

RS Aero Training 26-01-2018

Settings Guide

Upwind

	Light (0-8knots)	Medium (8-15knots)	Heavy (15+)
Mainsheet	Just in from back corner	Just in from back corner – ease when overpowered (once other settings pulled on)	Just off back corner – constantly playing mainsheet
Kicker	Take out 1-2 inches (once mainsheet in)	Take out 2 inches (once mainsheet in)	Max on when fully overpowered
Outhaul	2 inches from boom	1 hand width from boom	1-2 inches from boom
Downhaul	None	None until overpowered	Max on once fully overpowered
Heel	Flat	Flat – consistent hiking	Flat – hike hard and consistent!
Trim	Forwards	Middle	Middle
Centreboard	Down	Down	Down

Downwind (run)

	Light (0-8knots)	Medium (8-15knots)	Heavy (15+)
Mainsheet	(90 degrees +)	90 degrees	<90 degrees
Kicker	Max off	Slight tension in leach	Slight tension in leach
Outhaul	Just less than 1 hand width	Just over 1 hand width	Same as upwind/ 1-2 inches from boom
Downhaul	None	None	Slight tension
Heel	Windward heel	Windward heel	Flat/slight windward heel
Trim	Forward	Middle	Back of boat
Centreboard	Raised 15 inches	Raised 10-15 inches	Raised 10 inches

Notes: