

J/37 Optimum boat speed for true wind speed

True Wind Speed	Point of Sail	Angle Off True Wind	Target Boat Speed (knots)	Apparent Wind Speed	Apparent Wind Angle
6 kts	Optimum Beat	45°	5.15	10.10	24°
	60°	60°	6.11	10.30	29°
	90°	90°	6.42	8.65	42°
	120°	120°	4.75	5.36	70°
	Optimum Run - Spinnaker	140°	4.75	3.82	88°
	Optimum Run - Jib	169°	2.95	2.68	158°
	Optimum Run - Jib with pole	172°	3.19	3.82	164°
	8 kts	Optimum Beat	43°	5.92	12.63
60°		60°	6.90	12.54	31°
90°		90°	7.17	10.52	47°
120°		120°	5.85	6.99	74°
Optimum Run - Spinnaker		143°	5.80	4.80	97°
Optimum Run - Jib		169°	3.92	3.98	158°
Optimum Run - Jib with pole		173°	4.23	3.60	164°
10 kts		Optimum Beat	40°	6.25	14.82
	60°	60°	7.24	14.33	32°
	90°	90°	7.60	12.18	52°
	120°	120°	6.60	8.56	74°
	Optimum Run - Spinnaker	150°	6.36	5.50	114°
	Optimum Run - Jib	169°	4.83	5.02	159°
	Optimum Run - Jib with pole	172°	5.21	4.57	164°
	12 kts	Optimum Beat	39°	6.44	16.84
60°		60°	7.43	16.06	35°
90°		90°	7.91	13.74	55°
120°		120°	7.06	10.13	83°
Optimum Run - Spinnaker		163°	6.53	6.01	144°
Optimum Run - Jib		170°	5.68	6.12	160°
Optimum Run - Jib with pole		172°	6.12	5.62	165°
14 kts		Optimum Beat	38°	6.54	18.87
	60°	60°	7.55	17.74	37°
	90°	90°	8.17	15.18	57°
	120°	120°	7.40	11.74	87°
	Optimum Run - Spinnaker	169°	7.00	7.17	158°
	Optimum Run - Jib	170°	6.42	7.30	162°
	Optimum Run - Jib with pole	173°	6.84	6.83	166°
	16 kts	Optimum Beat	38°	6.60	20.65
60°		60°	7.63	19.35	38°
90°		90°	8.36	16.44	59°
120°		120°	7.70	13.38	90°
Optimum Run - Spinnaker		172°	7.43	8.60	165°
Optimum Run - Jib		172°	6.96	8.64	166°
Optimum Run - Jib with pole		172°	7.35	8.25	167°
20 kts		Optimum Beat	38°	6.67	24.15
	60°	60°	7.74	22.50	41°
	90°	90°	8.58	19.01	63°
	120°	120°	8.23	16.63	95°
	Optimum Run - Spinnaker	173°	8.22	11.75	169°
	Optimum Run - Jib	173°	7.74	11.72	169°
	Optimum Run - Jib with pole	173°	8.17	11.37	168°