

How to set up your LITEBOAT

Congratulations you become the owner of a LITEBOAT.

This manual will help you to prepare your boat and set it before making your first trip.

List of the parts contained in the box of your LITEBOAT :

Parts previously set

- 1 adjustable foot system fixed on three noggins rails
- 1 pair of rails
- 1 Sliding seat
- 1 Stainless steel fixation on the bow
- 1 drain plug
- 1 visit hole for air circulation

Parts to be set

- A Rigger Wing with quick release system
- 1 pair of oarlock on their axis
- 1 Fin
- 1 pair of Rowing Sculls (if ordered)

Set up the parts:

Rigger Wing and Quick Release System

Rigger Wing should be fixed on the boat by inserting the Male Quick Release system male into the female part (" U "Black already fixed to the boat) and ensuring closure with pin.
When fixing you will see that there is a difference of few millimetres between the male bracket to be inserted and the female U fixed onto the boat.



This is normal. Our boats are manufactured into composite material and may expand slightly in function of the temperature. So we have to adjust the width of the male bracket fixation as follows :

Tools Needed _



To make the adjustment, you must first remove the 4 black plastic covers :





Once the 4 plastic caps removed, unscrew the brackets using the screwdriver and a spanner n°10.



The bracket is then " free "(it can move), and you should engage the male part into the female U fixed on the boat.



Once the wing rigger adjusted symmetrically with the axis of the vessel,
You should tight the 4 nuts with spanner n°10.



Then remove the Wing rigger from the boat and finish tightening with the spanner n°10 and the screwdriver.



Wing rigger could be replaced on the boat.

Finalize by replacing the black caps.



The operation is now complete.

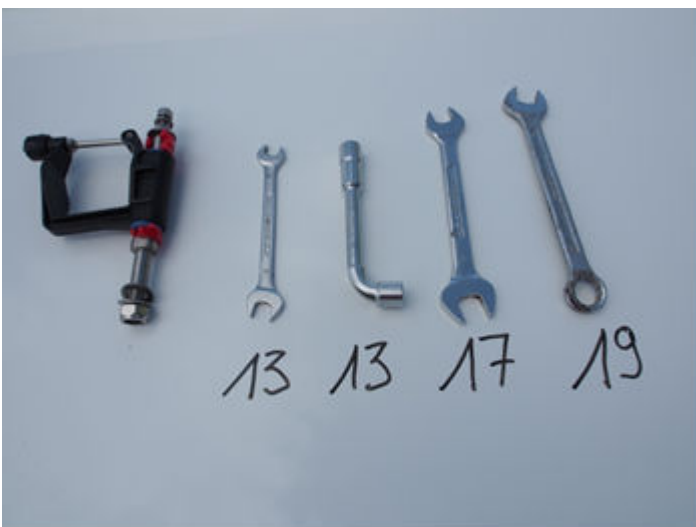


The adjustment of the Wing riggers should be done only when you get your boat.

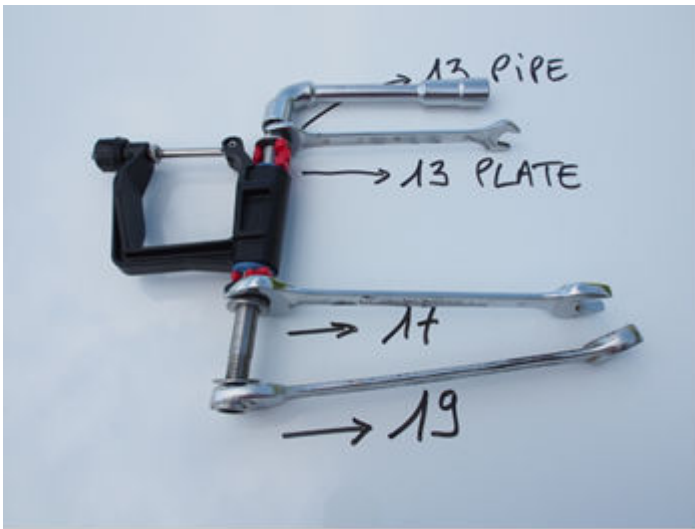
Oarlock (OL) and between-axis

Using a spanner n°19, two spanner n°13 and one spanner n°17, set the OL and its axis in the space provided for this purpose on the Wing rigger.

