



While many brands use their manufacturing *equipment* to speak for the quality of their product. Swift relies on *superior engineering*, and *craftsmanship* of the spring material to demonstrate its unequalled quality.

Swifts R&D team created material, called H5S.TW, which was stronger than silicon chrome. It was so resilient that it required 2 rounds of shot peening in order to hold its coil shape and was so strong that it needed thinner wire compared to other manufacturers. It also needed fewer coils, which greatly decreased weight while dramatically increasing available stroke.

Since it's inception, Swift tests all products using professional racers in real racecars. The feedback they provide insures Swift's focus on producing the right springs for the right job. Swift never stops looking to the future for the advancement in motorsports suspension.



60mm (Fits) 2.25" Inner Diameter

	Part # (pair)	Spring Rate			Max Stroke		Max Load			Weight	
		Kgf/mm	N/mm	Lbs/Inch	mm	inch	kg	N	Lbs	kg	lbs
Height 6 inch 152mm	Z60-152-040	4.0	39	.224	101.0	4.0	.404	3.962	.891	0.57	1.248
	Z60-152-050	5.0	49	.280	94.0	3.7	.470	4.609	1.036	0.63	1.382
	Z60-152-060	6.0	59	.336	93.0	3.7	.558	5.472	1.230	0.74	1.636
	Z60-152-070	7.0	69	.392	89.0	3.5	.623	6.110	1.373	0.80	1.768
	Z60-152-080	8.0	78	.448	83.0	3.3	.664	6.512	1.464	0.83	1.839
	Z60-152-090	9.0	88	.504	78.0	3.1	.702	6.884	1.548	0.87	1.927
	Z60-152-100	10.0	98	.560	74.0	2.9	.740	7.257	1.631	0.88	1.946
	Z60-152-110	11.0	108	.616	71.0	2.8	.781	7.659	1.722	0.90	1.977
	Z60-152-120	12.0	118	.672	70.0	2.8	.840	8.238	1.852	0.95	2.103
	Z60-152-130	13.0	127	.728	69.0	2.7	.897	8.797	1.978	1.02	2.241
	Z60-152-140	14.0	137	.784	69.0	2.7	.966	9.473	2.130	1.08	2.392
	Z60-152-150	15.0	147	.840	70.0	2.8	1.050	10.297	2.315	1.20	2.649
	Z60-152-160	16.0	157	.896	68.0	2.7	1.088	10.670	2.399	1.24	2.723
	Z60-152-180	18.0	177	1.008	65.0	2.6	1.170	11.474	2.579	1.27	2.790
	Z60-152-200	20.0	196	1.120	64.0	2.5	1.280	12.553	2.822	1.40	3.083
	Z60-152-220	22.0	216	1.232	64.0	2.5	1.408	13.808	3.104	1.50	3.299
Z60-152-240	24.0	235	1.344	60.0	2.4	1.440	14.122	3.175	1.55	3.426	
Z60-152-260	26.0	255	1.456	59.0	2.3	1.534	15.043	3.382	1.62	3.560	
Z60-152-280	28.0	275	1.568	58.0	2.3	1.624	15.926	3.580	1.68	3.711	
Z60-152-300	30.0	294	1.680	56.0	2.2	1.680	16.475	3.704	2.09	4.608	
Z60-152-320	32.0	314	1.792	54.0	2.1	1.728	16.946	3.810	2.12	4.674	
Z60-152-340	34.0	333	1.904	55.0	2.2	1.870	18.338	4.123	2.34	5.159	
Height 7 inch 178mm	Z60-178-040	4.0	39	.224	118.0	4.6	.472	4.629	1.041	0.74	1.638
	Z60-178-050	5.0	49	.280	112.0	4.4	.560	5.492	1.235	0.85	1.881
	Z60-178-060	6.0	59	.336	104.0	4.1	.624	6.119	1.376	0.90	1.985
	Z60-178-070	7.0	69	.392	96.0	3.8	.672	6.590	1.481	0.92	2.036
	Z60-178-080	8.0	78	.448	93.0	3.7	.744	7.296	1.640	1.04	2.302
	Z60-178-090	9.0	88	.504	87.0	3.4	.783	7.679	1.726	1.04	2.295
	Z60-178-100	10.0	98	.560	84.0	3.3	.840	8.238	1.852	1.09	2.406
	Z60-178-110	11.0	108	.616	82.0	3.2	.902	8.846	1.989	1.15	2.536
	Z60-178-120	12.0	118	.672	80.0	3.1	.960	9.414	2.116	1.22	2.683
	Z60-178-130	13.0	127	.728	81.0	3.2	1.053	10.326	2.321	1.34	2.951
	Z60-178-140	14.0	137	.784	78.0	3.1	1.092	10.709	2.407	1.37	3.012
	Z60-178-150	15.0	147	.840	77.0	3.0	1.155	11.327	2.546	1.45	3.194
	Z60-178-160	16.0	157	.896	75.0	3.0	1.200	11.768	2.646	1.49	3.278
	Z60-178-180	18.0	177	1.008	72.0	2.8	1.296	12.709	2.857	1.51	3.338
	Z60-178-200	20.0	196	1.120	70.0	2.8	1.400	13.729	3.086	1.61	3.542
	Z60-178-220	22.0	216	1.232	70.0	2.8	1.540	15.102	3.395	1.83	4.038
Z60-178-240	24.0	235	1.344	68.0	2.7	1.632	16.004	3.598	1.89	4.170	



