun w/Flags



Our Burgee:

In 1932 Bill West (1st Commodore), Robert Floyd and Jan Taylor felt the flag should be red, white and blue with a duck on it, preferable a Mallard. This is what they saw as they were sitting on our porch. This was a quick 2 week decision as they needed to be part of a yacht club in order to sell Dyers Dow Dingys (Dinks) at the Larchmont Yacht Club Race Week!

SOCIAL CENTRAL

ANNUAL MEETING - Friday Oct 4th 6p
End of the Summer TGIF to follow
BYOB & Appetizer to share
Notice, proxy and meeting minutes were emailed Sept 16th
(also attached)

Thundermug AFTER PARTY - Saturday Oct 19th
Volunteers needed for the Thundermug party…PLEASE contact Robin
Anne and Carol thanks for signing up already to help.

ANNUAL AWARDS PARTY - Saturday Nov 23rd 5-10p
Essex Corinthian Yacht Club
Look for Invitation & Event Brochure on October 7th

Grillin' & Chillin' update
We had some surplus cash from G&C so I will buy and stock up clubhouse items!
Such as paper towels, toilet paper, plates, forks & napkins)

Thank you, Robin social.chairman@diyc.com

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FLEET NEWS

Thanks for a great season…see you spring 2025!

Thank you, Roger fleet.captain@diyc.com

BOG Chair Update

No news at this time.

Regards, David Nauber

RACE INFO

Thank you, Ruth diyc.race@gmail.com

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

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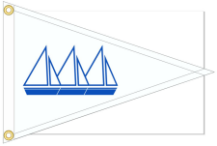
Secretary's Summaries

- ✓ **Annual Meeting Notice/Proxy was emailed Sept 16th (also attached)**
- ✓ **Kindly send in your proxy vote in before Oct 1st**
- ✓ Many membership cards still not picked up! (See front table of our clubhouse)
- ✓ Officers' meeting minutes from Aug 12th have been approved and posted

Find our minutes and rosters on our website →

Condo Happenings



- *Met w/contractors yesterday regarding dock repairs.*
- *Stairs to our Clubhouse have been raised a bit*
- ***Fall Work Party – Saturday Oct 26th 9am*** *(Rain date Sun Oct 27th 9am)*

Thank you, Mark Salerno-Condo Secretary

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

Plan ahead to join in 2025!

Contact Ruth at diyc.race@gmail.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

Notice/Proxy emailed Sept 16th
Remember to fill out and get them to our Secretary, Renee, by Oct 1st

Next Officer's Meeting: *Tuesday, October 8th at 5:30p at our clubhouse*

Thank you, Anne
diyc.commodore@gmail.com

Got News?

Our NEXT "The Mainsheet Newsletter" will be Monday, October 28th

Spotlight will be on cruisers!
Argo, Augenblick, Evado, Full Sail, L'Interdit, Manitou, Orca, Out of Reach, Screwball, Triona, USII, Valhalla, Windchime

Does anyone know how and when the condo burgee came to be????

Submission deadline: Monday October 21st

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

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Cruise Highlights

Labor Day Weekend Cruise REPORTS

The weather for both Block and Mystic was spectacular and hope all had a great time!

Mystic Seaport Report – We had 5 join us this year and go lucky to dock all together on the Brilliant dock near the Lighthouse. A weekend filled with Happy Hours, Bloody Mary Brunch, Group dinners, Cat boat sailing, walking the Seaport with fun & laughter?!

Block Island Report – Was a great time! There were 6 boats and everyone had a really nice, relaxing weekend. Congrats to Kevin Carse and Screwball for the W!. First around the island. It's not a huge number of boats but always a good time and they throw a fun party at Beachhead. The agenda on Block is a little more casual but dingys stay busy carrying Duckies back and forth to respective moorings for sharing of food and fun all weekend long!"

****Our Mooring updates for Sag Harbor and Fisher's Island:**

Let's give a big shout out to Dave Gilmore for cleaning the pendant on our Sag Harbor mooring and for putting a short pickup stick on it.

The mooring is good to use and is in a great spot to sail to. Additionally he put on a new pick up stick on our Fisher's Island mooring as someone must have run over it and the floatation part broke off.

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

Can't believe we're into late September, but I'm looking forward to this best part of the season with crisp air and great wind!

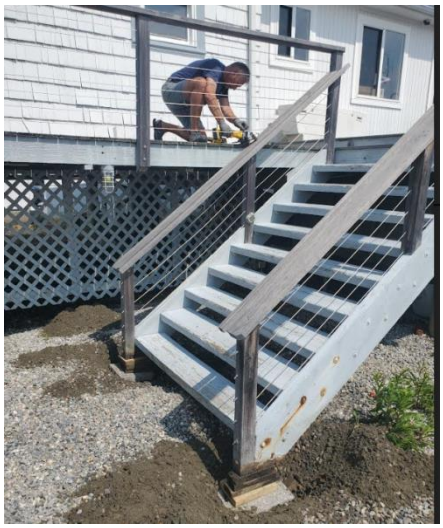
Special thanks for Mark Salerno for his help giving the steps to the deck a needed lift. We made an 8" adjustment and with luck we're set for at least another year. Please continue to be careful as the top two treads are still a little tricky.

