COMPOUND BOW – Release Aid Calculated Peak Bow Weight–lbs.			Correct Arrow Length for Target • Field • 3D										
ATA Bow Rating up to 275 FPS	ATA Bow Rating 276–300 FPS	ATA Bow Rating 301–340 FPS	23"	24"	25"	26"	27"	28"	29"	30"	31"	32"	RECURVE BOW Bow Weight–lbs. Finger Release
29–35 lbs. (13.2–15.9 kg)			00	01	02	03	T1	T2	T3				21–27 lbs. (9.5–12.2 kg)
35–40 lbs. (15.9–18.1 kg)	29–35 lbs. (13.2–15.9 kg)		01	02	03	T1	T2	T3	T4	T5			27–32lbs. (12.2–14.5 kg)
40–45 lbs. (18.1–20.4 kg)	35–40 lbs. (15.9–18.1 kg)	29–35 lbs. (13.2–15.9 kg)	02	03	T1	T2	T3	T4	T5	T6	T7		32–36 lbs. (14.5–16.3 kg)
45–50 lbs. (20.4–22.7 kg)	40–45 lbs. (18.1–20.4 kg)	35–40 lbs. (15.9–18.1 kg)	03	T1	T2	T3	T4	T5	T6	T7	T8	T9	36–40 lbs. (16.3–18.1 kg)
50–55 lbs. (22.7–24.9 kg)	45–50 lbs. (20.4–22.7 kg)	40–45 lbs. (18.1–20.4 kg)	T1	T2	T3	T4	T5	T6	T7	T8	T9	T10	40–44 lbs. (18.1–20.0 kg)
55–60 lbs. (24.9–27.2 kg)	50–55 lbs. (22.7–24.9 kg)	45–50 lbs. (20.4–22.7 kg)	T2	T3	T4	T5	T6	T7	T8	T9	T10	T11	44–48 lbs. (20.0–21.8 kg)
60–65 lbs. (27.2–29.5 kg)	55–60 lbs. (24.9–27.2 kg)	50–55 lbs. (22.7–24.9 kg)	T3	T4	T5	T6	T7	T8	T9	T10	T11	T12	48–52 lbs. (21.8–23.6 kg)
65–70 lbs. (29.5–31.8 kg)	60–65 lbs. (27.2–29.5 kg)	55–60 lbs. (24.9–27.2 kg)	T4	T5	T6	T7	T8	T9	T10	T11	T12	T13	53–57 lbs. (24.0–25.9 kg)
70–76 lbs. (31.8–34.5 kg)	65–70 lbs. (29.5–31.8 kg)	60–65 lbs. (27.2–29.5 kg)	T5	T6	T7	T8	T9	T10	T11	T12	T13	T13	58–62 lbs. (26.3–28.1 kg)
76–82 lbs. (34.5–37.2 kg)	70–76 lbs. (31.8–34.5 kg)	65–70 lbs. (29.5–31.8 kg)	T6	T7	T8	T9	T10	T11	T12	T13	T13	T14	63–67 lbs. (28.6–30.4 kg)
82–88 lbs. (37.2–39.9 kg)	76–82 lbs. (34.5–37.2 kg)	70–76 lbs. (31.8–34.5 kg)	T7	T8	T9	T10	T11	T12	T13	T13	T14		68–73 lbs. (30.8–33.1 kg)

For ATA Speed of 341–350 FPS:
Start in 301–340 FPS column, drop down one row in chart.
Examples:
62lb–31in–345 FPS: drop down one row, still in Group T13
52lb–28in–345 FPS: drop down one row, shift from Group T8 to Group T9

For ATA Speed of 351+ FPS:
Start in 301–340 FPS column, drop down two rows in chart.
Examples:
62lb–31in–355 FPS: drop down two rows, shift from Group T13 to Group T14
52lb–28in–355 FPS: drops down two rows, shift from Group T8 to Group T10

