

Compound Bow Release Aid Actual or Calculated Peak Bow Weight			Correct Arrow Length for target • field • 3-D												
Round Wheel 	Soft Cam 	Hard Cam (Speed Cam) 													
			22 1/2" 57.3 cm	23" 58.4 cm	23 1/2" 59.7 cm	24" 60.9 cm	24 1/2" 62.2 cm	25" 63.5 cm	25 1/2" 64.8 cm	26" 66.0 cm	26 1/2" 67.3 cm	27" 68.6 cm	27 1/2" 69.9 cm		
Shaft Size	Shaft Model	Shaft Weight	Shaft Size	Shaft Model	Shaft Weight	Shaft Size	Shaft Model	Shaft Weight	Shaft Size	Shaft Model	Shaft Weight	Shaft Size	Shaft Model	Shaft Weight	
33-39 lbs. (15-17.7 KG)	1400 R	A/C/E 108	1250+1400 R	A/C/E 119	1100+1250 R	A/C/E 126	1000+1100R	A/C/E 148	148	144	144	144	144	144	
	2-00	A/C/G 108	2-00 • 3L-00	X7 113	3L-00 • 3-00	A/C/G 128	3-00	X7 144	144	144	144	144	144	144	
	1512	X7 75	1512	X7 150 A	1612	X7 157 C	1614	X7 174 A	174 A	174 A	174 A	174 A	174 A	174 A	
	1416 R	X7 75	1516	X7,75 176 C	1614	X7 159 A	1616	X7,75 217 A	217 A	217 A	217 A	217 A	217 A	217 A	
39-45 lbs. (17.7-20.4 KG)	1250+1400R	A/C/E 114	1100+1250 R	A/C/E 121	1000+1100 R	A/C/E 142	900+1000 R	A/C/E 156	156	156	156	156	156	156	
	2-00, 3L-00R	A/C/E 108	2L-00 • 3-00	A/C/G 123	3-00	X7 137	2L-04 • 2-04	A/C/G 160	160	160	160	160	160	160	
	1512	X7 144 A	1512	X7 1712	1712	X7 168 A	1712	X7 174 C	174 C	174 C	174 C	174 C	174 C	174 C	
	1514 R	X7 157 B	1614	X7 156 C	1614	X7,75 157 C	1616	X7,75 210 A	210 A	210 A	210 A	210 A	210 A	210 A	
45-50 lbs. (20.4-22.7 KG)	1000+1250 R	A/C/E 115	1000+1100 R	A/C/E 136	920+1000 R	A/C/E 146	780+850 R	A/C/E 156	156	156	156	156	156	156	
	3L-00 • 3-00	A/C/G 118	1000+1100 R	A/C/G 132	900+1000 R	A/C/G 151	750+830 R	A/C/G 165	165	165	165	165	165	165	
	1612	X7 144 C	1712	X7 181 A	1713	X7 175 B	1812	X7 190 B	210 C	210 C	210 C	210 C	210 C	210 C	
	1614	X7 178 A	1616	X7,75 200 AB	1616	X7,75 209 C	1712	X7,75 235 A	235 A	235 A	235 A	235 A	235 A	235 A	
50-55 lbs. (22.7-24.9 KG)	1000+1100 R	A/C/E 130	920+1000 R	A/C/E 140	780+850 R	A/C/E 150	720+780 R	A/C/E 166	166	166	166	166	166	166	
	3-00 R	X10 127	900+1000 R	X10 131	750+830 R	X10 151	700+750 R	X10 174	174	174	174	174	174	174	
	1712	A/C/G 126	2L-04 • 2-04	A/C/G 145	2-04	A/C/G 162	3L-04 • 3L-04	A/C/G 175	175	175	175	175	175	175	
	1713	X7 154 A	1713	X7 181 C	1812	X7 183 B	1814	X7 204 C	204 C	204 C	204 C	204 C	204 C	204 C	
55-60 lbs. (24.9-27.2 KG)	920+1000 R	A/C/E 134	780+850 R	A/C/E 144	720+780 R	A/C/E 159	670+720 R	A/C/E 154	154	154	154	154	154	154	
	2L-04 • 2-04	A/C/G 139	2-04	A/C/G 156	3L-04 • 3L-04	A/C/G 168	3L-04 • 3-04	A/C/G 180	180	180	180	180	180	180	
	1712	X7 154 C	1712	X7 1912	1912	X7 190 A	1912	X7 208 C	208 C	208 C	208 C	208 C	208 C	208 C	
	1713	X7 171 B	1812	X7 175 B	1813	X7 200 B	1814	X7 217 B	217 B	217 B	217 B	217 B	217 B	217 B	
