

# NACRA

## F18 EVOLUTION

### Trimsheet

Conditions		Mast						Daggerboards				Jib		
Sea state	wind strength	Mast rake	Diamond tension	spreader angle for crew weight on board			Shroud tension	Mast rotation	windward board	leeward board	both boards	Board rake	clew position	center traveler position
				140kg	150kg	160kg			Upwind		downwind			
flat	3 to 6 knots	5°	240kgs	55mm	50mm	45mm	115kgs	See explanation	up 80cm	down	up 50 cm	47mm	middle	5
	6 to 12 knots	5,2°	280kgs	55mm	50mm	45mm	140kgs		up 80cm	down	up 50 cm	39mm	middle	5
	12 to 18 knots	5,4°	360kgs	55mm	50mm	45mm	160kgs		up 80cm	up 10 cm	up 50 cm	39mm	middle	7
	18 to 25 knots	5,6°	400kgs	55mm	50mm	45mm	180kgs		up 80cm	up 20 cm	up 50 cm	31mm	bottom	9
medium	3 to 6 knots	5°	240kgs	55mm	50mm	45mm	115kgs		up 40 cm	down	up 50 cm	47mm	middle	5
	6 to 12 knots	5,2°	280kgs	55mm	50mm	45mm	140kgs		up 40 cm	down	up 50 cm	39mm	middle	5
	12 to 18 knots	5,4°	360kgs	55mm	50mm	45mm	160kgs		20 cm up	20 cm up	up 50 cm	39mm	middle	7
	18 to 25 knots	5,6°	400kgs	55mm	50mm	45mm	180kgs		30 cm up	30 cm up	up 50 cm	31mm	bottom	9
large	3 to 6 knots	5°	240kgs	55mm	50mm	45mm	115kgs		up 40 cm	down	up 50 cm	47mm	middle	5
	6 to 12 knots	5,2°	280kgs	55mm	50mm	45mm	140kgs		up 40 cm	down	up 50 cm	39mm	middle	5
	12 to 18 knots	5,4°	360kgs	55mm	50mm	45mm	160kgs		20 cm up	20 cm up	up 50 cm	39mm	middle	7
	18 to 25 knots	5,6°	400kgs	55mm	50mm	45mm	180kgs		30 cm up	30 cm up	up 50 cm	31mm	bottom	9

\* Spreader rake is measured by placing a batten on the diamond stays next to the spreaders. And measure to the back of the mainsailtrack.



\* mast rotation is set by having the spreader tip approx. 10 cm behind the leech of the Jib in all conditions. Note: When cunningham is changed mast rotation needs to be changed to!



\* Board rake is the distance measurement between the daggerboard case front and the bearing



\* Clew position Jib is the position of the shackle on the clew board.



\* Mast rake can be measured by measuring the angle difference between transom and mast. This needs to be done with 140kg shroud tension and can be done with your phone by using a level app

