

## Basic Trim Sheet NACRA F17 #1 - One up

The information provided comes directly from our International NACRA team sailors.

### **Mast Rake:**

The basic setting is the upper screw of the rudder retaining spring (clip) on the transom. To measure, you take the bridle tang putting as the reference with your trapeze line. You swing the trapeze line to the back and hold against the transom of the boat to see where it touches. In lighter weather you can go forward one hole on the forestay and in very heavy weather you can go back one hole in the forestay from the basic setting.

### **Rudder Rake Angle:**

You turn the adjustable eye that is screwed into the lower rudder casting 28mm out. You measure between the black rudder case to the centre of the eye.

### **Spreader Angle:**

With 79 kgs on board use 55mm of spreader rake.

With 85 kgs on board use 50mm of spreader rake.

With 90 kgs on board use 45mm of spreader rake.

With 90+ kgs on board use 40mm of spreader rake.

Measure between the mast track and diamond wire. You place a sail batten from wire to wire and measure the distance down to the track.

If you weigh more or less you can have more or less spreader rake.

### **Diamond Tension:**

To measure the tension of the diamond wires we use a loo's & Co tension gauge which you put on the wire and let go. The expensive 2 wheel type, as this gives you the most accurate readings.

34 - 38      from 0 - 15 knots

38 - 41      from 15 - 25 knots

41 - 43      from 25 plus knots

### **Mast rotation: - Upwind**

Skipper sitting on the side:      Mast rotator pointing at the middle of the dagger board case.

Skipper hiking and almost on trapeze: Mast rotator pointing at the end of the dagger board case.

Skipper on trapeze:      Mast rotator pointing in the middle between the dagger board case and outside rear beam.

Skipper on trapeze and full down haul: Mast rotator pointing at outside rear beam.

### **Mast rotation: - Downwind**

Always full open/release the rotation down wind.

### **Daggerboards: - Upwind**

Skipper sitting on the side:      Boards totally down.

Skipper hiking and almost on trapeze: Boards totally down.

Skipper on trapeze:      Boards totally down.

Skipper on trapeze and full down haul: Boards raised 30cm above deck.

### **Daggerboards: - Downwind**

Always raise the leeward board about 60cm above deck and the weather board all the way leaving 30mm below the hull.