Tools Needed

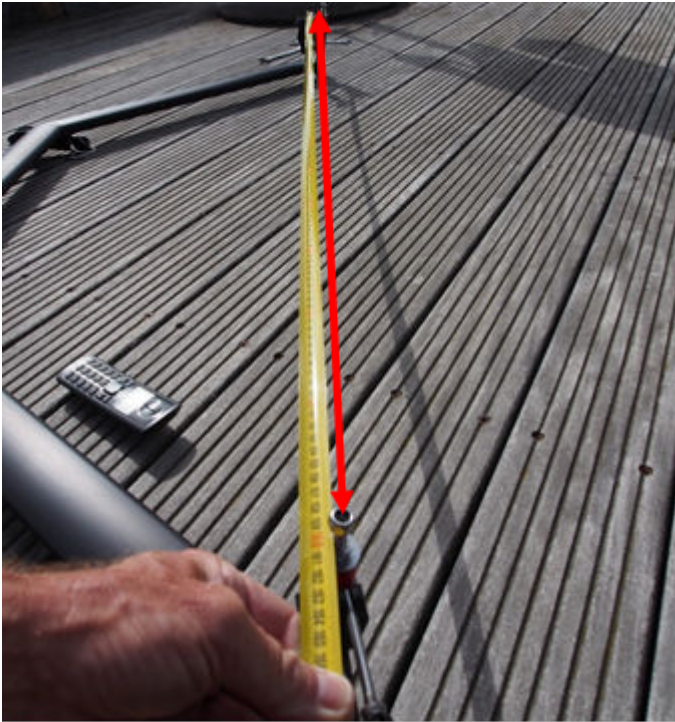


Photos with the necessary tools :





The between-axis is the distance between the two axes of the oarlocks.
It should be between 157 and 161 cm.
We recommend a standard between-axis of 160 cm



You can now adjust the height of the OL.

In rowing, you'll cross the hands (origin of the term "crossed oars"). Your right hand will come below your left hand (see below).

The height of the OL (the oarlock is the black plastic bracket that encloses oar) must be adjusted so that the crossing of your hand would be easy.

The OL LEFT HAND (located to starboard) must be higher than 10 mm from the OL RIGHT HAND (located in Port side)

The height adjustment of the OL is done using small red rings.



Rings will be placed below and up the OL.

The photos below will guide you to adjust easily.

It is also possible to move the ring from the top to bottom, once everything is settled.

Setting OL Right hand





Setting OL Left hand



The Fin

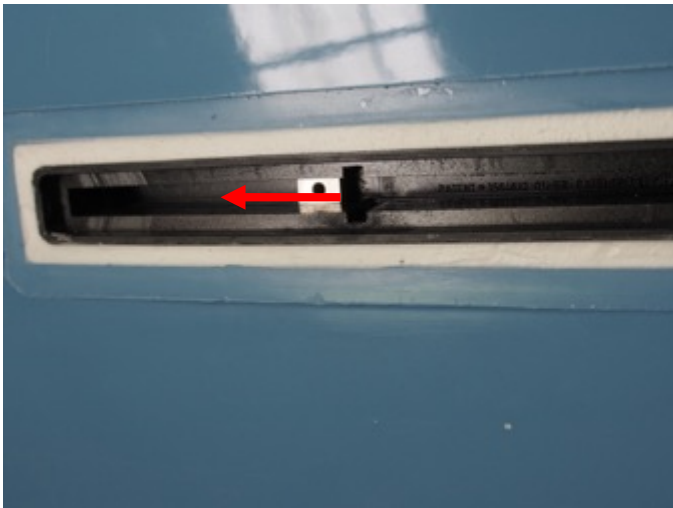
It consists of a removable fin, plate nut, a screw and a box fixed on the boat.



