

**Forecast for the Pineapple Cup, Ft Lauderdale to Montego Bay, Jamaica.
Prepared for the Exclusive use of [REDACTED].**

Saturday, February 5th, 2011.
0800 EST.

**Disclaimer: Please monitor all official forecasts prior to and during the race.
It is the decision of each boat whether to put to sea and to act in a safe and responsible manner.**

NOAA Watches and Warnings: None.

Note: All times are given in local time and directions in °True.

General Situation

- Not a lot of change in the forecast since yesterday.
- The main influence on the weather remains the ridge from the North Atlantic High, which is causing a predominantly SE Flow over the race area.
- The situation is complicated by cold fronts moving across Florida and pushing the high further east out into the Atlantic.
- The first cold front is expected to stall over southern Florida tonight and Sunday (further west than previously predicted), causing the winds to diminish over the northern Bahamas but without the post frontal shift to the NW.
- Winds will continue to remain light on Sunday until the high moving across the SE merges with the Atlantic high late Sunday.
- The second stronger cold front will move off the Florida coast Monday evening, bringing stronger SW winds over the northern Bahamas ahead of the front. The stronger SW winds are unlikely to reach into the southern Bahamas, which will experience a lighter S wind as the ridge is pushed east. There is one point of uncertainty as to how far south the stronger winds will reach and where you will be positioned by that time.
- Post-frontal NE flow will begin first in the NW early Tuesday morning, filling in across the course by mid-morning. High pressure moving across the Gulf States behind the front.
- The wind will shift slowly further E on Wednesday as the high moves offshore and the Atlantic ridge returns, especially for those furthest south.
- On Thursday expect the wind to decrease again as a third cold front makes its way across Florida and the Bahamas.
- For those still racing on Friday a moderate N flow will fill in behind the front, continuing into Saturday.

Recent Observations

Ft. Lauderdale Airport: 0753 170 5kts
Port Everglades Channel: 0700 160 7G13kts
Fowey Rocks (height 44m): 0700 150 18kts

Routing:

The latest routing has you finishing in about five days. Although the forecast has you beating through the islands, there are not many indicators suggesting much of a deviation from rhumbline. Ocean currents seem quite light except crossing the Gulf Stream and through the Windward Passage, where they are flowing northward at about 1kt. With a S wind going with the Gulf Stream the seas should remain small, while the wind will be opposing the current through the passage leading to steeper seas.

Saturday, 5th February, 2011. Race Start 1300.

Ft. Lauderdale across the Gulf Stream (approx 60nm/085°T) to the entrance of North Providence Channel down to the northern tip of Eleuthra (approx 130nm/105°T).
South winds ahead of a cold front expected to stall over southern Florida overnight.

	Twd °T	Tws	Twa°	Crs °T
0900	175-185	8-10kts	95	85
1200	180-190	12-14kts	100	85
1500	180-190	12-14kts	100	85
1800	185-195	10-12kts	105	85
2100	190-200	6-10kts	100	105

Sunday, 6th February, 2011.

North Providence Channel down to the northern tip of Eleuthra (approx 130nm/105°T).

Light and variable for a period overnight as the front stalls over Florida, with a SE'ly filling in during the day as you move away from the front and towards the Atlantic ridge. Probably less painful then previously predicted as the front is stalling further west over Florida rather than over the northern Bahamas.

	Twd °T	Tws	Twa	Crs °T
0000	160-170	4-8kts	55	105
0300	150-160	4-8kts	50	105
0600	150-160	2-6kts	50	105
0900	140-150	4-8kts	40	105
1200	130-140	4-8kts	Upwind	105
1500	130-140	6-10kts	Upwind	105
1800	120-130	6-10kts	Upwind	105
2100	110-120	6-10kts	Upwind	130

Monday, 7th February, 2011.

Down the east side of Eleuthra (115nm/130-145°T) and to the bottom of Long Island (80nm/160°T).

