

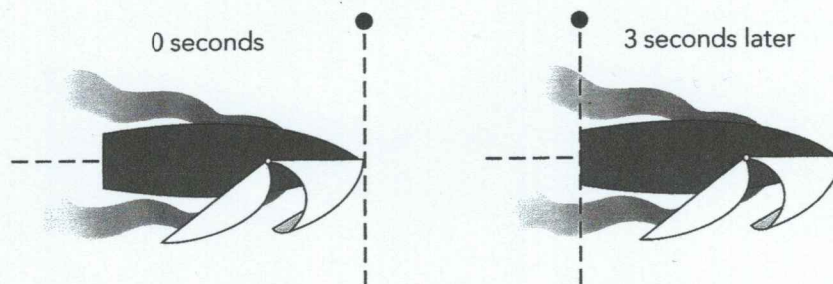
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## Speed, Distance & Time Table

(based on the formula: distance = rate x time)

(1 knot = 6076 feet per hour)

Boat speed	Feet per second	Meters per second
1 knot	1.69	0.51
2 knots	3.38	1.01
3 knots	5.06	1.52
4 knots	6.75	2.03
5 knots	8.44	2.53
6 knots	10.13	3.04
7 knots	11.81	3.54
8 knots	13.50	4.05
9 knots	15.19	4.56
10 knots	16.88	5.06



In other words, if your boat is going 4 knots, you will travel 6.75 feet per second. One way to determine your boat's speed is to sail by a buoy or other fixed object and count how many seconds it takes for the buoy to go from your bow to your stern. If in a 24-foot boat it takes 3 seconds to go by the buoy, you are going 8 feet per second, or just under 5 knots.

It's very useful to know your boat's approximate speed on all points of sail in all wind and wave conditions, particularly in a protest hearing. For instance, in the above example you know that a zone that is three lengths wide is about 9 seconds worth of sailing before the *mark*. You also know that if you tack in front of another boat and she claims to have hit you only 3 seconds after you became close-hauled, you can point out that, by her own testimony, she held her course for a full boat-length after you were close-hauled.

Adapted from *Understanding the Racing Rules of Sailing through 2016* by Dave Perry.  
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