WING SIZE GUIDE

SURF FOIL - Just like surfing but riding the foil on the waves.

SUP FOIL - Just like Stand Up Paddle surf but riding the foil in the waves.

DOWNWIND FOIL - Using strong wind and swell to ride the foil down wind.

KITE FOIL - Kitesurfing using a foil.

WAKE FOIL - Like wakeboarding behind a boat but with a foil.

TOW IN WAVE FOIL - Similar to Tow in wave surfing but with a foil.

WING FOIL - This new sport uses a small hand held wing which produces enough power to ride the foil.

WINDSURF FOIL - Same as windsurfing but with a foil attched to the board.

	FOIL CHART - CF WINGS ROOK	IE / INTERMEDIATE / ADVANCED	
WHICH CF WING?	RIDER W	/EIGHT	
	UNDER 70KG (150 LBS)	70 - 90KG (150-200 LBS)	90 KG+ (200 LBS+)
SURF FOIL - Small waves	CF1200	CF1600	CF1600 / CF2400
SURF FOIL - Large waves	CF800	CF1200	CF1200
SUP FOIL - Small waves	CF1200	CF1600	CF1600 / CF2400
SUP FOIL - Large waves	CF800	CF1200	CF1600
DOWNWIND FOIL	CF1200 / CF1600	CF1600 / CF2400	CF2400
KITE FOIL	CF800	CF800 / CF1200	CF800 / CF1200
WAKE FOIL	CF800 / CF1200	CF1200	CF1600 / CF2400
TOW IN WAVE FOIL	CF800	CF800 / CF1200	CF1200
WING FOIL	CF1200 / CF1600	CF1200 / CF1600	CF1600 / CF2400
WINDSURF FOIL	CF800	CF800 / CF1200	CF1200
	FOIL CHART - HS WINGS INTER	MEDIATE / ADVANCED / EXPERT	* CF wing alternative option
WHICH HS WING?	RIDER	RIDER WEIGHT	
	UNDER 70KG (150 LBS)	70 - 90KG (150-200 LBS)	90 KG+ (200 LBS+)
SURF FOIL - Small waves	HS1050 / HS1250 / HS1550	HS1250 / HS1550	HS1550 / HS1850
SURF FOIL - Large waves	HS850 / HS1050	HS850 / HS1050	HS 850 / HS1050 / HS1250
SUP FOIL - Small waves	HS1250 / HS1550	HS1550 / HS1850	HS1550 / HS1850
SUP FOIL - Large waves	HS850 / HS1050	HS850 / HS1050 / HS1250	HS1050 / HS1250
DOWNWIND FOIL	HS1550 / HS1850	HS1550 / HS1850 / *CF2400	HS1550 / HS1850 / *CF2400
KITE FOIL	HS625 / HS850 / HS1050	HS625 / HS850 / HS1050	HS625 / HS850 / HS1050 / HS 1250
WAKE FOIL	HS625 / HS850 / HS1050 / HS1250 / HS1550	HS850 / HS1050 / HS1250 / HS1550	HS1050 / HS1250 / HS1550 / HS1850
TOW IN WAVE FOIL	HS625 / HS850 / HS1050	HS625 / HS850 / HS1050	HS625 / HS850 / HS1050
WING FOIL	HS850 / HS1050 / HS1250 / HS1550	HS850 / HS1050 / HS1250 / HS1550 / HS1850	HS1050 / HS1250 / HS1550 / HS1850 / *CF24
WINDSURF FOIL	HS625 / HS850 / HS1050	HS850 / HS1050 / HS1250	HS850 / HS1050 / HS1250

