

HOLDEN 304/355 V8 VN STYLE HEADS ROCKER RATIO 1.65

Application	RPM Range	Part No.	Adv. Duration		.050" Duration		Valve Lift		LSA	Lash Intake	Lash Exhaust	Lifters	Valve Spring	Installed Height	Retainer	Locks	Stem Seal	Timing Kit	Pushrods	Rockers
			Intake	Exhaust	Intake	Exhaust	Intake	Exhaust												
HYDRAULIC USE ZDDP100 OIL ADDITIVE AND QUALITY MINERAL ENGINE OIL ONLY																				
Standard replacement cam	900 - 3800	4000	255	252	200	198	.422"	.422"	117			HT969C-16	4931-16	1.700"	11707-16	11701-16	KG819-16	CS8308	PR-387-16	CRHL8167
High torque fuel efficient cam suit LPG (See Fitting notes 1)	1200 - 4200	4631	269	269	202	207	.434"	.434"	112			HT969C-16	4931-16	1.700"	11707-16	11701-16	KG819-16	CS8308	PR-387-16	CRHL8167
Genuine holden V8 VN 215Kw (See Fitting notes 1)	1400 - 4200	4001	260	260	206	206	.463"	.463"	112			HT969C-16	4931-16	1.700"	11707-16	11701-16	KG819-16	CS8308	PR-387-16	CRHL8167
Cam for increased mid range, smooth idle good economy, dual pattern for LPG needs computer mods (See Fitting notes 1)	1700 - 4700	4666	270	280	204	214	.462"	.486"	112			HT969C-16	4833-16	1.700"	11707-16	11701-16	KG819-16	CS8308	PR-964-16	CRHL8167
Mild cam suit standard engine needs computer mods (See Fitting notes 1)	1800 - 4800	4892	275	275	215	215	.487"	.487"	111			HT969C-16	4833-16	1.700"	11707-16	11701-16	KG819-16	CS8308	PR-964-16	CRHL8167
Medium performance cam, great torque & mid range, needs computer mods (See Fitting notes 1)	2100 - 5000	4770	280	290	214	224	.483"	.490"	111			HT969C-16	4833-16	1.700"	11707-16	11701-16	KG819-16	CS8308	PR-964-16	CRHL8167
Medium performance cam, STD idle needs exhaust & computer mods (See Fitting notes 1)	1900 - 5000	4502	282	276	218	214	.485"	.485"	113			HT969C-16	4833-16	1.700"	11707-16	11701-16	KG819-16	CS8308	PR-964-16	CRHL8167
Performance cam, good driveability and mid range needs exhaust & computer (See Fitting notes 1)	2250 - 5350	4651	282	282	222	222	.493"	.493"	114			HT969C-16	4833-16	1.700"	11707-16	11701-16	KG819-16	CS8308	PR-964-16	CRHL8167
Performance cam, good mid range needs exhaust & computer mods (See Fitting notes 1)	2400 - 5500	4503	289	282	227	220	.486"	.486"	113			HT969C-16	4833-16	1.700"	11707-16	11701-16	KG819-16	CS8308	PR-964-16	CRHL8167
Hot street cam, wide power range, choppy idle, needs headers computer & hi stall (See Fitting notes 1 & 2)	2500 - 5500	4619	286	290	226	232	.505"	.522"	112			HT969C-16	4845-16	1.850"	11717-16	4134-16	KG819-16	CS8308	PR-964-16	CRHL8167
Aggressive street cam, idle needs headers, computer & hi stall (See Fitting notes 1 & 2)	2600 - 5600	4761	292	292	230	230	.495"	.495"	109			HT969C-16	4830-16	1.700"	11707-16	11701-16	KG819-16	CS8308	PR-964-16	CRHL8167
Aggressive hyd cam, need good breathing & engine combo etc (See Fitting notes 1 & 2)	2700 - 6200	4620	294	294	234	234	.521"	.521"	110			HT969C-16	4845-16	1.850"	11717-16	4134-16	KG819-16	CS8308	PR-964-16	CRHL8167
Street /strip hyd cam, aggressive idle needs head work, headers computer & hi stall (See Fitting notes 1 & 2)	2900 - 6000	4649	282	295	234	244	.501"	.501"	108			HT969C-16	4845-16	1.850"	11717-16	4134-16	KG819-16	CS8308	PR-964-16	CRHL8167
Street /strip hyd cam, aggressive idle needs heads, carbie headers, hi stall & roller rockers (See Fitting notes 1 & 2)	2800 - 6000	4787	284	295	238	246	.535"	.540"	112			HT969R-16	4845-16	1.850"	11717-16	4134-16	KG819-16	CS8308	PR-964-16	CRHL8167
Street /strip hyd cam, aggressive idle needs heads, carbie headers, hi stall & roller rockers (See Fitting notes 5)	3000 - 6200	4747	294	307	236	246	.577"	.586"	107			HT969R-16	7333-16 ^D	1.800"	11710-16	4133-16	VSV530-16	CS8308	PR-964-16	CRHL8167
Strong mid range & top end power needs comp, pipes, heads ignition, hi stall & roller (See Fitting notes 1 & 2)	3000 - 6200	4690	300	310	238	243	.525"	.525"	108			HT969R-16	4845-16	1.850"	11717-16	4134-16	KG819-16	CS8308	PR-964-16	CRHL8167
Street/strip cam all out performance needs heads, carbie headers, ignition, hi stall & roller (See Fitting notes 1 & 2)	3500 - 6500	4802	295	295	246	246	.558"	.558"	108			HT969R-16	7333-16 ^D	1.800"	11710-16	4133-16	VSV530-16	CS8308	PR-964-16	CRHL8167
HOLDEN EFI HYDRAULIC ROLLER																				
Improved top end power. Head needs machining to fit double springs. Must be used in conjunction with Twin Cat exhaust and Blueprinted Cylinder heads for maximum performance. Standard torque converter can be used on auto, 1800 hi stall will enhance acceleration. Wide power band	2000 - 6500	4903	285	279	222	217	.548"	.548"	112			5208H	4845-16	1.800"	11707-16	11701-16	KG819-16	CS8308	PR-387-16	CRHL8167

