

Generally Recommended Valve Spring Pressures

Please note, the valve spring pressure figures given here are guidelines only. Some special applications may require different pressures. When in doubt, please contact your camshaft supplier.

Hydraulic Flat Tappet Camshaft: 110 lbs Seat pressure/250-280 lbs open pressure

Solid Flat Tappet Camshaft: 130 lbs Seat Pressure/300-325 lbs open pressure

Hydraulic Roller Camshaft: 130 lbs Seat Pressure/300- 325 lbs open pressure

Solid Roller Camshaft: (Minimum Safe Pressures) Up to 0.600" valve lift: 200-235 lbs Seat Pressure/600 lbs open pressure; over 0.600" valve lift: 250-280 lbs Seat pressure /100 lbs pressure for every 0.100" of valve lift