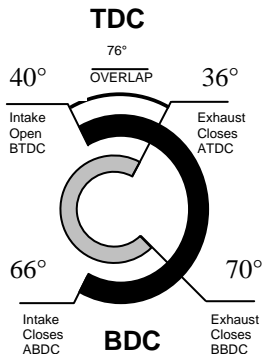
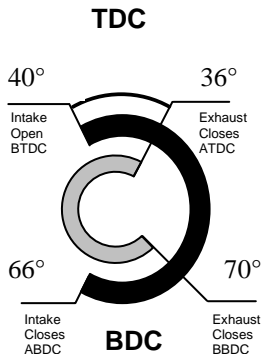


Engine: Ford 2.3
Grind: 286
Rocker Ratio: 1.65



Intake Valve Lift: 0.430
Intake Duration: 286
Exhaust Valve Lift: 0.430
Exhaust Duration: 286

Lobe Separation: 105
Degree Intake to: 103



Intake Cam Lift: 0.260
Intake Duration @ .050: 236
Exhaust Cam Lift: 0.260
Exhaust Duration @ .050: 236

Recommended Spring Pressure
200-220 Open – 100-110 Closed