J/22 Tuning Matrix

Wind	Turns on Uppers	Turns on Lowers	Tension (PT1)	Upper Turns from Base	Lower Turn from Base
0-5 „drifter“	-1	-0,5	20:0	-2	-1
Light (2 in boat) 5-8 kts	-1	-0,5	23:0	-1	-0,5
Base 8–10 kts	250 lbs	5 on PT-1	26:5	Base	Base
Fully hiked 10-12 kts	2	1	32:18	2	1
Pulling on backstay 12-14 kts	2	1	36:25	4	2
Overpowered 14-16 kts	1	1	38:30	5	3
Backstay on hard 16-20 kts	1	1	39:34	6	4
Main luffing 20+ kts	1	1	40:37	7	5

This is for Open body turnbuckles. If single stud turnbuckles, then double the turns in this chart