

# INSTRUCTIONS

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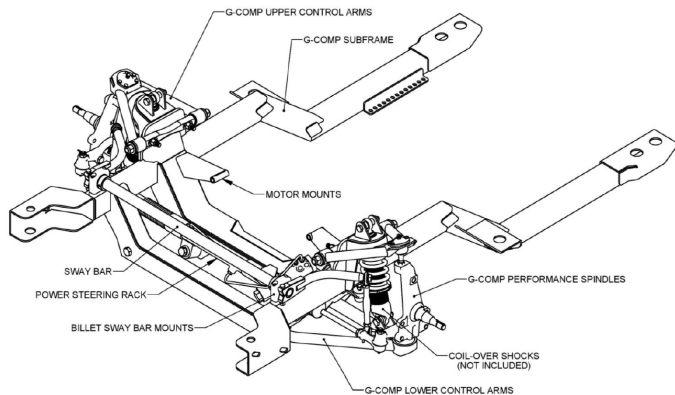
**SPEEDWAY**  
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## 350-500

### 70-81 Chevy Camaro G-Comp Front Suspension

#### Kit Contents:

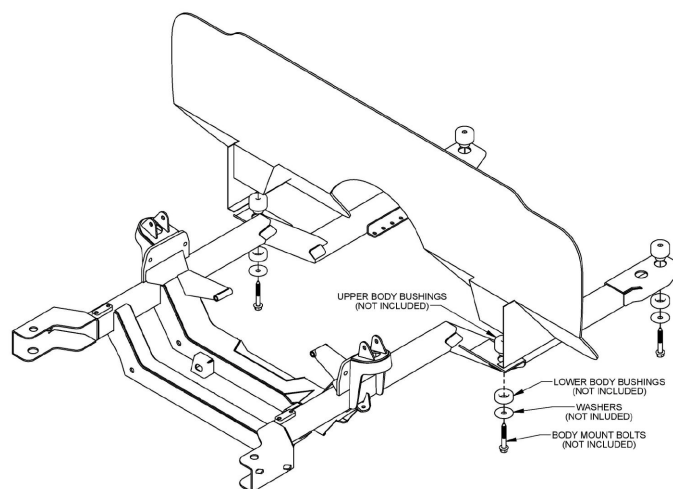
350-100.2	G-Comp Camber Shim Kit
350-500.1	G-Comp Subframe, Camaro
350-500.2	G-Comp Sway Bar Kit, Camaro
350-500.3	Hardware Kit, G-Comp Camaro
350-503	G-Comp 34" Sway Bar
910-35000	G-Comp Spindles
910-35010	G-Comp Steering Arms
910-35341	T-Bird Power Steering Rack
910-35500	G-Comp Upper Control Arms
910-35600	G-Comp Lower Control Arms



1. Support the car on jack stands or hoist. The front stands must be located on the main floor just behind the firewall. Do not support the car on the front sub-frame.
2. Remove the hood and inner fenders. Remove the radiator, front bumper, fenders, and core support. Disconnect all electrical components from the firewall forward. Retain all hardware to be used during re-assembly. Remove the engine, transmission, and accessories. Support the subframe with a floor jack. Unbolt the subframe from the body and lower it down

until the weight is supported by the front tires. The sub-frame can now be rolled out of the way.

3. Install the G-Comp subframe. Now is a good time to replace your old worn out body mount bushings. Place the new upper bushing halves into their locations on the subframe. The rear portion of the subframe includes body mount locations for both early and later style Camaros. Be sure to install the bushings into the appropriate locations for your car. Using a floor jack, raise the new G-Comp sub-frame into position while lining up the holes in the sub-frame with the body. Install new or re-use your OEM body mount bolts along with the lower body mount bushings and washers. Note: Start all of the body bolts before tightening any of them completely. Once all of the bolts have been started, make sure the subframe is aligned with the car, and tighten the bolts. With the subframe in place, you can now move the jack stands to the front crossmember. This will make the vehicle more stable while installing the rest of the kit.



