

# Recommended Basic Setups

The following spring/shock combinations are recommendations only. It is the purchaser's responsibility to order the correct products through their personal racing experience. **LANDRUM PERFORMANCE SPRINGS** makes no guarantees that these charts will be suitable for each racer's needs. These set-ups are to provide a reference only. **LEGEND:**

Description of Car			
<b>LF</b>	Dirt Front Spring Asphalt Front Spring	Dirt Front Spring Asphalt Front Spring	<b>RF</b>
<b>LR</b>	Dirt Front Spring Asphalt Front Spring	Dirt Front Spring Asphalt Front Spring	<b>RR</b>

3200 - 3400 Lb. Street Stock 72-77 GM/Ford full size			
<b>LF</b>	900 1000	1000 1200	<b>RF</b>
<b>LR</b>	250 250	200 200	<b>RR</b>

3200 - 3400 Lb. Street Stock 78-84 GM Metric			
<b>LF</b>	1100 1000	1300 1200	<b>RF</b>
<b>LR</b>	225 250	200 225	<b>RR</b>

This is the setup starting pint

3200Lb. Hot Stock 70-81 Camaro Multi-Leaf			
<b>LF</b>	1000 900	1200 1000	<b>RF</b>
<b>LR</b>	21-344SPD 21-344SPA	21-342SPD 21-342SPA	<b>RR</b>

2800Lb. Sportsman Stock Clip/Tube Rear			
<b>LF</b>	1000 900	1200 1000	<b>RF</b>
<b>LR</b>	20-240SPD 20-240SPA	20-231SPD 20-231SPA	<b>RR</b>

May use 1 or 2 90/10 Dampening Shocks  
Over Rear End to Tighten Car on Corner Entry

Late Model Dirt  
2300lb. Mono Leaf

<b>LF</b>	500	550	<b>RF</b>
<b>LR</b>	175 20-244ML	150 20-244ML	<b>RR</b>

Late Model Dirt  
2300Lb. 4-Bar

<b>LF</b>	500	550	<b>RF</b>
<b>LR</b>	225	200	<b>RR</b>

IMCA Modified  
2400lb. Multi-Leaf

<b>LF</b>	B/E550 B/E700	B/E650 B/E800	<b>RF</b>
<b>LR</b>	200 200	175 225	<b>RR</b>

IMCA Modified  
2400lb. Mono Leaf

<b>LF</b>	B/E650	B/E550	<b>RF</b>
<b>LR</b>	200	150	<b>RR</b>

Hopefully the data contained in these pages was informative. Other helpful hints are available from our technical experts.