Moderate south wind during the day decreasing overnight as the front approaches and the pressure gradient slackens. Stronger SW north Eleuthra but I expect you to have progressed south enough that it misses you.

	Twd °T	Tws	Twa	Crs °T
0000	140-150	8-12kts	Upwind	130
0300	145-155	8-12kts	Upwind	130
0600	150-160	8-12kts	Upwind	145
0900	150-160	8-12kts	Upwind	145
1200	150-160	8-12kts	Upwind	145
1500	150-160	8-12kts	Upwind	145
1800	140-150	6-10kts	Upwind	160
2100	130-140	6-10kts	Upwind	160

Strongest winds around midday/early afternoon.

Tuesday, 8th February, 2011.

Along Long Island (80nm/160°T) and down to the tip of Cuba (170nm/165°T).

Light in the early morning becoming moderate in the afternoon out of the E or NE behind the front as high pressure moves over Florida.

	Twd °T	Tws	Twa	Crs °T
0000	130-140	4-8kts	Upwind	160
0300	130-140	4-8kts	Upwind	160
0600	100-120	4-8kts	Upwind	160
0900	040-060	6-10kts	115	165
1200	040-060	6-10kts	115	165
1500	040-060	8-12kts	115	165
1800	040-060	8-12kts	115	165
2100	040-060	8-12kts	115	165

Becoming light and variable for a time overnight.
 Timing of the shift expected around mid-morning.
 Wind from the NE over the N islands and more E the further south you are, as far left as 020 and as far right as 080.



Wednesday, 9th February, 2011.

Down to the tip of Cuba (170nm/165°T), through the Windward Passage, then to Montego Bay (240nm/245°T).

Good downwind conditions expected Wednesday with a gradual veering trend further south.

	Twd °T	Tws	Twa	Crs °T	
0000	060-080	10-14kts	95	165	
0300	060-080	10-14kts	95	165	Wind may build into the mid-teens.
0600	060-080	10-14kts	Dnwind245		With an E wind, there may be a slight increase at the entrance
0900	060-080	10-14kts	Dnwind245		of the passage but lighter wind in and south of the passage.
1200	060-080	10-14kts	Dnwind245		
1500	070-090	10-14kts	Dnwind245		
1800	080-100	10-14kts	Dnwind245		
2100	090-110	10-14kts	Dnwind245		

Thursday, 10th February, 2011.

