

LASER STANDARD	LIGHT		
	Upwind	Downwind	Reaching
Kicker	Allow boom to rise 30 cm	Loose to allow leech to fan 30 cm each side of neutral	Just enough to induce mast bend
Cunningham	Eased	Eased	Eased
Outhaul (at cleat)	20 cm	25cm	15cm
Mainsheet	10 - 30 cm between blocks	Allow boom to go out as far as 90 - 110 degrees	Trim to leeward tell tales
Daggerboard (cm up)	Down	15 - 20	15 - 20
Body	Forward by the daggerboard	Forward by Daggerboard	Forward by Daggerboard
Trim (degrees)	5 - 10 Leeward	10 - 20 Windward	5 - 10 Leeward
Tips	Keep movements smooth, go block to block in gusts.	Keep body movement to minimum	Keep well forward

LASER STANDARD	MEDIUM		
	Upwind	Downwind	Reaching
Kicker	Block to Block	Loose to allow 30 cm twist at top of sail	Boom just less than 90 degrees to mase, leech slight twist
Cunningham	Remove major diagonal creases, increase if overpowered	Eased	Eased
Outhaul (at cleat)	15 cm	0 - 20 cm	20 cm
Mainsheet	Block to Block	Do not allow boom to go more than 90 degrees	Trim to both tell-tales
Daggerboard (cm up)	Down	15 - 20	20 - 25 cm
Body	Just behind side deck cleat	Move back as accelerates, as slows move forwards	Move back as accelerates, as slows move forwards
Trim (degrees)	0 - 5 Leeward	0 - 10 Windward	0 - 5 Leeward
Tips	Hike hard	Be quick to move forwards as boat slows	Keep constant heel angle by playing main

LASER STANDARD	STRONG		
	Upwind	Downwind	Reaching
Kicker	More than block to block - no rising	Loose to allow 30 degrees of twist	Loose to keep boom out of water and release excess power
Cunningham	Hard down to gooseneck (or one side)	Eased	Eased, but may need when overpowered on tight reaches
Outhaul (at cleat)	5 - 10 cm	0 - 15 cm	10 - 15cm
Mainsheet	Play main between gusts. Block to block.	Do not allow boom to go more than 75 - 85 degrees	Trim to Leeward Tell-tale
Daggerboard (cm up)	Down	15 - 20	20 - 25 cm
Body	15 cm behind deck cleat	Move back as accelerates, sit as far back as possible	Move back as accelerates, sit as far back as possible
Trim (degrees)	Flat	Flat	Flat
Tips	Anticipate gusts, play main to maintain heel angle	Don't let the boom out too far < 85 degrees	Anticipate and bear away in gusts