Note: Springs marked with xxxx-xx^D denotes that it is a double spring.

FITTING NOTES: 1. Must use performance springs. 2. Must use performance retainers. 3. Machining required to fit these components. 4. Must use performance seal. 5. Notes 1 to 4 all apply to this part number. 6. Check valve train geometry before ordering pushrod. 7. Pushrod length varied in this model. Check length before ordering. 8. Spring height varies in models, check spring pressure before installation.

FITTING NOTES:

- Converter stall speed should be equal to or greater than the minimum rpm of the cam power range.
- All lash settings quoted are measured hot. • The use of high volume oil pumps may cause premature wear of the distributor gear.

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Application	RPM Range	Part No.	Adv. Duration		.050" Duration		Valve Lift		LSA	Lash Intake	Lash Exhaust	Lifters	Valve Spring	Installed Height	Retainer	Locks	Stem Seal	Timing Kit	Pushrods	Rockers
			Intake	Exhaust	Intake	Exhaust	Intake	Exhaust												
SOLID USE ZDDP100 OIL ADDITIVE AND QUALITY MINERAL ENGINE OIL ONLY																				
Solid cam, great mid range power, lumpy idle, needs heads, headers & computer (See Fitting notes 5)	2700 - 5700	4626	278	288	238	244	.534"	.544"	109	.024"	.026"	AT992-16	<u>7333-16</u> ^D	1.800"	11710-16	4133-16	VSV530-16	CS8308	PR-974-16	CRHL8167
Solid cam, high lift, good upper RPM needs comp, head mods, headers, computer etc (See Fitting notes 5)	3300 - 6500	4806	281	294	245	255	.538"	.558"	109	.018"	.022"	AT992-16	<u>7333-16</u> ^D	1.800"	11710-16	4133-16	VSV530-16	CS8308	PR-974-16	CRHL8167
Aggressive street /strip cam, needs serious engine mods (See Fitting notes 5)	3100- 6500	4746	290	295	252	258	.560"	.585"	109	.018"	.018"	AT992L-16	<u>7342-16</u> ^D	1.850"	11710-16	4133-16	VSV530-16	CS8308	PR5885-110	CRHL8167
Street/strip, needs serious engine mods (See Fitting notes 5)	3200 - 6500	4731	292	297	253	260	.584"	.597"	108	.026"	.026"	AT992L-16	<u>7342-16</u> ^D	1.850"	11710-16	4133-16	VSV530-16	CS8308	PR5885-110	CRHL8167
Competition, serious engine combo needed (See Fitting notes 5)	3600 - 7200	4794	306	311	265	268	.623"	.623"	107	.014"	.016"	AT992L-16	<u>7342-16</u> ^D	1.850"	11710-16	4133-16	VSV530-16	CS8308	PR5885-110	CRHL8167
HYDRAULIC ROLLER																				
Mild performance cam great bottom end & mid range, choppy idle need manifold & headers (See Fitting notes 5)	1800 - 5400	41330	275	282	220	227	.541"	.551"	110			5208H	<u>7342-16</u> ^D	1.800"	11710-16	4133-16	VSV530-16	CS8308	See Notes	CRHL8167
Performance cam great mid range, choppy idle need manifold & headers (See Fitting notes 5)	2800 - 6200	41433	297	303	228	238	.607"	.603"	110			5208H	<u>7342-16</u> ^D	1.800"	11710-16	4133-16	VSV530-16	CS8308	See Notes	CRHL8167
Performance cam great mid range, choppy idle need manifold & headers (See Fitting notes 5)	3200 - 6400	41315	303	307	238	244	.568"	.568"	108			5208H	<u>7342-16</u> ^D	1.800"	11710-16	4133-16	VSV530-16	CS8308	See Notes	CRHL8167
