

POST'S
GUIDE
to the
PAN AM
GAMES



SAILING

GUIDE TO THE GAMES

BY NICK FARIS, NATIONAL POST

Venue

Sugar Beach and Royal Canadian Yacht Club

Venue acronym

RCY

Landmark status

Low

While six days of preliminary heats will be held around Lake Ontario, the newly created Sugar Beach is the designated host for the finals. The lakeside location is blocks from the CN Tower and the Air Canada Centre.

Other events at venue

None

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Transit options

Subway to Union Station, then a short ride on the No. 6 bus southeast to venue. Making the 20-minute walk is also an option; Sugar Beach is located between Jarvis and Sherbourne streets off Queens Quay East.

For exact directions, try:

Triplinx.ca

[TTC trip planner](#)

Schedule

July 12-17 Preliminary races

July 18 Finals in women's laser radial, windsurfing RSX and 49er FX; and men's laser and windsurfing

July 19 Finals in open Sunfish, Hobie 16, J-24, Lightning and Snipe

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[See the full competition schedule at the Pan Am website](#)

How the sport works

Like golf, the objective is to accumulate as few points as possible in the class's series of races. Unlike golf (unless you're a terrible golfer), sailing occurs in the water. Sailors — either individually or in teams of two, three or four, depending on the event — steer their boats around the course, receiving points based on their final result. (One point for first place, two for second and so on.)

Teams/Nations competing

A total of 148 sailors (filling 93 boats, across 10 events) from 21 countries. Canada and Brazil are

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both sending 18 sailors, while Argentina will enter 16.

Canada's team

Mixed lightning

Jamie Allen and Chantal Leger, Montreal; Jay Deakin, Pointe Claire, Que.

Open J24

Sandy Andrews, David Jarvis, Terry McLaughlin, David Ogden, all Toronto

Open Hobie 16

Daniel Borg, Liana Giovando, both Toronto

Open Snipe

Alexandra Damley-Strnad, Evert McLaughlin, both Toronto

Open Sunfish

Luke Ramsay, Vancouver

Women's 49er FX

Danielle Boyd, Kingston, Ont.,

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Erin Rafuse, Halifax

Women's Laser Radial

Brenda Bowskill, Toronto

Men's Laser

Lee Parkhill, Oakville, Ont.

Women's windsurfing

Nikola Girke, Vancouver

Men's windsurfing

Zac Plavsic, Vancouver

Tournament format

The Pan Ams will feature 10 different sailing events. Most classes feature a 12-race opening series; windsurfing and 49er will race 16 times. The top half of the fields after the racing series advance to the final race where points count double. Results from all races are added together, with the lowest cumulative total in each event reigning supreme.

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Results from 2011

Five of Brazil's 48 gold medals in Guadalajara came via sailing, while Argentina won two events and Chile and Puerto Rico earned one gold apiece. The United States snagged four silver and two bronze. Canada was shut out of the medals.

Why it's worth watching

It's free. Beyond that, sailing is more of a soothing spectator experience than a sport to actively watch. Pitch a blanket or lawn chair, try to figure out which speck in the water is leading. The Distillery District celebration venue is a short walk to the north.

Competition outlook

Brazil's Ricardo Santos is a Pan

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Am legend, holding one gold from each of the last three Games (and a silver from Winnipeg in 1999). He is back for yet another go, as is countrywoman Patricia Freitas, the reigning gold medalist in women's sailboard. With nearly 100 boats gunning for 30 available medals, though, practically every country has a viable shot at the podium.