



OLIMPIC SAILS

OPTIMIST TUNING GUIDE

Model: M-Race

Weight range: **38-44 kg**



WIND RANGE (KNOTS)	LIGHT Wind	MEDIUM Wind	STRONG Wind
RAKE (Mastfall)	280 cm	282 cm	278 cm
SPRIT	Loose (Locker)	Neutral	Loose
CUNNINGHAM	Loose Luff (Vorliek)	Neutral Luff	Tension on Luff (Spannung auf Vorliek)
OUT HAUL (Unterliek)	Loose	Neutral	Tight (Fest)
VANG (Niederholer)	Loose	Tension on Vang (Spannung am Niederholer)	Tight
TOP SAIL TIES (Bänssel oben)	2-3 mm	2 mm	1 mm
MIDDLE SAIL TIES (Bänssel Mitte)	3-4 mm	6-8 mm	5-6 mm
BOTTOM SAIL TIES (Bänssel unten)	2 mm	2 mm	1 mm

EQUIPMENT SUGGESTED

MAST	Optimax MK-3
BOOM	Optimax MK-4
SPRIT	Optimax MK-3 or MK-3 Flex
DAGGERBOARD	DSK FLEXIS or EXELIXIS or DYNAMIIS



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	LIGHT		FULL POWER		OVER POWER	
	MAST	BOOM	MAST	BOOM	MAST	BOOM
1	5 to 6	1 to 2	3	7	1	1
2	4	4	3	4	2	4
3	2	7	4	4	4	4
4	0-1	7	5	4	7	4
5	0-1	7	5	4	7	4
6	2	7	3	4	3	4
7	4	7	2	4	2	4
8	5 to 6	8	2	1 to 2	1	5