The fixing must be done with the following steps :

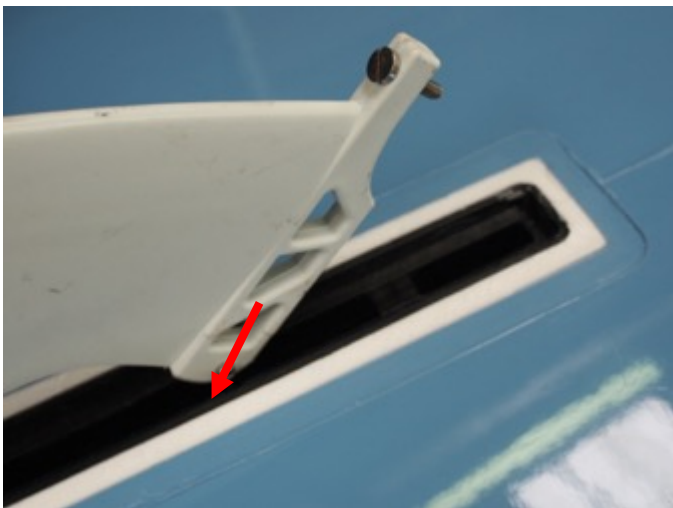
1. Place the plate nut into the rail of the fixed box by sliding in the central slot.

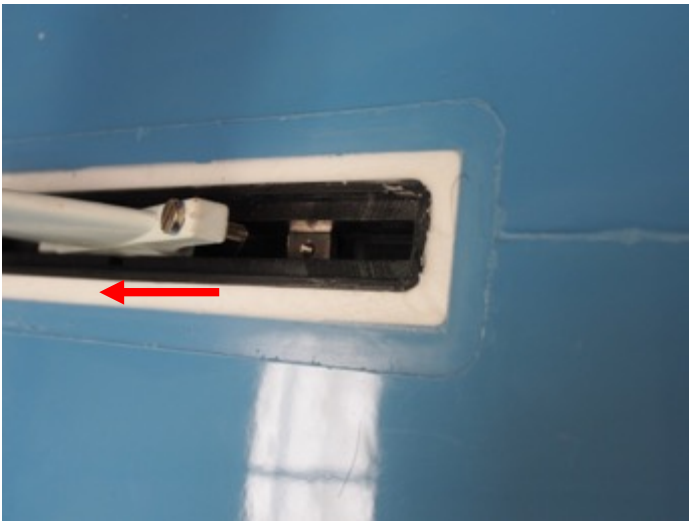




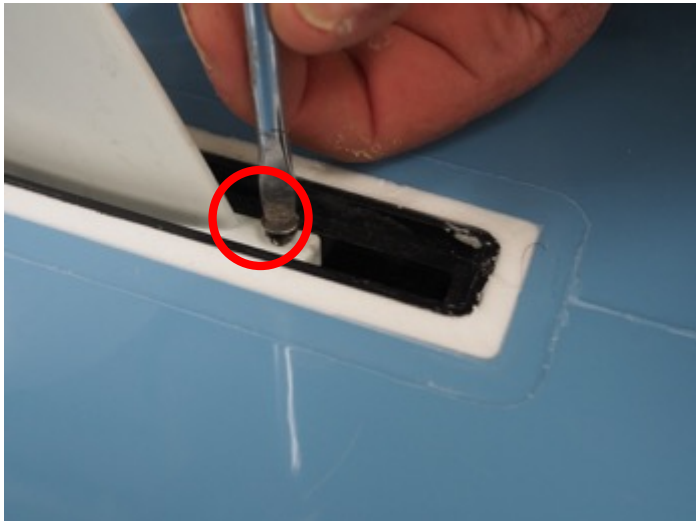
2. Lubricate the on its base before the introduction.

3. Slide the fin into the box from the rear to the front. The pin would enter easily into the center slot.





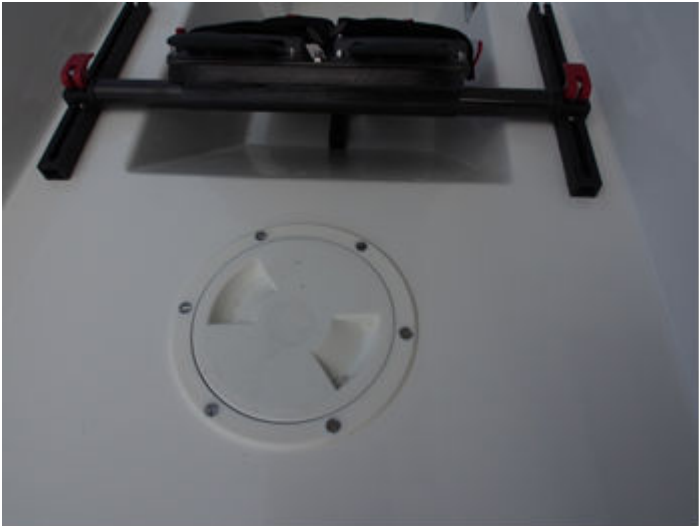
Then fix the front of the pin using the bolt and the nut plate.



