



weight equalisation chart

Crew weight

(in sailing gear) kg

Helm weight
(in sailing gear) kg

	59	60	61	62	63	64	65	66	67	68	69	70	71	72	73	74	75	76	77	78	79	80	81	82	83	84	85	86	87	88	89	90	91	92	93	94		
59	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	4	3	3	3	2	2	2	2		
60	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	5	4	4	4	4	3	3	3	3	2	2	2	1	
61	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	4	3	3	3	2	2	2	2	1		
62	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	4	3	3	3	3	2	2	2	1	1	
63	8	8	8	8	8	8	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	4	3	3	3	2	2	2	2	1	1	
64	8	8	8	8	8	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	
65	8	8	8	8	8	8	8	8	8	8	8	8	7	7	7	7	6	6	6	5	5	5	4	4	4	4	3	3	3	2	2	2	2	2	1	1	1	
66	8	8	8	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	5	4	4	4	3	3	3	3	2	2	2	2	2	1	1	1	
67	8	8	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	6	5	5	5	4	4	4	4	3	3	3	2	2	2	2	2	1	1	1	1	
68	8	8	8	8	8	8	8	8	8	8	7	7	7	7	6	6	6	5	5	5	5	4	4	4	3	3	3	3	2	2	2	2	2	1	1	1	1	
69	8	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	6	5	5	5	4	4	4	4	3	3	3	2	2	2	2	2	1	1	1	1	1	
70	8	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	5	4	4	4	3	3	3	3	2	2	2	2	2	1	1	1	1	1	
71	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	6	5	5	5	4	4	4	4	3	3	3	2	2	2	2	2	1	1	1	1	1	1	
72	8	8	8	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	2	1	1	1	1	1	
73	8	8	8	8	8	8	8	7	7	7	6	6	6	6	5	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	
74	8	8	8	8	8	8	7	7	7	7	6	6	6	5	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	
75	8	8	8	8	8	8	7	7	7	6	6	6	5	5	5	5	4	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	
76	8	8	8	8	8	7	7	7	7	6	6	6	5	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	
77	8	8	8	8	8	7	7	7	6	6	6	5	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	
78	8	8	8	8	7	7	7	6	6	6	6	5	5	5	4	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	
79	8	8	8	8	7	7	7	6	6	6	5	5	5	5	4	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	
80	8	8	8	7	7	7	6	6	6	6	5	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	
81	8	8	7	7	7	7	6	6	6	5	5	5	5	4	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	
82	8	8	7	7	7	6	6	6	6	5	5	5	4	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	
83	8	8	7	7	7	6	6	6	5	5	5	5	4	4	4	4	4	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	
84	8	8	7	7	6	6	6	6	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1
85	8	7	7	7	6	6	6	5	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
86	8	7	7	6	6	6	6	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
87	7	7	6	6	6	6	5	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
88	7	7	6	6	6	5	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
89	7	7	6	6	6	5	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
90	7	6	6	6	6	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
91	7	6	6	6	5	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
92	7	6	6	5	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
93	6	6	6	5	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	
94	6	6	5	5	5	5	4	4	4	4	3	3	3	3	2	2	2	2	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	1	

To see how you should sail your Laser 4000, read of the weights of helm and crew. This will give:

1. Your rack setting.
2. How many weight correctors to carry.

Example:
Helm weight 77kg
Crew weight 66kg

} would sail on —
rack position 7
carrying 3 weight
correctors