

I set my shrouds to the tension recommendations on Page 91 of the "Capri 22 NA Intro Pkg.pdf"

WIND SPEED (mph)	0-7	8-15	15+
Shroud Tension, UPPER	42* (420 lbs)	44* (520 lbs)	45* (600 lbs)
Shroud Tension, LOWER	15* (120 lbs)	26* (220 lbs)	32* (300 lbs)

* Measurements made by Loos Model A Tension Guide

Since most of my sailing is below 15 knots, I chose the middle tension. All of the standing rigging was replace in May and set to the middle tension. Winds have been light this season when we have gone out. I checked the tension last Thursday. The tension is now set for the 0-7 mph wind speed. Yes, the rigging does stretch over time and should be checked/adjusted regularly.