

ASSEMBLY INSTRUCTIONS

MEIDJO 3 SR



A TEAM OF ENTHUSIASTS LISTENING TO ENTHUSIASTS

Since its first version, we have perfected the MEIDJO binding in every detail to meet the most stringent criteria for quality and performance.

In 2020, INWILD continues the Telemark adventure by presenting the MEIDJO 3, again more innovative, incorporating the improvements you've been waiting for.

The result is clear : our testers as well as our ambassadors and competitors «have a blast» with the MEIDJO 3, which incorporates an innovation that improves its resistance to stress under extreme conditions, an intuitive ease of Step-in and added safety the the telemarker.

A RESPONSIBLE COMPANY

Because our products are used in the most beautiful mountains by nature lovers, we have the ambition to be impeccable when it comes to the environment.

For the coming 3 years, INWILD has put in place an ambitious plan to reduce our environmental footprint that will have a lasting impact on the evolution of society.

OUR 3 COMMITMENTS TO COMBINE PERFORMANCE WITH SUSTAINABLE DEVELOPMENT

- 1- Offer premium performance quality and durability
- 2- Acting for the future of our mountains
- 3- Be socially responsible

FIND ALL THE DETAILED INFORMATION ABOUT OUR APPROACHES AND RESPONSIBLE PROJECTS ON OUR WEB SITE :

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PREPARATION

There are 2 sizes of binding

- Size S for shoe with a length between 275 and 298 mm (mondopoint 22,5 to 26 - for Scott shoes from 22,5 to 25,5 (mondopoint)),
- Size L for shoe with a length between 305 and 336 mm (mondopoint 26,5 to 31 - for Scott shoes from 26 to 31 (mondopoint))

You have to check that

- shoes are conform to NTN norms (New Telemark Norm) and with tech-toe insert,
- the release regulation corresponds to the weight and skill level of skier,
- screws or inserts are compatible with the skis on which the bindings will be assembled.

Ski

- Most skis on the market have a reinforced plate for a better anchoring of the bindings. Follow the recommendations of the Ski manufacturer before drilling.
- The dimensions of the drill to be used and the depth of piercing are marked on the ski.
- Be sure to verify the marks on the 2 skis before drilling.
- Be sure to protect the soles of the skis before beginning.

NB: INWILD can not be held responsible in the event of incorrect assembly.

Set of tools

To assemble the MEIDJO bindings you will need the following tools :

- 1 Jig from INWILD or 1 drilling pattern from INWILD
- 1 drill 3,6 mm X 9
- 1 wood tap 5,5 mm
- 1 screwdriver PZ N°3
- 1 tube of binding ski glue

Content of the box

- 2 bindings (including heel set)
- 1 fabric pouch
- 4 supplementary springs
- 12 screws 18 mm
- 14 screws 11,5 mm
- 2 ASP (Anti-Snow Pack) + 8 screws
- 2 anti-ice
- 2 touring base plate
- 1 Allen wrench 3mm
- 2 drilling pattern
- mounting instructions and operating instructions



1 - DRILLING THE SKIS (with INWILD jig)

Warning : the drilling is different for size S and size L in size L, the drilling of Meidjo 2.1 is different from Meidjo 2.0

Preparation of the Jig :

- Unlock the two black knobs
- Put the front of the shoe in the points
- Adjust the plates at the shoe size.
- Lock the 2 black knobs
- Remove the shoe from the jig

Placing the Jig onto the ski :

- Open the blocking-jaws by turning the handles
- Place the jig so that shoe center line is aligned with the ski center mark or at the customer's convenience



1 - DRILLING THE SKIS (with INWILD drilling pattern)

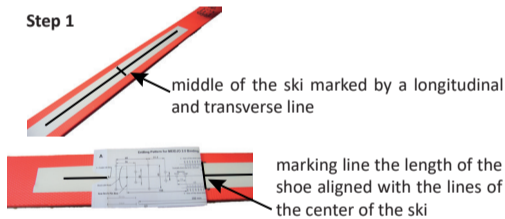
Warning : the drilling is the same for Meidjo 2.1 and Meidjo 3. But its different for the Meidjo 2.0 in size L.

NB : in case you use a printed drilling pattern, check with a ruler that the length line of 200 mm is correct.

Step 1

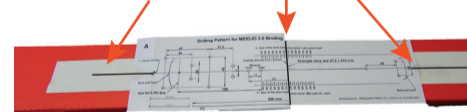
- Read the instruction of the drilling pattern
- Check on your shoe the size of the shell in mm
- Mark on your ski the middle center of the ski and longitudinal line (on a paper scotch for example)
- Cut the drilling pattern as shown - Part A and B
- Mark the line corresponding to the size of your shell
- Place Part A of the drilling pattern in such a way that the line of marking (value of the length of your shoe) is placed on the mid center line of the ski
- Take care to align the longitudinal lines

Step 1



Step 2

drilling pattern B superimposed on the two lines of the center of the ski and the line of the shoe size



Step 3



Step 2

- Place part B of drilling pattern B superposing the mid center line and the mark of the size of your shell.

