



General Timing Guidelines

The following are some initial recommendations for timing. Be conservative and read your plugs. Run a 330' hit rather than a full 1/8th or ¼ mile hit, and tow up and back to get the best reading. The spark plug recommendations are based on NGK heat ranges. An equivalent Autolite or other brand can be used.

These are a **general guidelines!** The best plug option can change per combo, depending on things like compression, cam profile, and so on.

Nitrous Horsepower	Combustion Efficiency	Timing Going Down Track	NGK Spark Plug or Equivalent	Fuel/Octane
100	Low	32	-8	93+
100	Medium	30	-8	93+
100	High	28	-8	93+
125	Low	31	-8	100+
125	Medium	29	-8	100+
125	High	27	-8	100+
150	Low	29	-9	100+
150	Medium	27	-9	100+
150	High	25	-9	100+
175	Low	27	-9	110+
175	Medium	25	-9	110+
175	High	23	-9	110+
200	Low	24	-10	110+
200	Medium	22	-10	110+
200	High	20	-10	110+
250	Low	22	-10	112+
250	Medium	20	-10	112+
250	High	18	-10	112+
300	Low	20	-10	114+
300	Medium	18	-10	114+
300	High	16	-10	114+
350	Low	18	-10	114+
350	Medium	16	-10	114+
350	High	14	-10	114+

Note: These recommendations are for V8's. For a 4 or 6 cylinder, numbers will be different.

