V1: velocity of the fly leg

V2: velocity of the rod leg

VL: speed of loop turnover

Vav: speed of loop advance (in respect of the caster)

Without shooting line:

VL = 1/2 V1

V2=0

VL =**Vav**

Shooting line:

VL = 1/2 (V1-V2)

Vav= 1/2 (V1-V2)+V2

Triple haul:

V2= now has a negative value!

VL = 1/2 (V1+V2)

Vav= 1/2 (V1+V2)-V2