

## Training Resources

There are a wide range of online training resources to help you learn how to sail the 420 and improve your performance. Visit [www.420sailing.org](http://www.420sailing.org) where you can find coaching and training tips for both the beginner and experienced 420 sailor through our online video guides:

"420 to the Max" - shows you how to master specific techniques in different wind and sea conditions and is available in English, French, German, Spanish and Japanese.

"420 Exercise e-Book" - introduces performance improvement techniques for coaches and sailors, with step by step instructions, video, commentary and guidance on how to evaluate performance.

The 420 Class runs regional training clinics and pre-Championship Clinics, led by expert coaches. The 420 Class has also partnered with the International Sailing Federation to support the "ISAF Youth Worlds Emerging Nations Programme".

MANY 470, 49ER, 49ERFX AND NACRA17 OLYMPIANS AND OLYMPIC CAMPAIGNERS WERE 420 SAILORS

THE 420 IS THE WORLD'S TOP YOUTH TWO-PERSON DINGHY



the international two-person dinghy for young sailors

[www.420sailing.org](http://www.420sailing.org)

Photos: Christian Beeck, Jose Jordán, Icarus Sailing Media, Foto Sulzer

Most importantly -  
420 Sailors Have Fun!

For further information,  
contact the Class at  
[www.420sailing.org](http://www.420sailing.org)



[www.420sailing.org](http://www.420sailing.org)

[facebook.com/international420classassociation](https://www.facebook.com/international420classassociation)

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420 sailing  
the international two-person dinghy for young sailors  
**SAIL TO THE OLYMPICS THROUGH THE 420**  
International 420 Class Association





## Technical Details 420

Length	4.20m	
Width	1.63m	
Weight	80kg (fully equipped 100kg)	
Surface Area of Sails	Main sail	7.45 m <sup>2</sup>
	Jib	2.8 m <sup>2</sup>
	Spinnaker	9 m <sup>2</sup>
Trapeze	Yes	
Crew	2	
Designer	Christian Maury	
Year of Design	1960	
Construction	Fibreglass and polyester resin. Planing hull shape and trapeze for high performance in breeze.	
Best crew Weight	110 to 145 Kg	

## Track Record

There is a well-organized International 420 Class Association that arranges World, Ladies, European, Junior European and Team Racing Championships. The International 420 is well-established worldwide, particularly in youth sailing programmes. The 420 has been by far the most popular two-person dinghy at the ISAF Youth Sailing World Championships over the last forty years and continues to be selected. Sailed in well over 45 countries, the 420 is proven as a great training boat, and an ideal class whatever your next step in sailing. Many sailors successfully move to the Olympic two-person classes, and former 420 sailors are World Champions in many dinghy and yacht classes, as well as pursuing offshore, match racing and team racing careers. The 420 provides equal opportunity to compete at 420 Championships for girls and boys crews and mixed crews. The 420 is an ISAF International Class and an ISAF Recognised "Learn to Sail" boat.



RACING SAILORS OF THE FUTURE

## Accessible

The International 420 is the natural progression from the junior racing classes, such as the Optimist and Cadet. Young sailors moving up, or those new to racing, will find the rig easy to master. On the water, the 420 planes easily, yet the hull shape gives a measure of stability. Should a capsize occur, the 420 is easy to right and comes up with little water in it. The controls allow for a variety of crew weights to get maximum speed on the water, as well as enabling sailing in higher wind strengths and in choppy sea states. The 420 is a proven transition class which provides sailors with excellent skills in strategy, tactics, boat handling, tuning and technique. There are 420 builders all over the world and equipment is easily available, with a 420 ready to sail costing on average EUR5,000 - 6,500.

THE 420 IS THE YOUTH DEVELOPMENT BOAT OF CHOICE IN OVER 45 COUNTRIES IN ALL 5 CONTINENTS



BUOYANCY TANKS MAKE THE BOAT VERY SAFE, EVEN WHEN CAPSIZED

[www.420sailing.org](http://www.420sailing.org)

## Choosing your crew

As with any two-person boat, finding a crew is important. Sailing with a good crew is part of the fun of the International 420, but also a vital learning process for future sailing. When starting out, a good sailing friend is probably a sensible start! In due course, you may need a partner who has the same sailing ambitions as you. Sailing the International 420 often leads to Olympic Class sailing, as the quality of the racing and international competition is very high. Ideally, the combined weight should be in the 110-145 kilo range. But at first, learning to work in partnership is important, with both roles mutually dependent, as well as learning the controls of the boat. When these are mastered, it may be time to get the lighter sailor on the helm and the heavier sailor "on the wire".

THE 420 IS AN ESTABLISHED PERFORMANCE TWO-PERSON TRAPEZE AND SPINNAKER RACING DINGHY.



the international two-person dinghy for young sailors

