



## NEED HELP? START HERE

### HOW TO FIND THE RIGHT SPINE FOR YOU

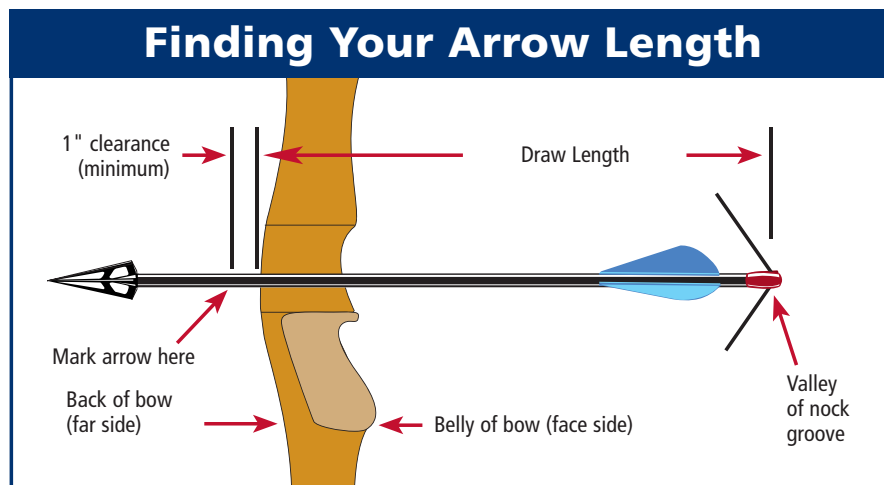
*Our Spine Selection Charts are a great starting point, BUT it is only a reference point, not guaranteed to be an EXACT match for your bow. **Test kits are highly recommended.***

#### • STEP 1: Find your Arrow Length and Draw Length.

The Correct Arrow Length is best determined by drawing back an extra-long arrow (draw check arrow below) to full draw and having someone mark the arrow right in front of the handle. Measure the arrow from the mark to the valley (deepest part) of the nock groove. This is your DRAW Length. For ARROW length we recommend adding 1 or 2 inches to this measurement so your broadhead will not bump the bow shelf. For target archery this is not as important, but be sure to leave enough arrow so it does not come off the inside of the bow shelf.

#### • STEP 2: Determining Actual Peak Bow Weight

This is measured at your draw length, not by what the bow has written on it. The reason is a bow will be roughly 2-3# different for every inch +/- the rated draw length. Even if you draw at your bow's rated draw (normally 28") the industry standard allows a bow manufacturer to be  $\pm 2\#$  from rated bow weight and still mark/sell at the rated weight. So your marked 45# @ 28" bow could actually be 47# @ 28". Using an accurate scale, see page 52, draw the string until you hit your draw length and hold. Observe the weight on the scale. Repeat as you see fit.



### Arrow Selection Chart

Once you have your Arrow Length and Actual Bow Peak Weight, you are ready to select your correct arrow spine. Find your bow type and bow weight along with the point weight you plan to use. Most common is 125 grains. Now move across the chart until you find your arrow length. Note: The 1/2" marks over lap on the chart, if you are on two different spines we highly recommend getting a test kit first. Remember, these are only recommendations, the final decision is up to you.