60-65 lbs. (27.2-29.5 KG)	780+850 R	A/C/E 138	720+780 R	A/C/E 153	670+720 R	A/C/E 168	620+670 R	A/C/E 159	159	159	159	159	159	159	
	750+830 R	X10 146	720+750 R	X10 161	650+700 R	X10 173	600+650 R	X10 183	183	183	183	183	183	183	
	2-04	A/C/G 149	3L-04 • 3L-04	A/C/G 161	3L-04 • 3-04	A/C/G 170	3-04	A/C/G 187	187	187	187	187	187	187	
	1812	X7 168 B	1813	X7 189 C	2012	X7 200 C	2013	X7 224 A	224 A	224 A	224 A	224 A	224 A	224 A	
65-70 lbs. (29.5-31.8 KG)	720+780 R	A/C/E 147	670+720 R	A/C/E 162	620+670 R	A/C/E 173	570+620 R	A/C/E 164	164	164	164	164	164	164	
	700+750 R	X10 154	650+700 R	X10 173	600+650 R	X10 187	550+600 R	X10 194	194	194	194	194	194	194	
	3L-04 • 3L-04	A/C/G 155	3L-04 • 3-04	A/C/G 167	3-04	A/C/G 180	3-04	A/C/G 198	198	198	198	198	198	198	
	1912	X7 175 A	1912	X7 182 C	2012	X7 200 C	2013	X7 219 B	219 B	219 B	219 B	219 B	219 B	219 B	
70-76 lbs. (31.8-34.5 KG)	670+720 R	A/C/E 135	620+670 R	A/C/E 147	570+620 R	A/C/E 157	520+570 R	A/C/E 174	174	174	174	174	174	174	
	650+700 R	X10 156	600+650 R	X10 168	550+600 R	X10 182	500+550 R	X10 203	203	203	203	203	203	203	
	3L-04 • 3-04	A/C/G 160	3-04	A/C/G 173	3L-18	A/C/G 187	3L-18	A/C/G 198	198	198	198	198	198	198	
	2012	X7 175 C	2012	X7 192 C	2112	X7 211	2112	X7 230 A	230 A	230 A	230 A	230 A	230 A	230 A	
76-82 lbs. (34.5-37.2 KG)	620+670 R	A/C/E 140	570+620 R	A/C/E 151	520+570 R	A/C/E 166	470+520 R	A/C/E 178	178	178	178	178	178	178	
	600+650 R	X10 161	550+600 R	X10 179	500+550 R	X10 195	450+500 R	X10 211	211	211	211	211	211	211	
	3-04	A/C/G 166	3L-18	A/C/G 189	3-18 • 3-28	A/C/G 195	3-28 • 3-39	A/C/G 210	210	210	210	210	210	210	
	2012	X7 184 C	2112	X7 202 B	2212	X7 221	2212	X7 230 B	230 B	230 B	230 B	230 B	230 B	230 B	
82-88 lbs. (37.2-39.9 KG)	570+620 R	A/C/E 145	520+570 R	A/C/E 162	470+520 R	A/C/E 171	420+470 R	A/C/E 187	187	187	187	187	187	187	
	550+600 R	X10 172	500+550 R	X10 187	450+500 R	X10 203	400+450 R	X10 220	220	220	220	220	220	220	
	2L-18	A/C/G 171	2-18	A/C/G 193	2-39	A/C/G 199	2-39	A/C/G 210	210	210	210	210	210	210	
	3L-18	A/C/G 172	3L-18 • 3-28	A/C/G 187	3-28 • 3-39	A/C/G 202	3-39	A/C/G 223	223	223	223	223	223	223	
88-94 lbs. (39.9-42.6 KG)	520+570 R	A/C/E 156	470+520 R	A/C/E 165	420+470 R	A/C/E 180	370+420 R	A/C/E 197	197	197	197	197	197	197	
	500+550 R	X10 179	450+500 R	X10 194	400+450 R	X10 212	350+400 R	X10 230	230	230	230	230	230	230	
	2-18	Hspd 143	2-28	Hspd 157	2-39	Hspd 173	2-39	Hspd 186	186	186	186	186	186	186	
	3L-18 • 3-28	A/C/G 180	3L-28 • 3-39	A/C/G 194	3-39	A/C/G 215	3-39 • 3-49	A/C/G 223	223	223	223	223	223	223	
			2212	X7 203 A	2212	X7 212 B	2312	X7 231 C	231 C	231 C	231 C	231 C	231 C	231 C	
			1914	X7 213 C	2014	X7 228 B	2114	X7,75 247 A	2114	X7,75 246 B	2214	X7,75 256 B	2214	X7,75 278 A	278 A
