

Shooting the Stick Bow

3rd Edition

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How to pick the right Al arrow without charts and tables. (Also, how to select a Carbon or Carbon/Al arrow that matches your Al selection.

This **WILL NOT** give you the perfect aluminum arrow for a given bow, it will give you a **tunable arrow** and for beginning archers that's ALL you need.

Here's the deal. There are only nine arrow spines you need to start off with bows from 18# to about 100#. (Note: This is an approximation).

In general for 28 inch arrow +/- 1 Inch (27-29) **AND** 100-125 gr points(heads).

TABLE I

Bow Poundage Range	Al arrow size
18-23 lbs	1516
24-27 lbs	1616
28-33 lbs	1716
34-42 lbs	1816
43-52 lbs	1916
53-60 lbs	2016
61-70 lbs	2117
71-80 lbs	2216
81-100 lbs	2219

If you go with a 30" arrow jump to the next stiffer spine. If you go to a 32" arrow, then jump up 2 spines stiffer. Same for going to a shorter arrow etc.

Example: If you have a 35# bow and use a 28" arrow with a 100-125 gr point the chart selects an 1816 arrow. If you want a 30" arrow select a 1916 arrow size, if you want a 26" arrow select 1716.

Aluminum arrow size designations:

1st 2 digits are the OD of the shaft in 64ths of an inch.

2nd 2 digits are the shaft wall thickness in 1/1000 of an inch.

Example: 2016 -> OD: $20/64'' = 5/16''$ Wall thickness: $16/1000'' = .016''$

Selecting a Carbon or Carbon/Al arrow Use TABLE II.

- 1) Find your Al arrow using the process on page 1 and TABLE I
- 2) Look up your Al arrow size on TABLE II.
- 3) Determine the Static Spine of your Al arrow
- 4) Match the spine from TABLE II, in a Carbon or Carbon/Al arrow selection.

Example:

- a) TABLE I recommended a 1916 Al arrow for you weight bow and arrow length
- b) TABLE II shows a 1916 Al arrow to have a static spine of .623 “
- c) In an arrow manufacturers or Lancaster catalog, look for an arrow with a spine as close to .623 as possible.

NOTE: arrow manufactures, at least Easton, marks a .623 spine arrow as a 623 IF they have the model in that exact spine. You may have to settle for a spine as close to .623 offered. Easton for example has an Easton 5mm Axis Traditional Shaft in the following sizes 700,600,500,400, & 300 so you would pick a 600 arrow size with a .600 spine. (It will be slightly stiffer than an arrow with exactly a .623 spine.

Other things to purchase with arrows;

- 1) Points or Heads → Target points that are recommended for your arrow
- 2) Nock Inserts(if needed) recommended or that fit your arrows per the manufacturer.
- 3) Nocks recommended or that fit your arrows per the manufacturer.
- 4) Vanes, feathers → beginning barebow shooters min 2 inches

Your can also purchase MTO or “Made to Order” arrows at a higher cost.