

LIGHT WINDS, NO SWELL
UPWIND

To maximise lift and reduce drag without minimising it

Mast bend: NONE

Headsail:

- Reduce tension on halyard
- Loosen sheet
- Move lead block forward (reduces twist)
- Check that tell-tales stream aft both to windward and leeward

Mainsail:

- Loosen backstay and if applicable, running & trimstays
- Reduce halyard tension
- Loosen Cunningham
- Reduce foot tension
- Traveller to windward
- Open leech by reducing sheet tension
- Check that kicking strap is loose

LIGHT WINDS, NO SWELL
REACHING

For lots of lift while accepting increase in drag

Mast bend: NONE

Headsail:

- Reduce tension on halyard
- Loosen sheet further
- Move lead block forward (reduces twist) and if possible, outboard.
- Check that tell-tales flow aft both to windward and leeward

Mainsail:

- Loosen backstay and if applicable, running & trimstays
- Reduce halyard tension (no creases)
- Loosen Cunningham
- Foot loose and open
- Traveller to windward
- Open leech by reducing sheet tension
- Introduce some tension on kicking strap

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- Introduce some tension on kicking strap

LIGHT WINDS, SOME SWELL
UPWIND

Aim for maximum lift, accepting obvious penalties

Mast bend: NONE

Headsail:

- As little as possible halyard tension
- Sheet as loose as possible
- Sheet leads forwards (less twist)
- Check that tell-tales stream aft both to windward and leeward

Mainsail:

- Backstay and if applicable, running & trimstays loose
- Little halyard tension
- Cunningham loose
- Reduce foot tension
- Traveller to windward
- Open leech by reducing sheet tension
- Kicking strap is loose

LIGHT WINDS, SOME SWELL
REACHING

More lift; more drag.

Mast bend: NONE

Headsail:

- Some tension on halyard
- Sheet as loose as possible
- Move lead block forward (reduces twist) and if possible, outboard.
- Check that tell-tales stream aft both to windward and leeward

Mainsail:

- Backstay and if applicable, running & trimstays very loose
- Some halyard tension (no creases)
- Cunningham loose
- Traveller to windward
- Open leech by reducing sheet tension
- Kicking strap loose

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Mainsail:

- Backstay and if applicable, running & trimstays very loose
- Some halyard tension (no creases)
- Cunningham loose
- Traveller to windward
- Open leech by reducing sheet tension
- Kicking strap loose

MEDIUM WINDS,
SMALL WAVES & MEDIUM SEAS
UPWIND

Aim for much lift and as little drag as possible.

Mast bend: Curved slightly aft

Headsail:

- Increase halyard tension
- Sheet in hard
- Sheet leads in middle
- Tell-tales streaming aft to leeward and rising from time to time windward

Mainsail:

- Tighten backstay and running backstay trimstays loose
- Tighten trimstays a little
- Increase halyard tension
- Take in Cunningham a little
- Tension foot of sail
- Traveller amidships
- Close leech by sheeting in hard
- Tension kicking strap

MEDIUM WINDS,
SMALL WAVES & MEDIUM SEAS
REACHING

For more lift but increasing drag.

Mast bend: NONE

Headsail:

- Reduce halyard tension
- Loosen sheet
- Move sheet lead forward (reduces twist) and if possible, outboard.
- Tell-tales streaming aft both to windward and leeward

Mainsail:

- Loosen backstay and if applicable, running & trimstays a little
- Reduce halyard tension (no creases)
- Reduce foot tension a bit
- Move traveller a little to leeward
- Close leech with sheet
- Tighten kicking strap

MEDIUM WINDS,
SMALL WAVES & MEDIUM SEAS
UPWIND

Aim for much lift and as little drag as possible.

Mast bend: Curved slightly aft

Headsail:

- Increase halyard tension
- Sheet in hard
- Sheet leads in middle
- Tell-tales streaming aft to leeward and rising from time to time windward

Mainsail:

- Tighten backstay and running backstay trimstays loose
- Tighten trimstays a little
- Increase halyard tension
- Take in Cunningham a little
- Tension foot of sail
- Traveller amidships
- Close leech by sheeting in hard
- Tension kicking strap

MEDIUM WINDS,
SMALL WAVES & MEDIUM SEAS
REACHING

For more lift but increasing drag.

Mast bend: NONE

Headsail:

- Reduce halyard tension
- Loosen sheet
- Move sheet lead forward (reduces twist) and if possible, outboard.
- Tell-tales streaming aft both to windward and leeward

Mainsail:

- Loosen backstay and if applicable, running & trimstays a little
- Reduce halyard tension (no creases)
- Reduce foot tension a bit
- Move traveller a little to leeward
- Close leech with sheet
- Tighten kicking strap

STRONG WINDS
UPWIND

To minimise drag, accepting reduced lift

Mast bend: Maximum

Headsail:

- Maximum halyard tension
- Sheet as tight as possible
- Sheet leads in further aft (more twist)
- Tell-tales streaming aft to leeward and continuously rising to windward

Mainsail:

- Maximum tension on backstay and windward runner
- Loosen trimstays
- Maximum halyard tension
- Maximum tension on Cunningham
- Maximum tension on foot of sail
- Traveller to leeward
- Open up leech by slightly reducing sheet tension
- Maximum tension on kicking strap

STRONG WINDS
REACHING

For much lift and less drag.

Mast bend: Maximum curve

Headsail:

- Tighten halyard tension
- Loosen sheet a little
- Position sheet lead further forward and if possible, outboard.
- Tell-tales streaming aft both to windward and leeward

Mainsail:

- Tighten backstay and windward running backstay
- Loosen trimstay
- Increase halyard tension
- Take in Cunningham
- Maximum foot tension
- Traveller completely to leeward
- Close leech by tightening sheet
- Tighten kicking strap

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Mast bend: Maximum

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- Maximum halyard tension
- Sheet as tight as possible
- Sheet leads in further aft (more twist)
- Tell-tales streaming aft to leeward and continuously rising to windward

Mainsail:

- Maximum tension on backstay and windward runner
- Loosen trimstays
- Maximum halyard tension
- Maximum tension on Cunningham
- Maximum tension on foot of sail
- Traveller to leeward
- Open up leech by slightly reducing sheet tension
- Maximum tension on kicking strap

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- Tell-tales streaming aft both to windward and leeward

Mainsail:

- Tighten backstay and windward running backstay
- Loosen trimstay
- Increase halyard tension
- Take in Cunningham
- Maximum foot tension
- Traveller completely to leeward
- Close leech by tightening sheet
- Tighten kicking strap