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## j109 tuning guide

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<b>Boat Type:</b>	J 109	<b>Boat Name:</b>	
<b>J measurement:</b>	4.065m	<b>MAST TYPE:</b>	Hall spars
<b>Mast foot:</b>		<b>NO OF SPREADERS:</b>	2
		<b>MATERIAL:</b>	Aluminium
<b>Base Settings:</b>	The starting point for all rig settings and are used between 8 - 18kts. It is always a good idea to adjust all rig settings back to base at the end of a days sailing otherwise it is easy to forget or lose the reference point.		
<b>Forestay Length:</b>	Forestay is measured by taking the Genoa halyard to the black band on the goosneck and then swinging it forward to the forestay. Mark the forestay where the halyard meets it and then measure from that mark down to the centreline of the forestay attachment pin at the deck		
<b>Jib Cars:</b>	As supplied by the manufacturer with holes numbered from 1 going forward		
<b>Cap shrouds, D1s and D2s:</b>	Base settings measured with Loos PT3M rig tension gauge. Light and Heavy settings achieved by adjusting bottlescrews on or off from the BASE settings.		
<b>Tips:</b>	With the swept back spreader rig it is important not to over tension the cap shrouds or the mast will compress and fall off at the top.		
<b>Hints:</b>	The aim with D1s and D2s: adjust until the mast is straight sideways when sailing upwind. Mark all the bottlescrews so that it is clear the correct way to turn if you want to tighten or loosen the rig!		
<b>Wind strength</b>	<b>0 – 8 knots (Light)</b>	<b>8-18 Knots (BASE)</b>	<b>18 Knots + (Heavy)</b>
<b>Forestay</b>		2.19m	
<b>Cap shrouds</b>	-1	27	+1
<b>D1s (lowers)</b>	-1	25	+1
<b>D2s (uppers)</b>	-1	10	+1
<b>Jack Pressure</b>			
<b>Boom</b>	Boom on centreline	centreline/start to play traveller	play traveller
<b>Backstay (upwind)</b>	from loose to 1/3 on at 8 kts	1/3rd on at 8 kts to maximum at 18 kts	Maximum> Horizontal creases from 1st spreader to clew just beginning to show at times
<b>Backstay (downwind)</b>	Off	Off	1/3 on
<b>Main Cunningham</b>	Slack	Take up slack	Slack > tighten fully at upper end of wind range
<b>Jib luff tension</b>	Horizontal creases just showing	Horizontal creases removed	Tight with no horizontal creases
<b>Vang (upwind)</b>	Slack	Take up slack	Just tight > tighten fully at upper end of wind range
<b>Main foot (upwind)</b>	At middle of foot 40mm from boom	At middle of foot 20mm from boom	At middle of foot tight against boom
<b>Main foot (downwind)</b>	At max depth 50mm from boom	At max depth 100mm from boom	At max depth 100mm from boom
<b>General comments:</b>	Always make a note of your fast settings including wind speed, sea state, crew position etc after sailing.		