Spine Charts: +5 for Fast Flight® bow strings

RECURVE / CENTER SHOT LONGBOW Finger Release ACTUAL PEAK BOW WEIGHT - Lbs.					Carbon Arrow Length <i>Sizing refers to Easton spines</i>							LONGBOW / SELF BOW Finger Release ACTUAL PEAK BOW WEIGHT - Lbs.							
Point Weight					Point Weight							Point Weight							
100 (grains)	125 (grains)	150 (grains)	175 (grains)	200 (grains)	23" <sup>22 1/2</sup> / <sub>23 1/2</sub>	24" <sup>23 1/2</sup> / <sub>24 1/2</sub>	25" <sup>24 1/2</sup> / <sub>25 1/2</sub>	26" <sup>25 1/2</sup> / <sub>26 1/2</sub>	27" <sup>26 1/2</sup> / <sub>27 1/2</sub>	28" <sup>27 1/2</sup> / <sub>28 1/2</sub>	29" <sup>28 1/2</sup> / <sub>29 1/2</sub>	30" <sup>29 1/2</sup> / <sub>30 1/2</sub>	31" <sup>30 1/2</sup> / <sub>31 1/2</sub>	32" <sup>31 1/2</sup> / <sub>32 1/2</sub>	100 (grains)	125 (grains)	150 (grains)	175 (grains)	200 (grains)
							700	700	700	600	600	600	500	500	38-43	35-40	32-37	29-34	26-31
						700	700	700	600	600	600	500	500	500	44-49	41-46	38-43	35-40	32-37
32-36	29-33	26-30	23-27	20-24	700	700	700	600	600	600	500	500	500	400	50-55	47-52	44-49	41-46	38-43
37-41	34-38	31-35	28-32	25-29	700	700	600	600	600	500	500	500	400	400	56-61	53-58	50-55	47-52	44-49
42-46	39-43	36-40	33-37	30-34	700	600	600	600	500	500	500	400	400	400	62-67	59-64	56-61	53-58	50-55
47-51	44-48	41-45	38-42	35-39	600	600	600	500	500	500	400	400	400	340	68-73	65-70	62-67	59-64	56-61
52-56	49-53	46-50	43-47	40-44	600	600	500	500	500	400	400	400	340	340	74-79	71-76	68-73	65-69	62-67
57-61	54-58	51-55	48-52	45-49	600	500	500	500	400	400	400	340	340	300	80-85	77-82	74-79	70-75	68-73
62-66	59-63	56-60	53-57	50-54	500	500	500	400	400	400	340	340	300	300	86-91	83-88	80-85	76-81	74-79
67-71	64-69	61-65	58-62	55-59	500	500	400	400	400	340	340	300	300	300	92-97	89-94	86-91	82-87	80-85
72-76	70-75	66-70	63-67	60-64	500	400	400	400	340	340	300	300	300	300	98-103	95-100	92-97	88-93	86-91
77-81	76-81	71-75	68-72	65-69	400	400	400	340	340	300	300	300	300	300	104-109	101-106	98-103	94-99	92-97
82-86	82-87	76-80	73-77	70-74	400	400	340	340	300	300	300	300	300	300	110-115	107-112	104-109	100-105	98-103
87-91	88-93	81-85	78-82	75-79	400	340	340	300	300	300	300	300	300		116-121	113-118	110-115	106-111	104-109

RECURVE / CENTER SHOT LONGBOW Finger Release ACTUAL PEAK BOW WEIGHT - Lbs.					Aluminium Arrow Length							LONGBOW / SELF BOW Finger Release ACTUAL PEAK BOW WEIGHT - Lbs.							
Point Weight					Point Weight							Point Weight							
100 (grains)	125 (grains)	145 (grains)	160 (grains)	190 (grains)	23" <sup>22 1/2</sup> / <sub>23 1/2</sub>	24" <sup>23 1/2</sup> / <sub>24 1/2</sub>	25" <sup>24 1/2</sup> / <sub>25 1/2</sub>	26" <sup>25 1/2</sup> / <sub>26 1/2</sub>	27" <sup>26 1/2</sup> / <sub>27 1/2</sub>	28" <sup>27 1/2</sup> / <sub>28 1/2</sub>	29" <sup>28 1/2</sup> / <sub>29 1/2</sub>	30" <sup>29 1/2</sup> / <sub>30 1/2</sub>	31" <sup>30 1/2</sup> / <sub>31 1/2</sub>	32" <sup>31 1/2</sup> / <sub>32 1/2</sub>	100 (grains)	125 (grains)	145 (grains)	160 (grains)	190 (grains)
31-35	26-30	21-25	16-20							A	A	B	C-D	C-D					
36-40	31-35	26-30	21-25	16-20					A	A	B	C-D	C-D	E	41-45	36-40	31-35	26-30	
41-45	36-40	31-35	26-30	21-25				A	A	B	C-D	C-D	E	E-F	46-50	41-45	36-40	31-35	26-30
46-50	41-45	36-40	31-35	26-30			A	A	B	C-D	C-D	E	E-F	E-H	51-55	46-50	41-45	36-40	31-35
51-55	46-50	41-45	36-40	31-35		A	A	B	C-D	C-D	E	E-F	E-H	H-I	56-60	51-55	46-50	41-45	36-40
56-60	51-55	46-50	41-45	36-40	A	A	B	C-D	C-D	E	E-F	E-H	H-I	G-I	61-65	56-60	51-55	46-50	41-45
61-65	56-60	51-55	46-50	41-45	A	B	C-D	C-D	E	E-F	E-H	H-I	G-I	J-L-O	66-70	61-65	56-60	51-55	46-50
66-70	61-65	56-60	51-55	46-50	B	C-D	C-D	E	E-F	E-H	H-I	G-I	J-L-O	K-L-O	71-75	66-70	61-65	56-60	51-55
71-75	66-70	61-65	56-60	51-55	C-D	C-D	E	E-F	E-H	H-I	G-I	J-L-O	K-L-O	M	76-80	71-75	66-70	61-65	56-60
76-80	71-75	66-70	61-65	56-60	C-D	E	E-F	E-H	H-I	G-I	J-L-O	K-L-O	M	N	81-85	76-80	71-75	66-70	61-65
81-85	76-80	71-75	66-70	61-65	E	E-F	E-H	H-I	G-I	J-L-O	K-L-O	M	N	N	86-90	81-85	76-80	71-75	66-70
86-90	81-85	76-80	71-75	65-70	E-F	E-H	H-I	G-I	J-L-O	K-L-O	M	N	N	N	91-95	86-90	81-85	76-80	71-75

