

Engine Application: PONTIAC V8  
Grind Number: 278H

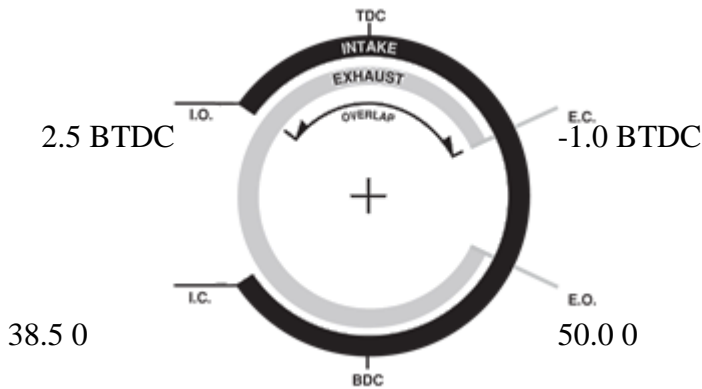
**ADVERTISED CAMSHAFT SPECIFICATIONS:**

INTAKE: Duration: 278° Lift: .455 Clearance Hot: .000  
EXHAUST: Duration: 289° Lift: .469 Clearance Hot: .000

The specifications listed above are based on a rocker arm ratio of  $\frac{1.50 \text{ IN}}{1.50 \text{ EX}}$

**RECOMMENDED VALVE SPRING INFORMATION:**

Part Number:  
Approximate spring pressure: valve closed: 120# LBS.  
valve open: 350# LBS.



Timing Events	
The information below is for degreeing cam only. Correct only at .050" tappet lift.	
INTAKE	Opens: 2.5 0 Closes: 38.5 0
EXHAUST	Opens: 50.0 0 Closes: -1.0 0
LOBE SEPARATION 112°	
Duration at .050"	Intake: 221 Exhaust: 229
LOBE LIFT	Intake: .303 Exhaust: .313

4 degrees of advance have been ground into this Camshaft.  
If using "Lobe Center" method of degreeing, cam should be installed on an intake centerline of: 108

**NOTES:**

Cams damaged by excessive spring pressure, over shimming, valve train bind or retainers contacting the guides are void from warranty. Refer to the "Important Camshaft and Lift Information" booklet included with each new Crower camshaft to avoid any break-in problems.