

**Improving your speed: how to set the sails for the conditions**  
**Andrew Hattersley from DY 184 Amadeus gives some hints**

**Upwind**

<b>Adjustable</b>	<b>Light</b>	<b>Moderate</b>	<b>Heavy</b>
<b>AIM</b>	Keep the wind moving over the sails	Maximum power	Reduce power so not over powered
<b>Jib fairlead (fore/aft)</b>	Forward/Mid position	Mid position	Move back 8cm
<b>(in/out board)</b>	Mid position	Inboard 5cm	Midtrack or outboard
<b>Jib sheet</b>	Eased 4cm	Tight – but care!	Tight unless over powered
<b>Jib halyard</b>	Moderate	Tight	Tight
<b>Kicking strap</b>	Eased	Tight	Very tight
<b>Mainsheet</b>	Eased	Tight	Eased if over powered
<b>Outhaul</b>	Tight	Moderate	Very tight
<b>Main haylard</b>	Eased	Top	Top
<b>Cunningham</b>	None	None	Hard on
<b>Chocks</b>	0 – 1 (neutral)	2 (just straighter than neutral)	1 (neutral)
<b>Centreboard</b>	Vertical	Vertical	Slightly raised (more if over powered)

**Downwind**

<b>Adjustable</b>	<b>Light</b>	<b>Moderate</b>	<b>Heavy</b>
<b>AIM</b>	Keep the wind moving over the sails	Maximum power	Keep upright and plane
<b>Jib fairlead (fore/aft)</b>	Don't change	Don't change	Don't change
<b>(in/out board)</b>			
<b>Jib sheet</b>	Hold out to leeward		
<b>Jib halyard</b>	Moderate	Moderate	Moderate
<b>Kicking strap</b>	Eased ++	Eased	Eased
<b>Outhaul</b>	Ease	Ease	Leave – too windy
<b>Cunningham</b>	None	None	Let off
<b>Chocks</b>	Don't change	Don't change	Don't change