1716 = A   1816 = B   1916 = C   2013 = D   2016 = E   2018 = F   2117 = G   2213 = H   2215 = I   2216 = J   2219 = K   2314 = L   2315 = M   2317 = N   2413 = O

RECURVE / CENTER SHOT LONGBOW Finger Release ACTUAL PEAK BOW WEIGHT - Lbs.					Wood Arrow Length							LONGBOW / SELF BOW Finger Release ACTUAL PEAK BOW WEIGHT - Lbs.							
Point Weight					Point Weight							Point Weight							
100 (grains)	125 (grains)	145 (grains)	160 (grains)	190 (grains)	23" <sup>22 1/2</sup> / <sub>23 1/2</sub>	24" <sup>23 1/2</sup> / <sub>24 1/2</sub>	25" <sup>24 1/2</sup> / <sub>25 1/2</sub>	26" <sup>25 1/2</sup> / <sub>26 1/2</sub>	27" <sup>26 1/2</sup> / <sub>27 1/2</sub>	28" <sup>27 1/2</sup> / <sub>28 1/2</sub>	29" <sup>28 1/2</sup> / <sub>29 1/2</sub>	30" <sup>29 1/2</sup> / <sub>30 1/2</sub>	31" <sup>30 1/2</sup> / <sub>31 1/2</sub>	32" <sup>31 1/2</sup> / <sub>32 1/2</sub>	100 (grains)	125 (grains)	145 (grains)	160 (grains)	190 (grains)
31-35	26-30	21-25	16-20								30-35	35-40	40-45	45-50					
36-40	31-35	26-30	21-25	16-20						30-35	35-40	40-45	45-50	50-55	41-45	36-40	31-35	26-30	
41-45	36-40	31-35	26-30	21-25					30-35	35-40	40-45	45-50	50-55	55-60	46-50	41-45	36-40	31-35	26-30
46-50	41-45	36-40	31-35	26-30			30-35	35-40	40-45	45-50	50-55	55-60	60-65	65-70	51-55	46-50	41-45	36-40	31-35
51-55	46-50	41-45	36-40	31-35		30-35	35-40	40-45	45-50	50-55	55-60	60-65	65-70	70-75	56-60	51-55	46-50	41-45	36-40
56-60	51-55	46-50	41-45	36-40	30-35	35-40	40-45	45-50	50-55	55-60	60-65	65-70	70-75	75-80	61-65	56-60	51-55	46-50	41-45
61-65	56-60	51-55	46-50	41-45	35-40	40-45	45-50	50-55	55-60	60-65	65-70	70-75	75-80	80-85	66-70	61-65	56-60	51-55	46-50
66-70	61-65	56-60	51-55	46-50	40-45	45-50	50-55	55-60	60-65	65-70	70-75	75-80	80-85	85-90	71-75	66-70	61-65	56-60	51-55
71-75	66-70	61-65	56-60	51-55	45-50	50-55	55-60	60-65	65-70	70-75	75-80	80-85	85-90	90-95	76-80	71-75	66-70	61-65	56-60
76-80	71-75	66-70	61-65	56-60	50-55	55-60	60-65	65-70	70-75	75-80	80-85	85-90	90-95	95-100	81-85	76-80	71-75	66-70	61-65
81-85	76-80	71-75	66-70	61-65	55-60	60-65	65-70	70-75	75-80	80-85	85-90	90-95	95-100	100+	86-90	81-85	76-80	71-75	66-70
86-90	81-85	76-80	71-75	65-70											91-95	86-90	81-85	76-80	71-75

-- SEE Test Kits listed with arrows/shafting descriptions --