

TARGET ARROW SIZE SELECTION

| COMPOUND BOW RELEASE AID BOW RATING 301-320 FPS | A/C • ALL-CARBON ARROW CUT LENGTH <i>(measured to throat of nock)</i> | | | | | | | | | | | | | | RECURVE BOW FINGER RELEASE CARBON LIMB |
|--|---|-----------|-----------|-----------|-----------|-----------|-----------|----------|---------|---------|---------|---------|---------|---------|--|
| | 21" | 22" | 23" | 24" | 25" | 26" | 27" | 28" | 29" | 30" | 31" | 32" | 33" | 34" | |
| BOW POUNDAGE | RECOMMENDED SHAFT SPINE RANGE | | | | | | | | | | | | | | BOW POUNDAGE |
| <17 | 2000 | 2000 | 2000-1800 | 1800-1700 | 1750-1400 | 1450-1200 | 1250-1050 | 1080-880 | 900-750 | 800-700 | 720-625 | 675-600 | 640-570 | 575-500 | <20 lbs. |
| 17-23 | 2000 | 2000-1800 | 1800-1700 | 1750-1400 | 1450-1200 | 1250-1050 | 1080-880 | 900-750 | 800-700 | 720-625 | 675-600 | 640-570 | 575-500 | 525-450 | 21-26 lbs. |
| 24-28 | 2000-1800 | 1800-1700 | 1750-1400 | 1450-1200 | 1250-1050 | 1080-880 | 900-750 | 800-700 | 720-625 | 675-600 | 640-570 | 575-500 | 525-450 | 475-400 | 27-31 lbs. |
| 29-34 | 1800-1700 | 1750-1400 | 1450-1200 | 1250-1050 | 1080-880 | 900-750 | 800-700 | 720-625 | 675-600 | 640-570 | 575-500 | 525-450 | 475-400 | 440-370 | 32-35 lbs. |
| 35-39 | 1750-1400 | 1450-1200 | 1250-1050 | 1080-880 | 900-750 | 800-700 | 720-625 | 675-600 | 640-570 | 575-500 | 525-450 | 475-400 | 440-370 | 400-340 | 36-39 lbs. |
| 40-44 | 1450-1200 | 1250-1050 | 1080-880 | 900-750 | 800-700 | 720-625 | 675-600 | 640-570 | 575-500 | 525-450 | 475-400 | 440-370 | 400-340 | 370-310 | 40-43 lbs. |
| 45-49 | 1250-1050 | 1080-880 | 900-750 | 800-700 | 720-625 | 675-600 | 640-570 | 575-500 | 525-450 | 475-400 | 440-370 | 400-340 | 370-310 | 340-300 | 44-47 lbs. |
| 50-54 | 1080-880 | 900-750 | 800-700 | 720-625 | 675-600 | 640-570 | 575-500 | 525-450 | 475-400 | 440-370 | 400-340 | 370-310 | 340-300 | 300-250 | 48-52 lbs. |
| 55-59 | 900-750 | 800-700 | 720-625 | 675-600 | 640-570 | 575-500 | 525-450 | 475-400 | 440-370 | 400-340 | 370-310 | 340-300 | 300-250 | 250-200 | 53-57 lbs. |
| 60-64 | 800-700 | 720-625 | 675-600 | 640-570 | 575-500 | 525-450 | 475-400 | 440-370 | 400-340 | 370-310 | 340-300 | 300-250 | 250-200 | 250-200 | 58-62 lbs. |
| 65-69 | 720-625 | 675-600 | 640-570 | 575-500 | 525-450 | 475-400 | 440-370 | 400-340 | 370-310 | 340-300 | 300-250 | 250-200 | 250-200 | 250-200 | 63-67 lbs. |
| 70-76 | 675-600 | 640-570 | 575-500 | 525-450 | 475-400 | 440-370 | 400-340 | 370-310 | 340-300 | 300-250 | 250-200 | 250-200 | 250-200 | 200-150 | 68-73 lbs. |

NOTE: For fractional arrow lengths round up or down to the closest column. Example: If arrow length is 28.25" round down to 28" column. If arrow length is 28.5" round up to 29" column. When selecting an arrow for a recurve bow, it is recommended to choose an arrow on the weaker side of the recommended spine range when multiple size options are available in the recommended spine range.

