J/109 Quick Tune Guide

Base Settings			
Measurement	Setting		
Rake: Swing Arc Use jib halyard pulled down to top of black band on mast, then swing forward to mark headstay. Measure distance from mark on headstay to deck at stem.	2230 mm		
Cap Shroud Tension	#60 on RT-10 Loos Gauge		
D1 Tension	#40 on RT-10 Loos Gauge		
D2 Tension	#25 on RT-10 Loos Gauge		
J Dimension Measured from stem to forward face of mask.	4,050 mm		
Mast BASE Measured from forward face of mast to bulkhead.	460 mm		
Pre-Bend Measured without mainsail hoisted.	20 mm		

Sail Models						
Model	TWS	Product	Product Type			
MNi-7	AP	3Di RAW	760 14700			
LM-1	0-14 TWS	3Di RAW	760 14700			
MH-1	12-25 TWS	3Di RAW	760 16800			
APG-4	0-14 TWS	3Di RAW	760 14700			
A2-3	0-20 TWS	AirX	650 Nylon			
A4-1	18-25 TWS	AirX	700 Nylon			
	MNi-7 LM-1 MH-1 APG-4 A2-3	MNi-7 AP LM-1 0-14 TWS MH-1 12-25 TWS APG-4 0-14 TWS A2-3 0-20 TWS	MNi-7 AP 3Di RAW LM-1 0-14 TWS 3Di RAW MH-1 12-25 TWS 3Di RAW APG-4 0-14 TWS 3Di RAW A2-3 0-20 TWS AirX			

	Quick Adjustments								
	True Wind Speed	Sail Selection	Cap Shrouds	D1s	D2s				
	Light (0-10 kts)	LM-1 / 2A	- 4	-1	- 1.5				
>	Medium (10-16 kts)	LM-1/ MH-1 / 2A	BASE 60	BASE 40	BASE 25	<			
	Heavy (16-20 kts)	MH -1 / 2A	+ 5	+ 2	+ 1.5				

J/109 Quick Tune Race Notes

	RACE 1	RACE 2	RACE 3	TWS / COMMENTS
Sail Selection				
Cap Shrouds (Vs) Turns				
D1s Turns				
D2s Turns				