Size	Spine	Model	Weight Grs/inch
Group 00			
1214	2.501	75	5.9
1413	2.036	75	5.9
Group 01			
2-00	1.500	A/C/G	4.7
1500	1.500	A/C/G	4.7
1416	1.684	75	7.1
1516	1.403	75	7.3
Group 02			
1250	1.250	A/C/E	5.1
1300	1.300	A/C/G	5.1
3L–00	1.300	A/C/C	5.1
1400	1.400	Inspire	6.7
1514	1.379	X7	6.8
Group 03			
1100	1.100	A/C/E	5.1
1150	1.150	A/C/G	5.5
3-00	1.150	A/C/C	5.5
1200	1.200	Inspire	7.2
1200	1.200	Apollo	5.5
1614	1.153	X7	6.8
Group T1			
*920•1000R	0.920•1.000	A/C/E	5.8
*900•1000R	0.900•1.000	X10	5.8
*880•1000R	0.880•1.000	A/C/G	5.9
2L–04	1.020	A/C/C	6.1
2–04	0.920	A/C/C	6.5
900	0.900	Carb1	5.3
1070	1.070	Apollo	5.9
1000	1.000	Inspire	7.2
1713	1.044	75	7.4
1714	0.963	X7	8.1
1616	1.079	75	8.4
Group T2			
*780•850R	0.780•0.850	A/C/E	6.0
*750•830R	0.750•0.830	X10	6.4
770	0.770	ProTour	6.0
*810•880R	0.810•0.880	A/C/G	6.1
2–04	0.920	A/C/C	6.5
810	0.810	Carb1	5.8
950	0.950	Apollo	6.2
900	0.900	Inspire	7.7
1714	0.963	X7	8.1
1716	0.880	75	9.0
Group T3			
*720•780R	0.720•0.780	A/C/E	6.4
*700•750R	0.700•0.750	X10	6.7
720	0.720	ProTour	6.2
*710•810R	0.710•0.810	A/C/G	6.5
3X–04	0.830	A/C/C	6.7
3L–04	0.750	A/C/C	7.0
730	0.730	Carb1	6.0
750	0.750	Inspire	8.1
840	0.840	Apollo	6.5
1813	0.874	75	7.9
1814	0.799	X7	8.6
1816	0.756	75	9.3
Group T4			
*670•720R	0.670•0.720	A/C/E	5.9
*650•700R	0.650•0.700	X10	6.8
670	0.670	ProTour	6.5
*660•710R	0.660•0.710	A/C/G	6.9
3L–04	0.750	A/C/C	7.0
3-04	0.680	A/C/C	7.2
660	0.660	Carb1	6.6
630	0.630	Inspire	7.9
740	0.740	Apollo	7.2
1913	0.733	75	8.3
1914	0.658	X7	9.3
Group T5			
*620•670R	0.620•0.670	A/C/E	6.1
*600•650R	0.600•0.650	X10	7.0
620	0.620	ProTour	6.7
*610•660R	0.610•0.660	A/C/G	7.3
3–04	0.680	A/C/C	7.2
660	0.660	Carb1	6.6
630	0.630	Inspire	7.9
670	0.670	Apollo	7.7
2013	0.610	75	9.0
1914	0.658	X7	9.3
1916	0.623	75	10.0
Group T6			
*570•620R	0.570•0.620	A/C/E	6.3
*550•600R	0.550•0.600	X10	7.5
570	0.570	ProTour	6.9
*540•610R	0.540•0.610	A/C/G	7.7
3L–T8	0.620	A/C/C	7.5
600	0.600	Carb1	6.9
570	0.570	Inspire	8.2
610	0.610	Apollo	8.1
500	0.500	LSpd	6.5
500	0.500	FB	7.1
2013	0.610	75	9.0
2014	0.579	X7	9.6
1916	0.623	75	10.1
Group T7			
*520•570R	0.520•0.570	A/C/E	6.7
*500•550R	0.500•0.550	X10	7.8
520	0.520	ProTour	7.3
*540•610R	0.540•0.610	A/C/G	7.7
3–18	0.560	A/C/C	7.8
3–28	0.500	A/C/C	8.1
550	0.550	Carb1	6.9
560	0.560	Apollo	8.4
500	0.500	LSpd	6.5
500	0.500	Triumph	
500	0.500	FB	7.1
2212	0.505	X7	8.8
2114	0.510	X7, 75	9.9
2016	0.531	75	10.6
Group T8			
*470•520R	0.470•0.520	A/C/E	6.8