| COMPOUND BOW RELEASE AID BOW RATING 301-320 FPS | ALUMINUM ARROW CUT LENGTH <i>(measured to throat of nock)</i> | | | | | | | | | | | | | | RECURVE BOW FINGER RELEASE CARBON LIMBS |
|--|---|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|--------------------------|----------|---|
| | 21" | 22" | 23" | 24" | 25" | 26" | 27" | 28" | 29" | 30" | 31" | 32" | | | |
| BOW POUNDAGE | RECOMMENDED SHAFT SPINE RANGE | | | | | | | | | | | | | | BOW POUNDAGE |
| <17 | | | 1214 | 1214 | 1416, 1516, 1514 | 1514 | 1614 | 1616, 1714 | 1716 | 1816, 1814 | 1914, 1913 | 1914, 1916, 2013, RX7-21 | 1914, 1916, 2013, RX7-21 | <20 lbs. | |
| 17-23 | | 1214 | 1214 | 1416, 1516, 1514 | 1514 | 1614 | 1616, 1714 | 1716 | 1816, 1814 | 1914, 1913 | 1914, 1916, 2013, RX7-21 | 1916, 2013, 2014, RX7-21 | 21-26 lbs. | | |
| 24-28 | 1214 | 1214 | 1416, 1516, 1514 | 1514 | 1614 | 1616, 1714 | 1716 | 1816, 1814 | 1914, 1913 | 1914, 1916, 2013, RX7-21 | 1916, 2013, 2014, RX7-21 | 2114, 2016, RX7-22 | 27-31 lbs. | | |
| 29-34 | 1214 | 1416, 1516, 1514 | 1514 | 1614 | 1616, 1714 | 1716 | 1816, 1814 | 1914, 1913 | 1914, 1916, 2013, RX7-21 | 1916, 2013, 2014, RX7-21 | 2114, 2016, RX7-22 | 2114, 2213, RX7-23 | 32-35 lbs. | | |
| 35-39 | 1416, 1516, 1514 | 1514 | 1614 | 1616, 1714 | 1716 | 1816, 1814 | 1914, 1913 | 1914, 1916, 2013, RX7-21 | 1916, 2013, 2014, RX7-21 | 2114, 2016, RX7-22 | 2114, 2213, RX7-23 | 2213, 2214, 2312, RX7-23 | 36-39 lbs. | | |
| 40-44 | 1514 | 1614 | 1616, 1714 | 1716 | 1816, 1814 | 1914, 1913 | 1914, 1916, 2013, RX7-21 | 1916, 2013, 2014, RX7-21 | 2114, 2016, RX7-22 | 2114, 2213, RX7-23 | 2213, 2214, 2312, RX7-23 | 2214, 2314, 2413 | 40-43 lbs. | | |
| 45-49 | 1614 | 1616, 1714 | 1716 | 1816, 1814 | 1914, 1913 | 1914, 1916, 2013, RX7-21 | 1916, 2013, 2014, RX7-21 | 2114, 2016, RX7-22 | 2114, 2213, RX7-23 | 2213, 2214, 2312, RX7-23 | 2214, 2314, 2413 | 2314, 2413, 2315 | 44-47 lbs. | | |
| 50-54 | 1616, 1714 | 1716 | 1816, 1814 | 1914, 1913 | 1914, 1916, 2013, RX7-21 | 1916, 2013, 2014, RX7-21 | 2114, 2016, RX7-22 | 2114, 2213, RX7-23 | 2213, 2214, 2312, RX7-23 | 2214, 2314, 2413 | 2314, 2413, 2315 | 2512, 2613, 2712 | 48-52 lbs. | | |
| 55-59 | 1716 | 1816, 1913 | 1914, 1913 | 1914, 1916, 2013, RX7-21 | 1916, 2013, 2014, RX7-21 | 2114, 2016, RX7-22 | 2114, 2213, RX7-23 | 2213, 2214, 2312, RX7-23 | 2214, 2314, 2413 | 2314, 2413, 2315 | 2512, 2613, 2712 | 2512, 2613, 2712 | 53-57 lbs. | | |
| 60-64 | 1816, 1913 | 1914, 1913 | 1914, 1916, 2013, RX7-21 | 1916, 2013, 2014, RX7-21 | 2114, 2016, RX7-22 | 2114, 2213, RX7-23 | 2213, 2214, 2312, RX7-23 | 2214, 2314, 2413 | 2314, 2413, 2315 | 2512, 2613, 2712 | 2512, 2613, 2712 | 2512, 2613, 2712 | 58-62 lbs. | | |
| 65-69 | 1914, 1913 | 1914, 1916, 2013, RX7-21 | 1916, 2013, 2014, RX7-21 | 2114, 2016, RX7-22 | 2114, 2213, RX7-23 | 2213, 2214, 2312, RX7-23 | 2214, 2314, 2413 | 2314, 2413, 2315 | 2512, 2613, 2712 | 2512, 2613, 2712 | 2512, 2613, 2712 | 2613, 2712 | 63-67 lbs. | | |
| 70-76 | 1914, 1916, 2013, RX7-21 | 1916, 2013, 2014, RX7-21 | 2114, 2016, RX7-22 | 2114, 2213, RX7-23 | 2213, 2214, 2312, RX7-23 | 2214, 2314, 2413 | 2314, 2413, 2315 | 2512, 2613, 2712 | 2512, 2613, 2712 | 2512, 2613, 2712 | 2613, 2712 | | 68-73 lbs. | | |

NOTE: For fractional arrow lengths round up or down to the closest column. Example: If arrow length is 28.25" round down to 28" column. If arrow length is 28.5" round up to 29" column. When selecting an arrow for a recurve bow, it is recommended to choose an arrow on the weaker side of the recommended spine range when multiple size options are available in the recommended spine range.

ADJUST THE CHART TO YOUR BOW SET-UP

The chart is based on a Bow Speed Rating of 301-320 FPS, glue-in 100 grain points and a mechanical release aid. If your set-up is different, make the following adjustments to your bow point and weight.



Compound Bow Speed Rating
 Up to 275 FPS = -10 lbs of Bow Weight
 276-300 FPS = -5 lbs of Bow Weight
 301-320 FPS = No Adjustment
 321-340 FPS = +5 lbs of Bow Weight
 341-350 FPS = +10 lbs of Bow Weight
 351 FPS or Higher = +15 lbs of Bow Weight

Compound Release Type
 Mechanical Release = No Adjustment
 Finger Release = +5 lbs of Bow Weight

Setup Variables—Add/Subtract from Actual Bow Weight

Points and Inserts
 Points <100 Grains = -3 lbs of Bow Weight per 25 Grains of Point Weight <100 Grains
 Points = 100 Grains = No Adjustment
 Points >100 Grains = +3 lbs of Bow Weight per 25 Grains of Point Weight >100 Grains

Recurve Bow
 Carbon Competition Limb = No Adjustment
 Wood/Glass Beginner Limb = -5 lbs of Bow Weight

