

WINDSURFER LT Nick Bez (AUS)

Sailor height	178 cm (5'10")	
Sailor weight	88-90kg (195lbs)	
Centreboard	Fixed pivot position, minimise 'slop', check gasket function	Lubricate before every sail
Non skid	Wax – 20cm on front deck and 100% of rails	
Mast Base	20.5cm from front of track – balance of upwind & downwind	All conditions
Boom Height <small>Warning: stickers not all the same - measure</small>	116cm from bottom of mast ~ Sticker 3 up from bottom	All conditions
Rig	Maximum power potential for upwind and downwind performance	Horizontal wrinkles, sail touching boom always
Outhaul	Base = 215cm (boom 35) Base + 1 – 1.5cm (boom 37.5) Base + 2 – 4.5cm (boom 40)	Light Medium Heavy
Downhaul	Base = 16cm from bottom of mast to bottom of sail Base + 0 – 2cm Base + 3 – 5cm	Light Medium Heavy
Top Batten	Firm to induce shape in head	All conditions
Leech line	None	All conditions
Harness Lines	32" 29"	Long in light/medium, further forward Shorter in heavy, move back
Light Air	Focus on back foot pressure, rig vertical, steady rig, solid backhand	Keep board moving
Medium Air	Focus on being 'light on board', hang off rig, board speed to rail	Railing as early as possible
Heavy Air	Focus on control, not over-railing, CB up for control	Speed then height

WINDSURFER *LT* Summary



- Spend the time to get your board working at its best
- One sail size for all conditions means getting the most performance out of the rig is crucial
- Fixed mast foot location and rig settings whilst racing means understanding what works for you across the wind range is critical
- Experiment to find your own settings and style, ensure you can replicate

Get out there and have fun - time on the water is the key success factor