

# CAMSHAFTS AND LIFTERS

## FORD RACING CAMSHAFTS

The Ford Racing Camshaft Specification chart describes individual cams currently available from Ford Racing. Refer to page 216 for performance characteristics and usage guidelines. See page 115 for valve springs.

### FORD RACING CAMSHAFT SPECIFICATIONS

PART NUMBER	ENGINE	ROCKER RATIO	INTAKE EVENTS (0.050')		EXHAUST EVENTS (0.050')		DURATION (SAE)		LIFT (INCHES)		LOBE CENTER	
			OPEN	CLOSE	OPEN	CLOSE	INT.	EXH.	LOBE	VALVE	INT.	EXH.
<b>M-6250-B303*</b> ① ② ③ ⑥	1985 and Later 302 Roller Cam	1.60	5° BTC	39° ABC	49° BBC	5° BTC	284°	284°	.300 I	.480 I	107°	117°
							224°	224°	.300 E	.480 E		
<b>M-6250-E303</b> ① ② ③ ⑥ ⑦	1985 and Later 302 Roller Cam	1.60	0° BTC	40° ABC	40° BBC	0° BTC	282°	282°	.311 I	.498 I	110°	110°
							220°	220°	.311 E	.498 E		
<b>M-6250-F303*</b> ① ② ③ ④ ⑥ ⑧	1985 and Later 302 Roller Cam	1.60	4° BTC	42° ABC	52° BBC	6° BTC	288°	288°	.320 I	.512 I	109°	119°
							226°	226°	.320 E	.512 E		
<b>M-6250-X303*</b> ① ② ③ ④ ⑥ ⑨	1985 and Later 302 Roller Cam	1.60	5° BTC	39° ABC	49° BBC	5° BTC	286°	286°	.339 I	.542 I	107°	117°
							224°	224°	.339 E	.542 E		
<b>M-6250-Z303*</b> ① ② ③ ④ ⑤ ⑥ ⑩	1985 and Later 302 Roller Cam	1.60	7° BTC	41° ABC	51° BBC	3° ATC	290°	290°	.345 I	.552 I	107°	117°
							228°	228°	.345 E	.552 E		

**NOTE:** Camshaft intake and exhaust valve events are measured at 0.050" tappet lift. The duration figures in the shaded area are taken at 0.050" tappet lift. This is useful to check the cam with a degree wheel during installation. The solid color is advertised duration. For comparison purposes, add intake and exhaust lobe centers and divide by 2 to calculate "camshaft centerline" specification for Ford Racing camshafts.

- NOTES:**
- ① On EFI engines, performance camshafts work only with mass air induction systems. Will not work with Explorer EEC-V EFI.
  - ② Also fits 1994-97 351W with factory roller cam when used with mass air EFI.
  - ③ Stock 5.0L HO cam advertised specs are 266°/266° duration, 0.444"/0.444" lift.
  - ④ May require piston modification for piston-to-valve clearance. Valve clearance should be checked.
  - ⑤ May require longer pushrods.
  - ⑥ Hi-stall torque converter recommended for automatic trans.
  - ⑦ Emissions legal with 5-speed manual trans. E.O. #D-225-16.
  - ⑧ Great for superchargers. Manual transmission recommended.
  - ⑨ Good torque and power up to 6200 rpm Manual transmission recommended.
  - ⑩ Good torque and power up to 6500 rpm Manual transmission recommended.

### CAM LUBE

#### M-19579-A12

- Highest quality cam lube for camshaft replacement and engine assembly
- Recommended for use with all Ford Racing flat tappet camshafts
- Distributed in cases of 12
- Single bottles may be available from your Ford Racing Distributor part number CM-19579-A1
- Use engine oil on roller camshafts



#### Did you know...

351W blocks that are roller cam compatible have the casting number F4TE. It is located near the starter. If your block is not roller ready, conversion lifter part number M-6500-S58 will allow you to use a hydraulic roller cam in a non-roller 289/302/351W block.

#### Did you know...

The first year of a hydraulic roller cam in a 302 was 1985.