			1916	X7,75 331 B	1916	X7,75 241 B	2016	X7,75 264 B	2115	X7,75 269 A	2115	X7,75 280 A	2115	X7,75 280 C	280 C
			570+620 R	A/C/E 145	520+570 R	A/C/E 162	470+520 R	A/C/E 171	171	171	171	171	171	171	171
			550+600 R	X10 172	500+550 R	X10 187	450+500 R	X10 203	203	203	203	203	203	203	203
			2L-18	A/C/G 171	2-18	A/C/G 193	2-39	A/C/G 199	199	199	199	199	199	199	199
			3L-18	A/C/G 172	3L-18 • 3-28	A/C/G 187	3-28 • 3-39	A/C/G 202	202	202	202	202	202	202	202
			2012	X7 194 B	2212	X7 212 A	2212	X7 221 B	221 B	221 B	221 B	221 B	221 B	221 B	221 B
			2013	X7 209 B	2213	X7,75 2213	2213	X7,75 246 A	246 A	246 A	246 A	246 A	246 A	246 A	246 A
			2014	X7 220 B	2114	X7,75 237 A	2114	X7,75 247 A	2114	X7,75 246 B	2214	X7,75 256 B	2214	X7,75 278 A	278 A
			1916	X7,75 231 C	2016	X7,75 258 B	2115	X7,75 269 A	2115	X7,75 269 A	2115	X7,75 280 A	2115	X7,75 280 C	280 C
			520+570 R	A/C/E 156	470+520 R	A/C/E 165	420+470 R	A/C/E 180	180	180	180	180	180	180	180
			500+550 R	X10 179	450+500 R	X10 194	400+450 R	X10 212	212	212	212	212	212	212	212
			2-18	Hspd 143	2-28	Hspd 157	2-39	Hspd 173	173	173	173	173	173	173	173
			3L-18 • 3-28	A/C/G 180	3L-28 • 3-39	A/C/G 194	3-39	A/C/G 215	215	215	215	215	215	215	215
			2212	X7 203 A	2212	X7 212 B	2312	X7 231 C	231 C	231 C	231 C	231 C	231 C	231 C	231 C
			2114	X7,75 227 A	2114	X7,75 237 B	2214	X7,75 247 A	2114	X7,75 246 B	2214	X7,75 256 B	2214	X7,75 278 A	278 A
			2016	X7 243 B	2115	X7 258 B	2115	X7 269 A	2115	X7 269 A	2115	X7 280 A	2115	X7 280 C	280 C
			500	ICS 158	500	ICS 164	500	ICS 171	171	171	171	171	171	171	171

The chart indicates that more than one shaft size may shoot well from your bow. **Shaft sizes in bold type are the most widely used aluminum sizes**, but you may decide to shoot a lighter shaft for speed, or a heavier shaft for greater durability. Variations in bow efficiency, type of wheels or cams, bow length, string material and release type may require special bow tuning or a shaft size change. For compound bows, use the shape of the cam, not the idler wheel, to determine the correct column.

"Shaft Size" column—when two shaft sizes are listed together, separated by a dot or parentheses, either may be used. The choice depends on the set up and shooting style of the archer. X10 and A/C/E shafts perform differently in recurve and compound bows. The size recommendations for recurve bows are indicated with a letter "R" next to the size. To determine the recommended sizes for compound bows (with finger release), add 10-15# to your Peak Bow Weight (use shafts 2-3 sizes stiffer). For compound bows, using release aids, add 5# to your Peak Bow Weight (use shafts 1 size stiffer).