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**Wednesday, January 21**

**MOUNT GAY RUM DAY**

**5:00 – 6:00 PM (RWT)**

***CPR/AED & Basic First Aid Seminar***

***Presented by Sail 22  
Trainer: Beck DeMore, CNP***

Did you know that if you have a heart attack and an AED (Automated External Defibrillator) is used within the first five minutes your chance of survival increases by 80%? Would you know what to do with one in an emergency? And have you looked in your sailing first aid kit recently? Do you even know what is in it? Check out some essentials every boat should have for racing and learn the basics about AEDs in this hands-on seminar. (There are five AEDs on site throughout race week. One on each division's signal boat and two shoreside.)

***Weather – Wednesday Debrief and Thursday Forecast***

**5:00 – 6:00 PM (D-P)**

Join Commanders' Weather and debrief on another day of racing in Key West and learn what to look for on Thursday during an informal session that will include questions and audience interaction.

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**Thursday, January 22**

**LEWMAR DAY**

**5:00 – 6:00 PM (RWT)**

***The New Racing Rules of Sailing***

***Presented by North U  
Moderator: Dobbs Davis***

The New Racing Rules of Sailing (RRS) have made some significant changes to who has right of way at marks, obstructions, and elsewhere around the race course. Want to know how the new RRS may affect your tactics? Join the staff from North U to get a brief overview, with a preview of the new Rules program developed by Bill Gladstone with help from rules experts like Dave & Brad Dellenbaugh and Dave Perry, as well as prominent sailors, tacticians, and coaches, like Peter Isler, Geoff Moore, Steve LeMay, Andrew Kerr, and more.

***Weather – Thursday Debrief and Friday Forecast***

**5:00 – 6:00 PM (D-P)**

Here's your last chance to get the "weather edge" as you prepare for the final day of racing. Join the Commanders' Weather team to debrief on Thursday's weather and learn what to look for on Friday. The informal session that will include questions and audience interaction.

***Afternoon panel discussions will be held under the reception tent (RWT) or the Dimension-Polyant (D-P) tent in the Industry Partner Area at the Historic Seaport. Details, including updated panel composition, can be found at Acura Race Headquarters and on the Notice Board. Complimentary beer will be served.***