The following covers basic trimming of the Supernova. Originally written some years ago by Richard Pakes for the Mark 1 boat, it has been updated in more recent years by Cliff Milliner to include alternative mast rake settings.

The mast location (distance from forestay ring to front of mast) should be 1120mm. Note that this may not be attainable on all Mk1 Giles built boats as the mast step/foot plate position may vary a bit between boats, so just try and get it as close as your mast step will allow with the retaining bolt in the last hole of the mast step fitting.

	BEAT	REACH	RUN
OUTHAUL (distance between boom and sail foot)			
LIGHT	50mm	50mm	50mm
MEDIUM	150mm	150mm	100mm
HEAVY	0mm (tight)	50mm	50mm
KICKER			
LIGHT	Just tensioned	Just tensioned	Just tensioned
MEDIUM	Gently on	Gently on	Gently on
HEAVY	Pulled on very hard	Pulled on hard	Medium on
CUNNINGHAM			
LIGHT	Off	Off	Off
MEDIUM	Off until overpowered	Off until overpowered	Off
HEAVY	On tight	On	Off
DAGGERBOARD			
LIGHT	Fully down	One third up	Half up
MEDIUM	Fully down	One third up	Half up
HEAVY	Fully down unless overpowered then one third up	One third up	One third up
FORESTAY ADJUSTER ('Raked Rig' used by National champions in 2009,2010,2012)			
LIGHT	Mast upright 6010mm	Mast upright 6010mm	Mast upright 6010mm
MEDIUM	Raked to 5930mm	Mast upright 6010mm	Mast upright 6010mm
HEAVY	Raked to 5830mm	Raked to 5830mm	Raked to 5830mm
FORESTAY ADJUSTER ('Upright Rig' used by National champions in 2011,2013,2014)			
LIGHT	Mast upright 6075mm	Mast upright 6075mm	Raked to 6000mm
MEDIUM	Raked to 6050mm	Raked to 6050mm	Raked to 6000mm
HEAVY	Raked to 6000mm	Raked to 6000mm	Raked to 6000mm