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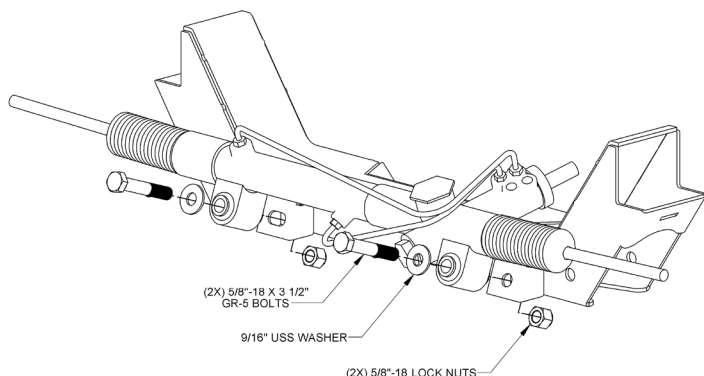
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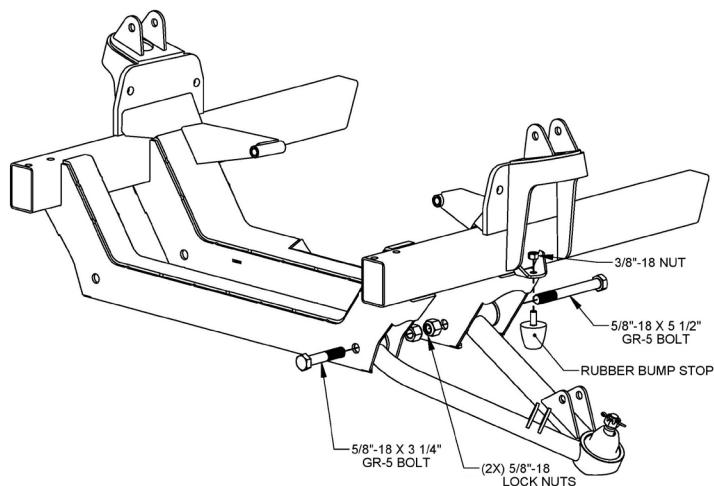
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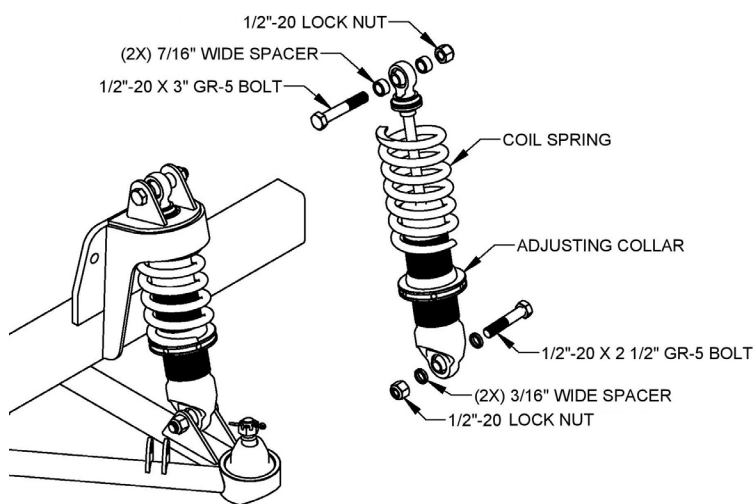
**4.** Steering Rack. This G-comp front suspension kit is designed to use a thunderbird style power steering rack. Install the steering rack as shown, using the two 5/8"-18 x 3 1/2" grade 5 bolts and lock nuts. Torque to 65 ft lbs



**5.** Install the lower control arms into the cross member. Align the control arm bushings with the lower control arm holes in the cross-member. The front bolts, 5/8"-18 x 3-1/4" Grade 5, are to be installed from the front side. The rear bolts are 5/8"-18 x 5-1/2" Grade 5, are to be installed from the rear. Install the 5/8"-18 lock nuts and torque to 100 ft-lbs. Install the lower control arm bumps stops to the sub-frame using the supplied 3/8" nuts as shown.



**6.** Install the shocks. This procedure may vary slightly depending on the shocks used. Spin the adjusting collar onto the threaded shock body. Adjust the collar all the way to the bottom of the threads. Install the spring over the shock body. **NOTE:** The G-Comp sub-frame has the upper spring retainer built into the sub-frame so the upper coil-over shock spring retainer is not used. Using the 1/2"-20 x 2-1/2" Grade 5 bolt and two 3/16" wide spacers, install the shock into the lower mount on the control arm. Secure it with a 1/2"-20 Grade 5 lock nut. Fully extend the shock and raise the lower arm so the upper shock mount and spring align with the shock mount and spring pocket on the sub-frame. Install the 1/2"-20 x 3" Grade 5 upper shock bolts and 7/16" wide spacers. Secure it with a 1/2"-20 Grade 5 lock nut. Torque to 65 ft-lbs. **Note:** This kit is designed to use shocks with a compressed length of 10" and an extended length of 14". Shock ends should be 1/2" bearings with a mounting width of 1". For recommended part numbers please visit our website or contact one of our tech experts.