Fall cleanup for the club facility is scheduled for Saturday, October 26th with a rain date of Sunday, October 27th. Thanks in advance to those who can join to help with an orderly shutdown of systems and putting the club assets to rest for the offseason. Watch the calendar for specifics and expect a mid-morning start time.

Show us your smiles, your best starts, those crowded mark roundings, happy hour pics and Duckies having fun in general! Add your photos to the DIYC photo gallery so the best can be included in a slide show. Use the link and info below to access the site. Cards with the same info are available in the club - bring one to the boat so you and guests can share.

Thank You, Mike Vice.commodore@diyc.com

★★★★★★★★★★



View and Share Pics of DIYC Events in our Shared Photo Gallery

1. Scan the QR code
2. Enter your name
3. Select **Upload Images + Video**, or **View Gallery**
4. Select an image to view or download
5. From any image, select **More** to start the slideshow

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1st Place Winners (Pictured)

Shirley Hall Series – Wolverine
Bob McLellan Spring Series – BlackHawk, Wolverine, Maverick
Bob McLellan Summer Series – Backfox, Wolverine, Maverick
Fleet Captain's Series - BlackHawk, XLR8
One Design Series - T. J., Roger, and Mark/Evan/Doug

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2nd Place

Shirley Hall Series – Rumor
Bob McLellan Spring Series – Backfox, Elusive, XLR8
Bob McLellan Summer Series – Prism, Elusive, XLR8
Fleet Captain's Series – Prism, Maverick
One Design Series – Scott Larsen, Robert Bruno, Chris Morano

3rd Place

Shirley Hall Series – Fusion
Bob McLellan Spring Series – Prism, Scoots, Slainte
Bob McLellan Summer Series – Derecho, Scoots, Slainte
Fleet Captain's Series – Badger, Slainte
One Design Series – Chip Ragan, Matt Flood, Scott Beckwith

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We had a wonderful day for our **DIYC ILCA District 7 Regatta!**

The DIYC District 7 ILCA Regatta was held on Saturday, September 7. This Laser (ILCA) regatta was the final of six Gran Prix stops and only stop in CT on the tour of New England (District 7) and it did not disappoint the 24 sailors who registered. Lasers were spread out across the entire parking lot and there was a low hum of excitement in the morning.as the breeze began to build. After a well-attended skippers meeting, without any missteps, all Lasers launched out of the bight, sailed down the river and out into Duck Island Roads.

Sue Reilly PRO and race committee of Dick, Kathy, Judy, and PVM on Sitting Duck started on time in 8-10 knots of wind with a twice around windward leeward course of approximately 3/4 mile per leg or 3 miles total. Fred, Dave, Tom, Jamie, Mark and Spud manned the three chase boats that did a remarkable job adjusting the course for almost every race. Six races were run in a wind range of 8-14kn with one drop, FBYC's own OJ O'Connell (MRMSA), son of Neal (Checkered Demon) won the day with a beautiful trophy donated by Ruth Emblin. Cedar Point YC took the remaining spots on the podium, Frederico Bediaga was second and Britt Hughes was third with nice trophies again from Ruth. (Results)

Dinner and drinks were provided at the awards party where many words of thanks and appreciation were given from the sailors to Anne, Birgit and Robin who prepared the dinner, the Race Committee for running a perfect regatta and DIYC for being a great host.

Special thanks to the Flag Officers for their support, T-shirt designs by Sheridan at Premiergear and to the Organizing Committee (Ben, John and Roger) for all the hard work to make this event possible.

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Bill's Cup

(1st, 2nd & 3rd Winners)

Non Spinnaker

Velocity, Southern Cross, Coyote

Spinnaker

XLR8, Slainte, Maverick

Etchells

Scott Beckwith, Bill Robinson, Chris Morano

2024 Thundermug Shirts by Sheridan Bauman (sneak peek) – stay tuned!

Will be sent via DIYC eBlast, Yachtscoring and Facebook post on Oct 1st (limited amount available) Inquiries to Robin only at diyc.pub@gmail.com

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

- **Sailboat for Sale** – J29 MHIB "**VELOCITY**", *1984 J29, Masthead rig, inboard engine w/sail Drive, Fries Sails Compliment. Turnkey J29, ready to race. Contact Dave Gilmore at Windshear01@gmail.ne $14,900*

- ***Rent our Clubhouse*** - $100/day, see our rental agreement link in the "Members Only" section of our website – questions ask Vice Commodore Mike (BOOKING FOR 2025)
- **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

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

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DIYC Website News & Updates @ ECSA

