

SB3 tuning guide	Based on Jerry Hill's numbers					
	Flat	Under power	Max power	Slightly overpowered	Overpowered	Very overpowered
Wind speed knots	0-5 knots	6-8 k	(base setting) 8-14 k	14-17 k	18- 25 k	25 k +
Main shroud tension (Loos PT-1)	base -3 turns	base -2 turns	38	base + 1 turn	base + 2 turns	base + 3 turns
Lowers Tension (Loos PT-1)	base -1 1/2 turn	base -1 turn	35	base + 1 turn	base + 2 turns	base + 3 turns
Topmast shrouds			Hand tight when backstay tension "firm"			
Gooseneck shrouds	Loose	Hand tight	Hand tight plus 2 turns	Hand tight	Loose	Loose
Pre bend			90 mm			
Backstay	Loose	Loose	Loose	Play	Hard	Hard
Traveller	Boom on centreline (traveller to windward)	Boom on centreline	Traveller 100mm ww-c/l (If further to balance boat, depower!)	Trav. centre - 200mm to l/w	Trav. centre - 300mm to l/w	Centred, play mainsheet
Mainsheet	Light	Medium	Very hard	Play	Play	Play

Kicker	Loose	Loose	Snug	Snug	Hard	Loose
Cunningham	No	No	No	Y	Lots	Lots
Outhaul	Hard (15 mm ease in special conds)	Hard (15 mm ease in special conds)	Hard	Hard	Hard	Hard
Jib twist	lots	medium	minimum	medium	medium	lots
Jib Trim	soft	Medium	very hard	hard	hard	hard
Jib Car	1st hole out	3rd hole out	3rd hole out	5th hole out	7th hole out	10th hole out