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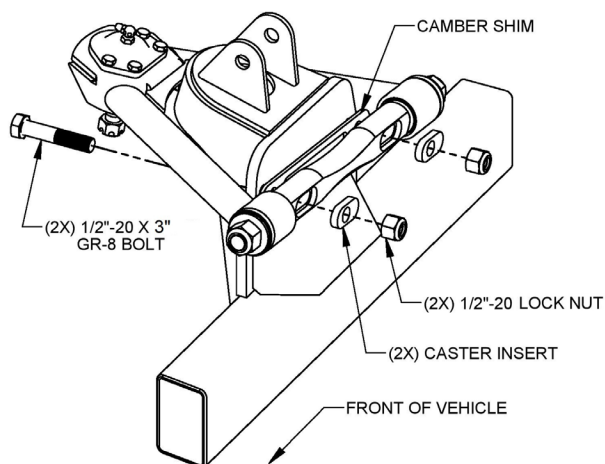
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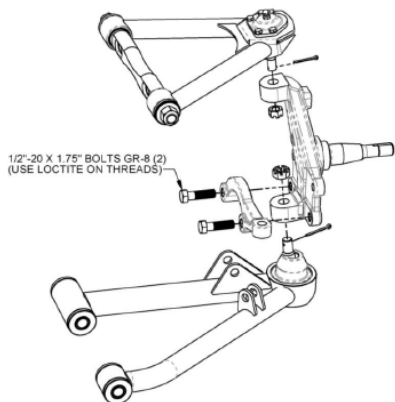
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### 70-81 Chevy Camaro G-Comp Front Suspension

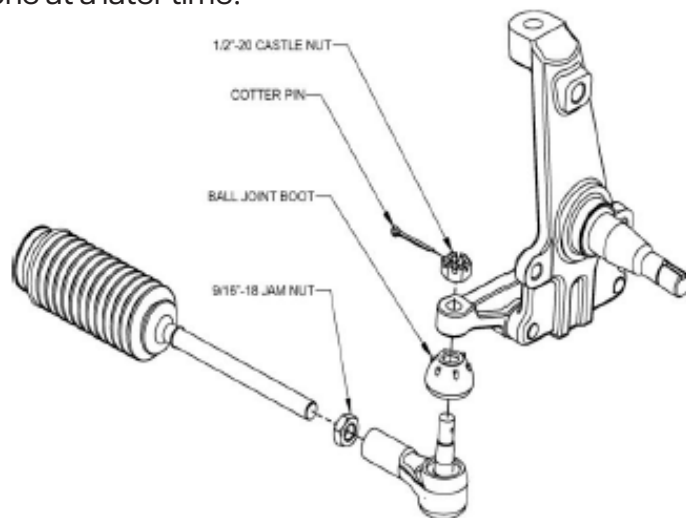
**7.** Mount the upper control arms to the sub-frame using the 1/2"-20 x 3" grade 8 bolts and lock nuts. Rotate the cross shafts so the caster shim pockets are facing toward the center of the vehicle. Install the bolts through the caster shims, cross shafts, and the sub-frame as shown. Then secure with the 1/2"-20 Grade 5 lock nuts. Torque to 72 ft-lbs.



**8.** Install the spindles and steering arms. Place the ball joint boots over the ball joints and install the spindle onto the lower ball joint. Install and tighten the supplied castle nut. Repeat with the upper ball joints and install the cotter pins. Bolt the steering arms to the spindles using the 1/2"-20 x 1-3/4" Grade 8 bolts. **NOTE:** Make sure to use Loctite on the threads and torque to 100 ft-lbs.



**9.** Install the outer tie rod ends and jam nuts onto the inner tie rods of the rack. Thread both tie rod ends on equally. Attach the tie rod ends to the steering arms using the castle nuts supplied with the tie rod ends. Tighten and install the cotter pins. Final alignment to be done at a later time.