EASTERN CONNECTICUT SAILING ASSOCIATION

ECSA Daytime Distance BONUS Pts Sept 28th ECSA Thundermug BONUS Pts Oct 19th

Thank you, Dick diyc.webmaster@gmail.com

Previous Month

October

Next Month

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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.		1	2	3	4 Annual Meeting & End Of Summer TGIF - 6PM	5
6	7 Annual Awards Party Invitation eBlast	8 Officers Meeting 5:30 PM	9	10	11	12 Columbus Day Weekend Cruise
13 Columbus Day Weekend Cruise	14 Columbus Day Weekend Cruise	15	16	17	18	19 ECSA Bonus Point Thundermug Regatta 1st Gun 11:00 - ***Party***
20	21	22	23	24	25	26 Combined DIYC and DIYCA Work Party - 09:00. Rain date is 9/27.
27 Rain Date for Combined DIYC and DIYCA Work Party - 09:00.	28 Mainsheet Newsletter eBlast	29	30	31		

Thundermug Shirts on sale Oct 1st

Other Happenings:

- IF you like the Race to Alaska Race then check out WA360 (new alternate race)
- October 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 - Oct 2024

Date		High				Low						
		AM	ft	PM	ft	AM	ft	PM	ft	Rise	Set	Moon
1	Tue	10:45	4.5	11:04	4.3	4:31	0.4	4:52	0.3	6:48	6:35	
2	Wed	11:20	4.5	11:40	4.2	5:06	0.4	5:30	0.3	6:49	6:33	
3	Thu	11:54	4.5			5:40	0.4	6:06	0.2	6:50	6:32	
4	Fri	12:17	4.2	12:27	4.5	6:13	0.5	6:41	0.3	6:51	6:30	
5	Sat	12:53	4.1	1:02	4.4	6:47	0.6	7:18	0.3	6:53	6:28	
6	Sun	1:31	4.0	1:38	4.4	7:22	0.7	7:57	0.4	6:54	6:27	
7	Mon	2:11	3.9	2:17	4.3	8:00	0.8	8:39	0.5	6:55	6:25	
8	Tue	2:55	3.8	3:02	4.2	8:44	0.9	9:28	0.6	6:56	6:23	
9	Wed	3:43	3.7	3:54	4.1	9:35	1.0	10:24	0.7	6:57	6:22	
10	Thu	4:38	3.6	4:53	4.1	10:36	1.0	11:25	0.7	6:58	6:20	
11	Fri	5:39	3.7	5:58	4.1	11:41	0.9			6:59	6:19	
12	Sat	6:41	3.8	7:03	4.2	12:27	0.6	12:47	0.7	7:00	6:17	
13	Sun	7:41	4.1	8:04	4.4	1:25	0.4	1:49	0.5	7:01	6:16	
14	Mon	8:36	4.4	9:00	4.6	2:20	0.2	2:46	0.2	7:02	6:14	
15	Tue	9:27	4.8	9:52	4.7	3:11	0.0	3:41	-0.1	7:03	6:12	
16	Wed	10:16	5.1	10:43	4.8	3:59	-0.2	4:33	-0.4	7:04	6:11	
17	Thu	11:03	5.3	11:33	4.8	4:47	-0.3	5:24	-0.5	7:06	6:09	
18	Fri	11:51	5.3			5:34	-0.3	6:14	-0.5	7:07	6:08	
19	Sat	12:23	4.7	12:40	5.3	6:22	-0.2	7:05	-0.4	7:08	6:06	
20	Sun	1:15	4.5	1:31	5.1	7:12	0.0	7:58	-0.2	7:09	6:05	
21	Mon	2:08	4.3	2:25	4.8	8:06	0.2	8:54	0.1	7:10	6:03	
22	Tue	3:05	4.1	3:23	4.5	9:03	0.5	9:53	0.3	7:11	6:02	
23	Wed	4:04	3.9	4:24	4.2	10:05	0.7	10:54	0.5	7:12	6:01	
24	Thu	5:07	3.8	5:29	4.0	11:11	0.8	11:56	0.6	7:13	5:59	
25	Fri	6:10	3.8	6:34	3.9			12:16	0.8	7:15	5:58	
26	Sat	7:11	3.9	7:35	3.9	12:54	0.6	1:17	0.7	7:16	5:56	
27	Sun	8:05	4.0	8:28	4.0	1:47	0.6	2:12	0.6	7:17	5:55	
28	Mon	8:52	4.2	9:15	4.0	2:34	0.5	3:01	0.5	7:18	5:54	
29	Tue	9:34	4.3	9:57	4.0	3:16	0.5	3:44	0.3	7:19	5:53	
30	Wed	10:11	4.4	10:36	4.1	3:55	0.4	4:24	0.2	7:20	5:51	
31	Thu	10:47	4.5	11:13	4.0	4:31	0.4	5:02	0.1	7:22	5:50	