

SBD Cam Timing Sheet – INST-00073

Dec-19

<u>Cam type</u>	<u>HYD/MECH</u>	<u>@ Full lift</u>	<u>TDC lift No.4 Cyl</u>	<u>Duration</u>	<u>Checked @</u>	<u>Max Lift</u>	<u>Clearance</u>	<u>Suggested C/R</u> <u>(98 RON Only)</u>
<u>Vauxhall 1.6L, 1.4L</u>								
STD GM 1.6L Inlet	HYD		0.18mm				N/A	
STD GM 1.6L Exhaust	HYD		1.36mm				N/A	
<u>CM16V1.6-H284-278-PR</u>								
CM16V16-H284 IN	HYD	105*	2.75mm	284	0.004"/0.1mm	11.40mm	N/A	11.2 C/R
CM16V16-H278 EX	HYD	105*	2.55mm	278	0.004"/0.1mm	11.03mm	N/A	
<u>CM16V1.6-278-269-PR</u>								
CM16V1.6M278-11.78 (D594)	MECH	105*	3.46mm	278	0.010"/0.25mm	11.78mm	0.010"/0.25mm	12.3 C/R
CM16V1.6M269-11.42 (D1002)	MECH	105*	2.59mm	269	0.010"/0.25mm	11.42mm	0.010"/0.25mm	
<u>CM16V1.6-300-290-PAIR</u>								
CM16V1.6-300 IN	MECH	105*	4.30mm	300	0.010"/0.25mm	13.25mm	0.010"/0.25mm	12.75 C/R
CM16V1.6-290 EX	MECH	105*	3.60mm	290	0.010"/0.25mm	12.60mm	0.010"/0.25mm	
<u>Vauxhall 2.0L</u>								
STD GM 2.0L Inlet	HYD		0.95mm				N/A	
STD GM 2.0L Exhaust	HYD		0.60mm				N/A	
CM16V2-H1612-PRD Inlet	HYD	110	1.22mm	260	0.004"/0.1mm	10.08mm	N/A	STD
CM16V2-H1612-PRD Exhaust	HYD	110	1.22mm	260	0.004"/0.1mm	10.08mm	N/A	STD
<u>CM16V2-H284-278-PR</u>								
CM16V2-H284IN	HYD	105*	2.75mm	284	0.004"/0.1mm	11.40mm	N/A	11.2 C/R
CM16V2-H278EX	HYD	105*	2.55mm	278	0.004"/0.1mm	11.03mm	N/A	
<u>CM16V2-HT01-PR</u>								
CM16V2-HT01IN	HYD	115*	0.78mm	260	0.004"/0.1mm	10.13mm	N/A	
CM16V2-HT01EX	HYD	110*	1.20mm	260	0.004"/0.1mm	10.13mm	N/A	
<u>CM16V2-MT01-PR</u>								
CM16V2-MT01IN	MECH	110*	N/A	288	0.010"/0.25mm	10.16mm	0.016"/0.41mm	
CM16V2-MT01EX	MECH	110*	N/A	288	0.010"/0.25mm	10.16mm	0.016"/0.41mm	
CM16V2-MT02IN	MECH	105*	2.97mm	284	0.016"/0.4mm	10.74mm	0.012"/0.30mm	
CM16V2-MT02EX	MECH	105*	2.69mm	284	0.016"/0.4mm	10.74mm	0.012"/0.30mm	

CM16V2-278-269-PR

CM16V2-M278-11.78 (D594)	MECH	105*	3.46mm	278	0.010"/0.25mm	11.78mm	0.010"/0.25mm	12.3 C/R
CM16V2-M269-11.42 (D1002)	MECH	105*	2.59mm	269	0.010"/0.25mm	11.42mm	0.010"/0.25mm	

CM16V2-304IN	MECH		4.40mm	300	0.010"/0.25mm	11.90mm	0.080"/0.20mm	12.5 C/R
CM16V2-M295-11.60EX	MECH		3.95mm	295	0.010"/0.25mm	11.60mm	0.080"/0.20mm	

CM16V2-290-280-PAIR

CM16V2-290-IN	MECH	105*	3.60mm	290	0.010"/0.25mm	12.62mm	0.010"/0.25mm	12.50 C/R
CM16V2-280-EX	MECH	105*	2.95mm	280	0.010"/0.25mm	12.14mm	0.010"/0.25mm	

