

Downwind	Light wind	Medium wind	Strong wind
	1-5 knots	6-15 knots	15-25 knots
Crew	No trapeze	Crew only trapeze	Crew only trapeze
Hull attitude	Nose down	Level	Nose up
Main traveler	Up to 300mm	Middle	Middle 200mm in large waves
Main sheet	light	Medium - Hard	Hard
Main tell tales	Flowing both sides	Flowing both sides	Top windward not flowing
Main cunningham	Just remove wrinkles	Off	Off
Outhaul	Same as up wind	Same as up wind	Same as up wind
Mast rotation	Pointing to front of dagger board	Pointing to front of dagger board	Pointing to front of dagger board
Jib sheet	Light	Light	Jib fully off but not flapping
Jib downhaul	Same as up wind	Same as up wind	Same as up wind
Centre boards	Down	200 - 300mm up	500mm up