*450•500R	0.450•0.500	X10	8.1
470	0.470	ProTour	7.6
*480•540R	0.480•0.540	A/C/G	8.4
3–28	0.500	A/C/C	8.1
3–39	0.440	A/C/C	8.6
500	0.500	Carb1	7.4
500	0.500	LSpd	6.5
500	0.500	Triumph	
500	0.500	FB	7.1
2212	0.505	X7	8.8
2213	0.460	X7, 75	9.9
2114	0.510	X7, 75	9.9
Group T9			
*430•470R	0.430•0.470	A/C/E	7.0
*410•450R	0.410•0.450	X10	8.5
420	0.420	ProTour	8.0
*430•480R	0.430•0.480	A/C/G	8.9
3-39	0.440	A/C/C	8.6
450	0.450	Carb1	8.1
400	0.400	LSpd	7.4
450	0.450	Triumph	
400	0.400	FB	7.8
2311	0.450	X7	8.9
2312	0.423	X7	9.5
2213	0.460	X7, 75	9.9
2214	0.425	X7	10.4
2115	0.461	75	10.8
Group T10			
*400•430R	0.400•0.430	A/C/E	7.5
*380•410R	0.380•0.410	X10	8.9
380	0.380	ProTour	8.4
*430•480R	0.430•0.480	A/C/G	8.9
3–39	0.440	A/C/C	8.6
3–49	0.390	A/C/C	8.8
410	0.410	Carb1	8.5
400	0.400	LSpd	7.4
450	0.450	Triumph	
400	0.400	FB	7.8
2413	0.365	X7, 75	10.5
2214	0.425	X7	10.4
2314	0.390	X7, 75	10.8
2412	0.400	X7	9.7
Group T11			
*370•400R	0.370•0.400	A/C/E	7.9
380R	0.380	X10	8.9
380	0.380	ProTour	8.4
3–49	0.390	A/C/C	8.8
3–60	0.340	A/C/C	9.5
400	0.400	LSpd	7.4
400	0.400	FB	7.8
350	0.350	Triumph	
290	0.290	SDRIVE	7.8
350	0.350	FBORE	8.4
2413	0.365	X7, 75	10.5
2314	0.390	X7, 75	10.8
2315	0.340	X7, 75	11.8
2511	0.348	X7	9.6
Group T12			
370R	0.370	A/C/E	7.9
350R	0.350	X10	8.4
3–60	0.340	A/C/C	9.5
3–71	0.300	A/C/C	9.9
340	0.340	LSpd	8.2
340	0.340	FB	8.3
350	0.350	Triumph	
290	0.290	SDRIVE	7.8
350	0.350	X7	8.4
2511	0.348	X7	9.6
2512	0.321	X7	10.3
2612	0.285	X7	10.7
2613	0.265	X7	11.5
2712	0.260	X7	11.3
Group T13			
325R	0.325	X10	8.8
3–71	0.300	A/C/C	9.9
290	0.290	SDRIVE	7.8
270	0.270	FBORE	9.0
2512	0.321	X7	10.3
2612	0.285	X7	10.7
2613	0.265	X7	11.5
2712	0.260	X7	11.3
Group T14			
270	0.270	FBORE	9.0
2613	0.265	X7	11.5
2712	0.260	X7	11.3

A/C/E Aluminum/Carbon/Extreme
X10 X10 Shafts (Aluminum/Carbon)
ProTour X10 ProTour Shafts (Aluminum/Carbon)
A/C/G A/C/G (Aluminum/Carbon)
A/C/C Aluminum/Carbon/Composite
Carb1 Carbon One
Inspire Inspire
LSpd LightSpeed & LightSpeed 3D
Triumph Triumph
SDRIVE Super Drive
FB FatBoy
FBORE Full Bore
X7 X7 Eclipse (7178-T9 alloy)
75 XX75: Platinum Plus, Tribute, Jazz and Neos (7075 alloy)

R The size recommendations for recurve bows are indicated with a letter "**R**" next to the size.
Size Indicates suggested arrow size
Spine Spine of arrow size shown (static)
Model Designates arrow model
Weight Listed in grains per inch

*** When two sizes are listed together, the weight listed is for the first shaft.**