

# Proctor Thistle - Quick Tuning Guide

North Sails One Design  
 www.OneDesign.com  
 T (410) 212 4916  
 F (410) 626 8445



## DOCK SIDE TUNING

<b>Forestay tension</b>	30-35 ( Loos Model A)	22-27 (Loos Pro)	260-360lbs in all conditions
<b>Mast Butt</b>	4' 9"		
<b>Mast rake</b>	26'11 1/2"-27'1/2"		
<b>Diamond tension</b>	12-13 top, 15 middle, 15-16 bottom (Loos Model A) 9-10, 11, 11-12 (Loos Pro) Lower numbers for lighter crews		
<b>Jib lead laterally</b>	Sheet intersect thwart 16 1/2" from centerline.		
<b>Mast flexibility</b>	Mast should be shimmed so there is slight prebend and a bit of "wobble" in the mast when pressed fwd.		
<b>Center mast in boat</b>	Make sure mast is in center of boat by taking tape to rail at shroud on each side.		

## ON THE WATER TUNING

CONTROLS	LIGHT (0-6)	MEDIUM (6-12)	HEAVY (12+)
<b>Mainsheet</b>	Eased upper batten Open if possible	Tight so that upper batten is parallel to boom unless accelerating	Eased so that upper batten is twisted open past parallel
<b>Vang</b>	Completely off	Snug only in upper ranges	Tight only in upper ranges
<b>Outhaul</b>	Shelf open 4-5"	Shelf open 3"	Shelf completely closed-outhaul tight
<b>Cunningham</b>	None	Snug, wrinkles in lower 5/8 of luff	Increase tension to point of wrinkles in bottom 3/8
<b>Traveller</b>	If not tacking much, to windward 5"	To leeward to balance helm	Well to leeward to balance helm
<b>Mast bend</b>	Overbend wrinkles just evident	Overbend wrinkles present	Overbend wrinkles very deep
<b>Main halyard</b>	Upper ball in all conditions		
<b>Jib halyard</b>	Very visible wrinkles (but no sag between snaps)	Visible wrinkles	Slight wrinkles
<b>Jib lead fore &amp; aft</b>	On trim line	On trim line"	1 " aft of trim line position
<b>Jib sheet</b>	2" off spreader	1-2"	2-3" (assuming 9 1/2" spreaders)
<b>Jib telltale-steering</b>	Both telltales straight back	Windward telltale showing stall	Windward telltale stalled, jib luff breaking 8-10" back in bigger puffs

This Quick Guide is intended only as a guide to remind you of various approximate settings.