

# Sailing Madness Sail Trim Guide - Upwind

<u>Point of Sail</u>	<u>Winds</u>	<u>Goal</u>	<u>Backstay</u>	<u>Vang</u>	<u>Outhaul</u>	<u>Genoa Car</u>	<u>Traveller</u>
<b>U P W I N D</b>	Light 2-10 knots	Go Faster	Ease backstay to straighten the mast and induce fullness in both sails for maximum power	Ease vang (and halyard) tension to induce sag in both sails	Ease 50-70mm to put some curve in the lower part of the main	Forward to give a full jib	50-100mm to windward
	Medium 10-20 Knots	Reduce Drag, Improve Speed and Point Higher	Medium backstay to increase bend in the mast and induce flattening the sails	Increase vang (and halyard) tension to remove any horizontal wrinkles in the main sail	Slightly on to flatten the lower part of the main	Middle to start flattening the jib	Centred
	Heavy 20-30 knots	Reduce Drag and Reduce Heel	Full backstay tension to tighten the forestay and flatten sails	Full tension on halyard and vang	On hard to fully flatten the lower part of the main	Back to flatten the jib	50-100mm to leeward