

Preparation
420
Albacore
A-Scow
Beneteau First 36.7
Cal 25
C-Scow
Etchells
Ensign
E-Scow
Farr 40
Finn
Flying Tiger 10m
Herreshoff "S" Boat
J/22
J/24
J/35
J/80
J/105
J/109
○ J/109 Quicktuning Guide
J/120
Lightning
MC Scow
Melges 24
Melges 32
Mumm 30
NYYC Swan 42
Optimist
Pelican
Thistle
Snipe
Sonar
Star
Swan 45
Tartan 10
International Cadets
X35
Interlake

Preparation > Guides / Class Specs > J/109 > J/109 Quicktuning Guide

J/109 Quicktuning Guide

- [Printable Version](#) Downwind One Design Targets
- [Printable Version](#) Upwind One Design Targets
- [Printable Version](#) Downwind PHRF Targets
- [Printable Version](#) Upwind PHRF Targets

Base Rig Settings

Headstay Mast Step	J	Pre-bend	V1	D1	D2
2.26	0.46	4.025	0.02	55 Units	40 Units 20 Units

Headstay length is measured by pulling genoa halyard down front of mast to top of black band. Swing out and mark extrusion. Measure from mark to deck next to furling drum.

Mast step location is measured from aft face of bulkhead to front face of mast. Step is max forward.

J dimension measured from forward face of mast to stem/sheerline intersection.

Shroud tension measured with RT-10 Loos guage.

Shroud Adjustment

TWS (Knots)	V1	D1	D2
5-to-10	-4	-2	-2
10-to-15	Base	Base	Base
15-to-20	3	2	2

One Design Downwind Targets

TWS	TWA	Boat Speed	AWS	AWA
6	140.9	4.98	3.75	84.02
8	143.7	6.01	4.68	94.37
10	149.5	6.48	5.4	112.02
12	159.8	6.63	6.06	137.57
14	170.8	6.92	7.06	161.83
16	175.5	7.36	8.46	171.52
20	176.5	8.22	11.54	174.05

PHRF Downwind Targets

TWS	TWA	Boat Speed	AWS	AWA
6	140.9	5.04	3.78	83.56
8	143.8	6.04	4.69	94.38
10	149.7	6.5	5.4	112.45
12	159.9	6.66	6.08	137.89

14	168.7	6.98	7.16	157.76
14	168.7	6.98	7.16	157.76
16	172.7	7.41	8.56	166.35
20	173.8	8.25	11.7	169.45

One Design Upwind Targets

TWS	TWA	Boat Speed	AWS	AWA
6	44.4	4.73	9.75	24.51
8	43.2	5.66	12.42	24.74
10	41.7	6.14	14.64	24.67
12	40.3	6.34	16.67	24.95
14	39.3	6.46	18.61	25.35
16	38.8	6.53	20.49	25.84
20	38.8	6.59	24.12	27.17

PHRF Upwind Targets

TWS	TWA	Boat Speed	AWS	AWA
6	45	5.02	9.98	24.07
8	43.5	5.85	12.53	24.21
10	41.3	6.2	14.7	24.32
12	39.8	6.37	16.72	24.62
14	38.9	6.49	18.66	25.03
16	38.4	6.56	20.54	25.54
20	38.4	6.56	24.16	26.87

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UpwindTargets

OD

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12	40.3	6.34	16.67	24.95
14	39.3	6.46	18.61	25.35
16	38.8	6.53	20.49	25.84
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