

# PERFORMANCE PATHWAY



## OPTIMIST

8–15 YEARS  
UP TO 50KG

LEARN TO SAIL IN OPTIMIST  
OR LEARN TO WINDSURF

ABLE TO RACE OPTIMIST  
UNTIL 15 YEARS  
UNDER 50KG

AT 13–14 YEARS GETTING  
TOO BIG FOR OPTIMIST  
OVER 48KG

LOVE WINDSURFING  
AND GOING FAST

SAILING P-CLASS IS  
A GREAT OPTION WHILST  
STILL RACING AN OPTIMIST  
TO INCREASE SKILLS AND  
ADD VARIETY.

START WINDSURFING  
ON A TECHNO WHILST RACING  
AN OPTIMIST. IT'S IMPORTANT  
TO GET A GOOD GROUNDING  
IN RACING.



## 420 OR 29ER

IDEAL COMBINED WEIGHTS:

420 = 110–118KG

29ER = 120–130KG

IDEALLY ENTER NO LATER  
THAN 15 YEARS.

## STARLING

55–63KG

ENJOY DOUBLE  
HANDED  
SAILING.

TALL AND BIG  
FOR AGE ENJOY  
PHYSICAL  
EXERCISE.



## TECHNO

DEDICATED TECHNO RACING  
AND TRAINING AT  
14–15 YEARS.



## LASER RADIAL

IDEAL WEIGHT:

MEN 60–73KG

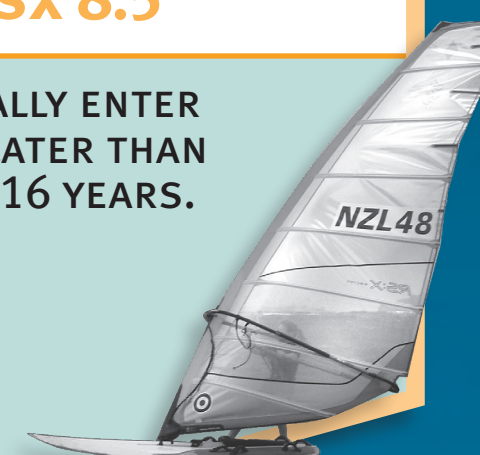
WOMEN 63–70KG

IDEALLY ENTER NO LATER  
THAN 16 YEARS.



## RSX 8.5

IDEALLY ENTER  
NO LATER THAN  
15–16 YEARS.



NZL YOUTH TEAM – ISAF YOUTH WORLDS  
CLASS ASSOCIATION YOUTH WORLDS  
UNDER 19 YEARS

## 420

MEN AND WOMEN

## 29ER

OPEN

## MULTIHULL

OPEN

## LASER RADIAL

MEN AND WOMEN

## RSX 8.5

MEN AND WOMEN

KEELBOAT RACING



OLYMPIC CAMPAIGN

PROFESSIONAL SAILOR

OCEAN RACING

AMERICA'S CUP

OLYMPIC MEDAL

There are other options that can work outside what is shown on this poster, this is simply an outline of the pathways that work most regularly and efficiently.

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