



**THE POWER TO WIN!!!**



**TECH LINE:**  
**(828) 681-5183**

**ORDERS ONLY:**  
**(800) 426-2261**

ID \_\_\_\_\_

## TIMING & DEGREEING SPECIFICATIONS

PART #	H39-0206-9A7 HCR		INVOICE #	
ENGINE	FORD V6	CID	2.9L	YEARS
			INTAKE	EXHAUST
ADVERTISED DURATION			252	256
.050 DURATION			202	206
CAM LIFT			0.280	0.280
ROCKER RATIO			1.47	1.47
VALVE LIFT			0.412	0.412
VALVE LASH	HOT		0.000	0.000
LOBE SEPARATION			109	
CENTERLINES			102	116

### CHECK TIMING AT .050 TAPPET LIFT

IN. OPEN	-1	BTDC	IN. CLOSE	23	ABDC
EX. OPEN	39	BBDC	EX. CLOSE	-13	ATDC

OVERLAP -14

SPRING PRESSURE  
RECOMMENDATION 110 LB SEAT 250 LB OPEN

Always break in cam with outer springs ONLY! Or use WEAKER springs on  
SINGLE spring applications when pressures exceed 280lb.