

Shaft Selection Charts for Carbon Express Shafting

Recurve with a standard 125 grain point and a Fast Flight String.

Your Bow's Peak Weight	Arrow Length									
	24"	25"	26"	27"	28"	29"	30"	31"	32"	33"
30-35					150	150	150	150	250	250
35-40				150	150	150	150	250	250	250
40-45			150	150	150	150	250	250	250	250
45-50		150	150	150	150	250	250	250	250	350
50-55	150	150	150	150	250	250	250	250	350	350
55-60	150	150	150	250	250	250	250	350	350	350
60-65	150	150	250	250	250	250	350	350	350	350
65-70	150	250	250	250	250	350	350	350	350	350
70-75	250	250	250	250	350	350	350	350	350	
75-80	250	250	250	350	350	350	350	350		
80-85	250	250	350	350	350	350	350			
85-90	250	350	350	350	350	350				

Modern Longbow with a standard 125 grain point and a Fast Flight String.

Your Bow's Peak Weight	Arrow Length									
	24"	25"	26"	27"	28"	29"	30"	31"	32"	33"
30-35					150	150	150	150	150	250
35-40				150	150	150	150	150	250	250
40-45			150	150	150	150	150	250	250	250
45-50		150	150	150	150	150	250	250	250	250
50-55	150	150	150	150	150	250	250	250	250	350
55-60	150	150	150	150	250	250	250	250	350	350
60-65	150	150	150	250	250	250	250	350	350	350
65-70	150	150	250	250	250	250	350	350	350	350
70-75	150	250	250	250	250	350	350	350	350	350
75-80	250	250	250	250	350	350	350	350	350	
80-85	250	250	250	350	350	350	350	350		
85-90	250	250	350	350	350	350	350			

Arrow length is measure from the bottom of the groove of the nock to the back of the point.
(Where the shoulder of the point touches the end of the shaft, not the tip.)

Draw length is measured from the bottom of the groove of the nock to the outermost edge of the back of the bow.
(The side opposite and away from you. Then add a minimum of 1" for broadhead clearance.

Longbows and recurve bows are marked at the factory with their weight when pulled 28". On average there is a 2#-3# change in weight per inch of draw. A 50# @ 28" bow would pull approx. 47# @ 27" or 53# @ 29".
See chart below for example.

Draw Length	25"	26"	27"	28"	29"	30"	31"
Bow Weight	41	44	47	50	53	56	59

Arrows are more stiff the shorter they are and less stiff the longer they are. The change is approx. 5# per inch.
A given arrow that when cut 28" has a spine "weight" of 50# is 55# if cut to 27" or 45# if cut 29".
See chart below for example.

Arrow Length	25"	26"	27"	28"	29"	30"	31"
Arrow Spine in Bow Weight	65-70	60-65	55-60	50-55	45-50	40-45	35-40

All information herein is presented only as a guide. Every situation is slightly different and your results may vary.
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