CM16V2-300-290-PAIR

CM16V2-300 IN	MECH	105*	4.30mm	300	0.010"/0.25mm	13.25mm	0.010"/0.25mm	12.75 C/R
CM16V2-290 EX	MECH	105*	3.60mm	290	0.010"/0.25mm	12.60mm	0.010"/0.25mm	

Ford Duratec - 2.0L, 2.3L 2.4L**CM-DUR01**

CM-DUR-01 IN	MECH	105*	1.67mm	262	0.010"/0.25mm	10.07mm	0.010"/0.25mm	STD C/R
CM-DUR-01 EX	MECH	105*	1.35mm	262	0.010"/0.25mm	10.07mm	0.010"/0.25mm	

CM-DUR03

CM-DUR-03 IN	MECH	105*	3.75mm	310	0.010"/0.25mm	11.98mm	0.010"/0.25mm	12.2 C/R
CM-DUR-03 EX	MECH	105*	3.30mm	294	0.010"/0.25mm	11.27mm	0.010"/0.25mm	

CM-DUR04

CM-DUR-04 IN	MECH	105*	4.16mm	300	0.010"/0.25mm	13.20mm	0.010"/0.25mm	12.75 C/R
CM-DUR-04 EX	MECH	105*	3.60mm	290	0.010"/0.25mm	12.50mm	0.010"/0.25mm	

Discontinued Profiles**1.6L Vauxhall**

CM16V1.6-M295-11.60	MECH		3.95mm	295	0.010"/0.25mm	11.60mm	0.080"/0.20mm	
CM16V1.6-M295-11.60	MECH		3.95mm	295	0.010"/0.25mm	11.60mm	0.080"/0.20mm	

(Above Inlet & Exhaust combination use the same cam)

2.0L Vauxhall

CM16V2-230-IN	HYD		3.80mm	304	0.004"/0.1mm	11.40mm	N/A	
CM16V2-220EX	HYD		3.10mm	298	0.004"/0.1mm	10.60mm	N/A	

CM16V2-M1195IN	MECH		4.60mm	310	0.010"/0.25mm	11.95mm	0.080"/0.20mm	
CM16V2-M304EX	MECH		4.60mm	300	0.010"/0.25mm	11.90mm	0.080"/0.20mm	

CM16V2-M295-11.60IN	MECH		3.95mm	295	0.010"/0.25mm	11.60mm	0.080"/0.20mm	
CM16V2-M295-11.60EX	MECH		3.95mm	295	0.010"/0.25mm	11.60mm	0.080"/0.20mm	
CM16V2-MH04IN	MECH		4.81mm	300	0.010"/0.25mm	.450"	0.080"/0.20mm	
CM16V2-M5E-EX	MECH		3.51mm	290	0.010"/0.25mm	.450"	0.080"/0.20mm	
CM16V2-H04IN	HYD		4.81mm	300	0.004"/0.1mm	.450"	N/A	
CM16V2-O5HEX	HYD		3.51mm	290	0.004"/0.1mm	.450"	N/A	
CM16V2-304IN	MECH		4.40mm	300	0.010"/0.25mm	11.90mm	0.080"/0.20mm	
CM16V2-M5E-EX-S	MECH		3.50mm	290	0.010"/0.25mm	.450"	0.080"/0.20mm	
CM16V1.6M441IN-REV	MECH		5.10mm	306	0.010"/0.25mm	12.35mm	0.080"/0.20mm	
CM16V1.6M441EX-REV	MECH		5.30mm	306	0.010"/0.25mm	12.35mm	0.080"/0.20mm	
Duratec								
CM-DUR-02 IN	MECH	105*	3.55mm	282	0.010"/0.25mm	11.30mm	0.010"/0.25mm	11.7 C/R
CM-DUR-02 EX	MECH	105*	3.35mm	282	0.010"/0.25mm	11.30mm	0.010"/0.25mm	
CM-DUR-021 IN	MECH	105*	3.68mm	290	0.010"/0.25mm	11.63mm	0.010"/0.25mm	11.7 C/R
CM-DUR-021 EX	MECH	105*	3.50mm	284	0.010"/0.25mm	11.31mm	0.010"/0.25mm	