Visit hole and the drain plug

When rowing, the visit hole and the drain plug must be properly closed.





Once ashore, it is imperative to open the visit hole and the drain plug to allow good air circulation inside your boat.



The Settings

Adjusting the boat set to the rower is important because :

- it is a key factor to have an easily gesture
- it promotes good technique
- it allows a better control of the boat
- it leads to a better use of the power of the rower.

The bar Feet

It is adjustable in two dimensions :

In length by sliding on the plastic nogged to allow flexion and extension of the legs

Below : votre taille = your heigh in metre







In height, by sliding of the foot flex up or down of the toothed base (numbered 1 to 5) to allow for good support of the feet on the footplate. This setting depends on the size of the rower and flexible ankles.



Pins

When you are placed on the rear : Legs straight and sliding seat shouldn't run against the rails. You must get the oars out the water without discomfort.

When you are placed on the front : The legs are bent, shins vertical and elongated arms. The sliding seat must not run against the rails when you are in this position.

The adjustment

It should be done on the water. Firstly, you should be placed on the rear position and after the front position. If these positions do not meet the benchmark above mentioned above, proceed by adjusting the foot bar by sliding it on the nogged.

Height of Rowing

If the height of rowing is too high or too low, the oars will be in the water but the rower will not be in a position of power. This height is influenced by the weight of the rower.

Pins

On the rear position, the hands of the rower must be placed under the chest ; Oars must get out of the water vertically. The elbows are slightly spread your bust, horizontal edge bends back the bust.

The adjustment

It is on the ground. Depending on the weight of the rower and benchmarks outlined above, the red rings will be added or removed in the oarlock. The oarlock starboard (to the left when seated rowing) should be set higher by about 1 cm on the port side.

The crossing of internal levers

This is the overlap of the oars when they are perpendicular to the boat during the propulsive phase and during the return.

Pins

Left hand rowing at the time of crossing is slightly higher and far away the body compare to the right hand of the rower.

The adjustment

The shortening of the lever causes the decrease of the cross and vice versa.

If the levers are too long, hands run against the body on the rear position and the magnitude of the rowing stroke is reduced.

If the levers are too short, the hands can pull too far on the rear.

The arm action is so effective because the oars are not in the water.

Standards : Beam 20 cm + / - 2

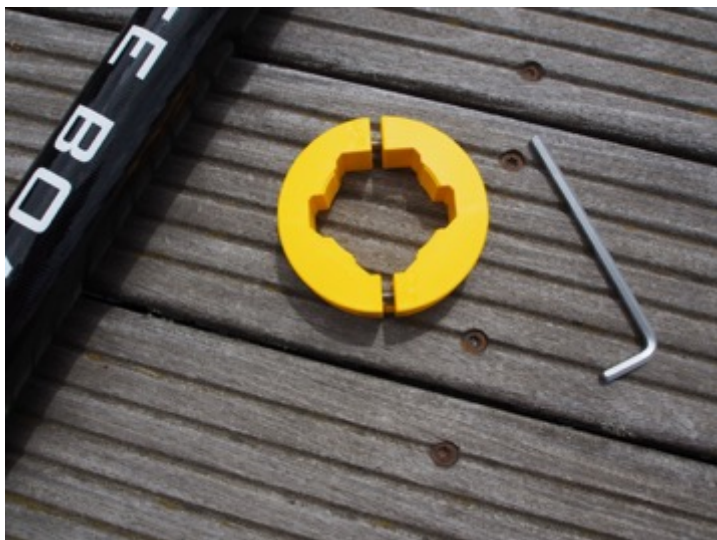
The setting of the oars

Before starting rowing, you have to prepare your oars. This operation is very simple, you just need to fix the collar (yellow) on the sleeve (black).



You must first unscrew and open the yellow collars :





Then put on each collar on each oar.
The collars are identical and there is neither right nor left.



Once the collar up on the sleeve, you must adjust it in the right position. We recommend that you adjust the collar at the No. 9 as the pictures.





This setting allows a lever arm of 88.5 cm, which is a " standard "





Then You just have to tighten the two screws on each collar





The operation is now complete

You can now enjoy rowing !