

SHARPIE for dummies SAILING



1. Ensure boom **vang** is not attached to boom when coming in or going out, until centreboard can be lowered enough.
2. Set rake via adjusting **forestay** (easier to adjust forestay downwind). Do this first before lowers and sidestays.
3. To adjust **sidestays**, pull on until leeward stay does not move anymore (side stay setting is pretty basic most of the time, once rake setting is adjusted, and sailing, pull on side stays tension until leeward side stay just stops moving - i.e., as the wind increases, mast will bend more (with more cunningham, and vang etc.,) so will require higher tension to achieve just firm on leeward shroud.
4. To adjust **lowers**, pull on until firm. When overpowered, begin to ease to allow lower mast to bend forward and flatten mainsail.
5. For the more advanced, ease side stays downwind (when wind is from side on or behind boat) and pull forestay forward. Remember - this needs to be returned to upwind setting *before* rounding bottom mark.
6. **Jib tweekers** are usually eased up as wind increases to keep jib leech matching the mainsail leech – the exact setup depends on how your boat is configured to allow for this adjustment. The jib tweeker also has a part to play in adjusting the depth of the foot of the jib.



SHARPIE *for dummies* Settings

Wind	Side stays	Forestay/ Rake	Lowers	Vang	Jib tweakers	Outhaul	Cunningham
0-5 knots	Upwind: as per 3	Upwind: 25'5' mast forward	Upwind: As per 4	Upwind: Nil	Upwind: pulley up to keep jib leech streamers flowing (i.e – jib leach not too tight or stalled)	Upwind: medium	Upwind: nil
	Reach: as per 3	Reach	Reach: As per 4	Reach: Nil	Reach: as above	Reach: medium	Reach: nil
	Run: as per 3	Run	Run: As per 4	Run: Nil	Run: as above	Run: medium	Run: nil
6-12 knots	Upwind: as per 3	Upwind: 25'3' less forward	Upwind: As per 4	Upwind: keep so Mainsail top leech streamer flowing 50% of the time	Upwind: pulley down to keep top jib leach streamer flowing 50% of the time (i.e – jib leach firm without stalling or backwinding mainsail)	Upwind: full	Upwind: medium tight
	Reach: as per 5	Reach	Reach: As per 4	Reach: Ease	Reach: as above	Reach: ease	Reach: medium
	Run	Run	Run: As per 4	Run: Ease	Run: as above	Run: ease	Run: medium
13-18 knots	Upwind: as per 3	Upwind: < 25' further back	Upwind: Eased	Upwind: Firm to keep leech from opening	Upwind: pulley up as wind increases to keep jib leach same twist as mailsail (i.e – jib leach will twist off in this breeze, which will match mailsail leach)	Upwind: tighter	Upwind: tight
	Reach: as per 5	Reach	Reach: Eased	Reach: ease	Reach: as above	Reach: tighter	Reach: ease unless tight reach
	Run	Run	Run: Eased	Run: ease	Run: as above	Run	Run: ease
19 knots +	Consider not sailing if you are reading this!!!!						