Step 3

- Verification of the good positioning of the drilling pattern
- Control of the shoe size - place the shoe onto the pattern the front and the back of the shoe has to match with the indication.

2 - DRILLING AND TAP

NB : Follow carefully the ski manufacturer's recommendations for the dimension of the drill. INWILD recommends a 3.6 Ø drill to get the best thread retention based on the minor diameter of the screw.

Always check the right positioning of the drill pattern before to drill :

- drill the 13 holes
- tap the 13 holes with the wood tap
- clean, carefully, the holes

3 - CLEANLINESS

NB : a good preparation, clean, will ensure a better maintenance of the fixation.

Be sure to remove any dust or shards from the drilled hole. It is important to use clean screws, without any chunks of material embedded from a previous mount. A screw with smooth threads ensures proper thread cutting when you turn the screw in. It is also important to apply adequate downward pressure when starting the screw so the threads cut immediately and don't spin and grind away the first engagement. Tapping the holes first is never a bad practice regardless of metal or not.

4 - GLUING

We recommend using epoxy glue for Meidjo mounts. Epoxy (bi-component) with slow seizure (2h) can increase your overall maximum pullout strength, but most importantly acts as a buffer to decrease screw-loosening possibilities.

- We also recommend the use of Snoli wood glue.
- Gluing allows a better screwage and avoids in one case that the binding becomes unscrewed, and in another case this prevents water from penetrating into the ski. It is preferable to use fixation glue, and on no account rubber glues.
- Apply the glue in small quantities inside of the holes



5 - SCREWING

Take the pieces to be screwed, put a little glue on the screw and screw with a screwdriver until the pieces are well fixed on the ski. When the binding is fixed in place, make a 1/8 turn on each screw.

NB : If you are using a screwing machine regulate it on 3Nm maximum and always finish by last wrench by hand. We recommend hand tightening each screw (1/8 turn) with a TLD-enabled hand posi-driver, making sure that each screw goes directly and perpendicularly in and then doing a final torque spec twist on each screw.

Recap:

- Don't re-use old screws that have crap plug in the threads. When you screw that into a new ski you are cutting crappy threads into the core and compromising strength.
- If you need to grind screws for some reason (e.g., the ski is thinner than the screw design provided), be extremely careful not to leave any burrs—these will mess with the thread cutting of the ski core.
- Don't reverse bend the ski when applying drilling pressure. Support it from beneath so that the screw hole is perpendicular to the ski. Even a small amount of flex will change the angle and you'll lose full pullout strength potential.
- Don't grind out your initial hole threads by carelessly spinning the screw without downward applied force

6 - MOUNTING THE BINDING

- 1 - Unscrew the 2 red knobs and remove the 2 springs (black one)
- 2 - Remove the spring box



- 4 - Glue the anti-ice onto the holes of the base plate and touring plate



- 5 - Fix the touring plate with the 11,5mm 2 screws. Use a PZ N°3 screwdriver.



- 6 - Place and fix the heel set with the 11,5mm 3 screws. Use a PZ N°3 screwdriver.



- 7 - Remove the ASP plate then place the tech-toe plate and the base plate with 4 screws (2x11,5mm et 2x18mm). NB: if you have ski brakes, put them at this step



- 8 - Put the 4 screws of the ASP plate



- 9 - Place the tech-toe with 4x18mm screws. Use a PZ N°3 screwdriver.



- 10 - Remount the spring box by sliding simultaneously the spring lever and the flextor.



- 11 - Remount the 2 springs



- 12 - Last, screw the 2 red knobs.

ADDING THE SECOND SPRING

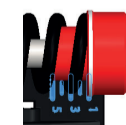
If you want to increase the power of your binding you can add the second spring.

- The second spring has to be slide in the bigger one (black one). Steps :
- unscrew the 2 red knobs and remove the 2 black spring
 - slide the small stainless steel spring inside each black spring



ADJUST THE SPRING TENSION

Adjust the spring tension and the safety release system. Align the white mark of the red knob with the numbered line or the desired setting from 1 to 5. Always stay between level 1 and level 5.



Adjust to level 1 (white mark and number 1)



Adjust to level 5 (white mark and number 5)

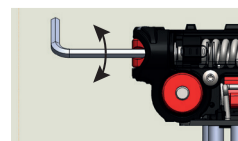
SETTING OF THE RELEASABLE SYSTEM

Tool :

To set the releasable system you must use a 3 mm allen key.

How to do :

- Place the allen key into the left red knob
- Turn clockwise to decrease the trigger value
- Turn clockwise to increase the trigger value



Setting :

Align the border of the black part between the 1 and the 4th setting line.



On this photo the setting is on level 2.

Indication of level :

- Warning these indication are for information – there is not norm for telemark.
- Level 1 : for woman = 3 to 4 DIN
 - Level 2 : 5 to 6 DIN
 - Level 3 : 8 to 9 DIN
 - Level 4 : 10 to 12 DIN (very - very hard to release for competitor)