Performance cam aggressive idle excellent mid range needs comp heads manifold etc 3500 hi stall (See Fitting notes 5)	3500 - 6200	41719	295	315	238	243	.585"	.621"	107			5208H	<u>7342-16</u> ^D	1.800"	11710-16	4133-16	VSV530-16	CS8308	See Notes	CRHL8167
Performance cam good mid to upper RPM range, choppy idle need comp carby & headers 3500+hi stall (See Fitting notes 5)	3500 - 6800	41725	307	312	242	246	.623"	.623"	109			5208H	<u>7342-16</u> ^D	1.800"	11710-16	4133-16	VSV530-16	CS8308	See Notes	CRHL8167
Performance cam good mid to upper RPM range, choppy idle need carby & headers comp etc, 3500+ hi stall (See Fitting notes 5)	3700 - 7000	41571	310	310	246	246	.627"	.627"	110			5208H	<u>7342-16</u> ^D	1.800"	11710-16	4133-16	VSV530-16	CS8308	See Notes	CRHL8167
Suits 355+cubes great upper RPM range, choppy idle need manifold & headers comp 3500+ hi stall (See Fitting notes 5)	3800 - 7000	41435	317	326	249	258	.570"	.570"	108			5208H	<u>7342-16</u> ^D	1.800"	11710-16	4133-16	VSV530-16	CS8308	See Notes	CRHL8167
SOLID ROLLER																				
Small street roller, heap of bottom end torque, soft on valve springs (See Fitting notes 5)	2800 - 5800	4969	270	280	233	240	.544"	.544"	110	.016"	.016"	5208	<u>7342-16</u> ^D	1.800"	11710-16	4133-16	VSV530-16	CS8308	See Notes	
Street roller, low lift. Great mid range torque (See Fitting notes 5)	3200 - 6400	41551	278	284	245	251	.621"	.621"	107	.016"	.016"	5208	<u>4910-16</u> ^D	2.000"	13101-16	11101-16	VSV530-16	CS8308	See Notes	
Street/strip application bracket engine cam needs comp A/F heads & hi stall (See Fitting notes 5)	3500 - 6800	41301	286	295	252	260	.596"	.596"	108	.018"	.018"	5208	<u>4910-16</u> ^D	2.000"	13101-16	11101-16	VSV530-16	CS8308	See Notes	
Street/strip application bracket engine needs comp and after market heads etc (See Fitting notes 5)	3600 - 7000	41482	290	294	252	257	.666"	.666"	113	.016"	.016"	5208	<u>4920-16</u> ^D	2.000"	13101-16	11101-16	VSV530-16	CS8308	See Notes	
Street/strip application, bracket engine needs comp, good heads (See Fitting notes 5)	3800 - 7200	4754	295	298	257	262	.660"	.677"	106	.016"	.016"	5208	<u>4920-16</u> ^D	2.000"	13101-16	11101-16	VSV530-16	CS8308	See Notes	
Suits 355+cubes great upper RPM range, choppy idle need manifold & headers comp 3500+ hi stall (See Fitting notes 5)	4000- 7200	41492	300	306	262	268	.623"	.623"	107	.018"	.020"	5208	<u>4910-16</u> ^D	2.000"	13101-16	11101-16	VSV530-16	CS8308	See Notes	

Note: Springs marked with xxxx-xx^D denotes that it is a double spring.

FITTING NOTES: 1. Must use performance springs. 2. Must use performance retainers. 3. Machining required to fit these components. 4. Must use performance seal. 5. Notes 1 to 4 all apply to this part number. 6. Check valve train geometry before ordering pushrod. 7. Pushrod length varied in this model. Check length before ordering. 8. Spring height varies in models, check spring pressure before installation.

FITTING NOTES: Push Rods sold separately. Check length before ordering from page 78.
 • Converter stall speed should be equal to or greater than the minimum rpm of the cam power range.
 • All lash settings quoted are measured hot. • The use of high volume oil pumps may cause premature wear of the distributor gear.