

	1-5 knots	5-8 knots	8-12 knots	12-15 knots	15-18 knots	18-22 knots	22+ knots	
Shroud Tension Up wind	15	20	25	25	25	25	22	Never
Shroud tension Downwind	15	25	31	32	33	35	35+	Let
Lowers Tension Upwind	Fully Slack	Just Slack	Just Slack	Just Slack	Just Slack	Just Slack	Just Slack	Forestay
Lowers Tension Downwind			7		10			Go
Rake Upwind	8670	8670	8670	8600	8600	8600 or less (1 full hole down on shroud plate)	8600 or less (1-2 full holes down on shroud plate)	Slack
Rake Downwind	8660	8660	8660	8650	8650	8650	8650	downwind
Spreader deflection	235	235	235	235	235	235	235	
Spreader Length	480	480	480	480	480	480	480	
Kicker	loose	Just tight	tight	tight	Very tight	max	max	Up to 15 kts aim is to get the top telltale on the mainsail to be just stalling
Cunningham	off	off	off	Just remove luff creases	Just remove luff creases	tighter	max	
Outhaul	tight	Ease so foot not creased	Ease so foot not creased	tight	tight	tight	tight	
Jib Car	150mm	150mm	150mm	150mm	100mm	50mm	End stop	
Jib Clew	Middle hole or top hole in flat water	Middle hole or top hole in flat water	Middle hole	Middle hole	Middle hole	Bottom hole	Bottom hole	Jib sheet tension – ensure that top and bottom telltales break evenly. In 15kts+ always ease in gusts
Mainsheet	Centre	Centre	Centre	Centre	Ease	in	Gusts	
Mast deck puller	slack	Just tight	Tight – mast straight to spreader	Tight – mast straight up to spreader	Tight – mast straight up to spreader	ease	ease	Note – better to keep more tension on the puller and use more kicker to bend the mast

Rake measured from mast tip to transom /hull join

Tensions measured with Loos gauge on the shore with no mainsail up