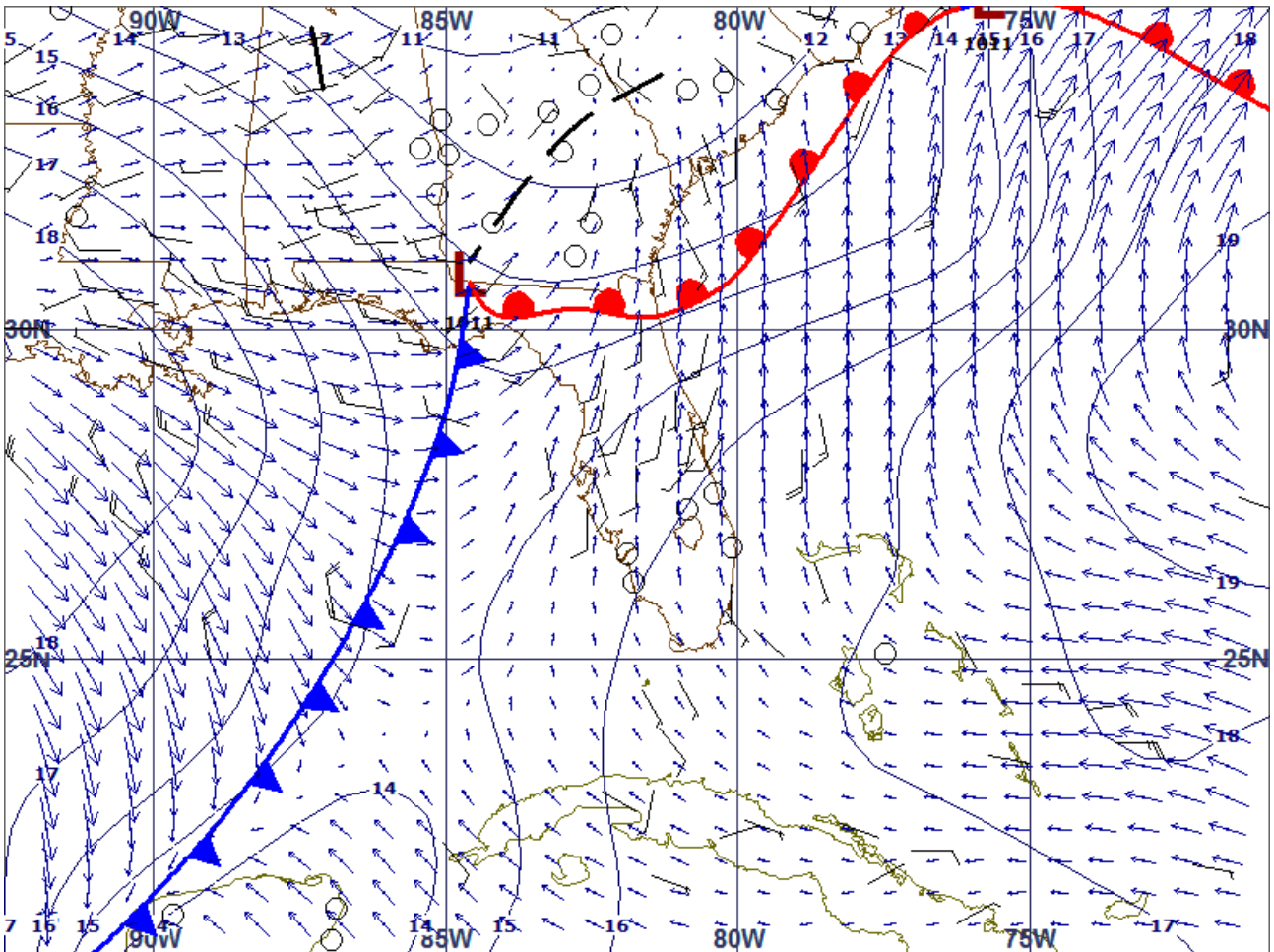
Windward Passage to Montego Bay (240nm/245°T).

There is a lot more variability/uncertainty in Thursday's conditions and the cold front affects the gradient and the gradient is generally weaker south of Cuba being further away from the pressure centers. A wider range of conditions can be expected from 070-110°T 6-12kts.

	Twd °T	Tws	Twa	Crs °T	
0000	090-110	10-14kts	Dnwind245		
0300	090-110	8-12kts	Dnwind245		
0600	090-110	8-12kts	Dnwind245		
0900	090-110	8-12kts	Dnwind245		
1200	080-100	6-10kts	Dnwind245		Velocity decreasing and backing as a cold front pushed the
1500	080-100	6-10kts	Dnwind245		Atlantic high further east.
1800	070-090	6-10kts	Dnwind245		
2100	070-090	6-10kts	Dnwind245		

Models:

The models have converged towards a similar solution and are showing fairly good agreement and similar routings. The biggest discrepancy is in the handling of the post cold front NE'ly on Tuesday. The GFS has an inverted trough east of the Bahamas connecting to the dissipating cold front, and thus the most N winds of 010-030. The GEM has the NE flow staying further north and remains more under the influence of the Atlantic ridge, keeping the winds further E at 060-090. The ECMWF is in between at 030-060. On Wednesday the ECMWF has the strongest winds at 15kts while the GEM has the lightest at 8kts, mostly due to the GEM not having the post-frontal NE extending as far south.



0700 EST Analysis