**10.** Sway bar assembly: Press the bushings into the aluminum pillow-blocks and install the pillow-blocks to the front crossmember with the bushing shoulder to the inside. Use the four 3/8"-16 x 2-1/4" Grade 8 socket head cap screws to secure the pillow block to the subframe. Before fully tightening the bolts, slide the sway bar through the bushings, installing the two clamp collars to the inside of both pillow blocks. Now, torque the 3/8" socket cap screws to 42 ft-lbs. Center the sway bar between the pillow blocks. Slide one clamp collar up against the bushing shoulder in the pillow block and tighten the set screw. Slide the second clamp collar up to the opposite bushing in the pillow block leaving about .075" of side clearance between the clamp collar and the bushing. Tighten the set screw. **NOTE:** A nickel is about .075" thick and can be used as a spacer between the clamp collar and the bushing to provide the proper side clearance. Slide the sway bar arms onto the splined ends of the sway bar aligning them flush with the end of the bar. Make

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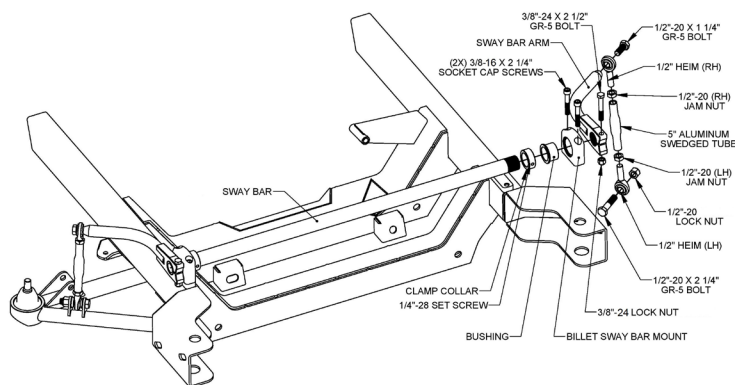
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sure they are parallel or "clocked" to one another then tighten the 3/8"-24 x 2-1/2" pinch bolts and lock nuts. Assemble the sway bar links as shown, leaving roughly 1/4" of threads showing on either heim joint. Use the 1/2"-20 x 1-1/4" grade 5 bolts to secure the sway bar link to the sway bar arm. Mount one of the lower links into the bracket on the lower control arm using a 1/2"-20 x 2-1/4" grade 5 bolt and secure it with the 1/2"-20 lock nut. Leave the bolt out of the lower link on one side at this time. The second bolt/nut will be installed after the ride height is set and the car is setting on level ground. This will ensure that there is no preload on the sway bar at ride height.



**11. Install the brake kit** to the spindle per the instructions included with your brake kit. Note: For recommended part numbers please visit our website or contact one of our tech experts.

**12. Align the subframe:** Before installing the front sheet metal, you must first make sure the subframe is aligned with the body. Start by setting the toe to zero and making sure the tires are perfectly straight. **Note:** this is easily accomplished with the tires removed and a 2'-3' long piece of angle iron clamped to the brake rotor. Measure the distance between two pieces, both in the front, and in the rear. Adjust the tie rod length until the distance is the same. Now measure the wheel base on both sides of the car. If they are different, you must loosen the body bolts and slightly adjust the

subframe as needed.

**13. Install the engine and transmission.** The G-Comp sub-frame was designed to use stock type GM motor mounts (910-18012) or Speedway's Prothane mounts (910-18015).

**14. Install** the core support, radiator, grill, and fenders. All accessories and other components can now be installed.

**15. Alignment.** The lower control arms should be level, with all the weight on the car. To adjust the ride height, take the weight off the suspension and turn the threaded adjusters on the bottom of the coil over shocks. Turning the adjusters clockwise will raise the ride height. Once the ride height has been set, place the car back down on level ground. Adjust the free heim end on the sway bar link so that it lines up with the bracket in the lower control arm. Keep adjusting the heim end until the remaining 1/2"-20 x 2-1/4" grade 5 bolt

Set the alignment to the following initial settings:

Caster = 5°

Camber = negative .25°-5°

Toe in = 0"-1/8" Toe Out

**16.** Caster adjustments are made by changing the caster inserts. The caster inserts are identified with numbers indicating the distance of the hole from the center of the insert in 1/8" increments.

#1 = 1/8" #2 = 1/4" #3 = 3/8"

The inserts can be reversed to move the hole in front of or behind center for a total range of 3/4".

**17.** Camber is adjusted using the included A-arm shim plates. Additional shim plates can be purchased separately if desired under Speedway Part # 917-21005. These are available in thicknesses ranging from 1/8" to 1/2".



# IMPORTANT

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