BR20 trim guide
Trimming by the telltales

Telltale type	Remarks	Condition of telltales	Cause	Remedy
Jib - outside (leeward)	Most important jib telltales - must always be horizontal except when wind astern	Fluttering, flying upwards or forwards	Stalled - too far off the wind	Either luff up or ease the jibsheet
Jib - inside (windward)		Fluttering, flying upwards or forwards	Sailing too close to the wind	Bear away
Jib - inside (windward)	Applies to conventional sheeting arrangements only. OK to point upwards up to 30° in strong winds. Pay attention to middle one only when not close hauled	Just the lower one flutters when luffing	Jib car too far forward	Move car aft
		Just the upper one flies upwards when luffing	Jib car too far aft	Move car forward
Mainsail leech	Should be horizontal when sailing to windward - upper one most difficult	Pointing forward and wrapping outside	Mainsheet too tight	Luff up or ease the mainsheet
		Stalling or wrapping inside	Mainsheet not tight enough	Bear away or harden the mainsheet
		Upper one alone hardly ever horizontal	Incorrect mainsail twist	Use mainsheet to line up upper part of leech with boom but more to leeward in light winds or rough seas
Mainsail - outside (leeward)	Ignore when wind astern of a beam reach	Fluttering, flying upwards or forwards	Stalled - too far off the wind	Either luff up or ease the mainsheet
Mainsail - inside (windward)		Fluttering or turning upwards	Sailing too close to the wind	Bear away or harden the mainsheet
Mizzen leech	Should be horizontal when sailing to windward. May become backwinded by the mainsail when close hauled	Pointing forward and wrapping outside	Mizzen sheet too tight	Ease the mizzen sheet
		Stalling or wrapping inside	Mizzen sheet not tight enough	Tighten the mizzen sheet
Spinnaker - outside (leeward)	Ignore when wind astern	Fluttering, flying upwards or forwards	Stalled - too far off the wind	Either luff up or ease the spinnaker sheet
Spinnaker - inside (windward)		Fluttering or turning upwards	Sailing too close to the wind	Bear away or harden the spinnaker sheet