60mm (Fits) 2.25" Inner Diameter

	Part # (pair)	Spring Rate			Max Stroke		Max Load			Weight	
		Kgf/mm	N/mm	Lbs/Inch	mm	inch	kg	N	Lbs	kg	lbs
Height 8 inch 203mm	Z60-203-040	4.0	39	.224	128.0	5.0	.512	5.021	1.129	0.87	1.925
	Z60-203-050	5.0	49	.280	125.0	4.9	.625	6.129	1.378	1.04	2.298
	Z60-203-060	6.0	59	.336	110.0	4.3	.660	6.472	1.455	1.04	2.293
	Z60-203-070	7.0	69	.392	103.0	4.1	.721	7.071	1.590	1.06	2.335
	Z60-203-080	8.0	78	.448	99.0	3.9	.792	7.767	1.746	1.14	2.515
	Z60-203-090	9.0	88	.504	95.0	3.7	.855	8.385	1.885	1.19	2.614
	Z60-203-100	10.0	98	.560	90.0	3.5	.900	8.826	1.984	1.24	2.731
	Z60-203-110	11.0	108	.616	89.0	3.5	.979	9.601	2.158	1.30	2.867
	Z60-203-120	12.0	118	.672	87.0	3.4	1.044	10.238	2.302	1.42	3.139
	Z60-203-130	13.0	127	.728	86.0	3.4	1.118	10.964	2.465	1.45	3.188
Height 9in 228mm	Z60-203-140	14.0	137	.784	83.0	3.3	1.162	11.395	2.562	1.53	3.370
	Z60-203-160	16.0	157	.896	81.0	3.2	1.296	12.709	2.857	1.66	3.653
	Z60-203-180	18.0	177	1.008	77.0	3.0	1.386	13.592	3.056	1.74	3.841
	Z60-203-200	20.0	196	1.120	73.0	2.9	1.460	14.318	3.219	1.78	3.929
	Z60-228-040	4.0	39	.224	138.0	5.4	.552	5.413	1.217	1.02	2.249
	Z60-228-050	5.0	49	.280	134.0	5.3	.670	6.570	1.477	1.21	2.658
	Z60-228-060	6.0	59	.336	125.0	4.9	.750	7.355	1.653	1.31	2.897
	Z60-228-070	7.0	69	.392	122.0	4.8	.854	8.375	1.883	1.45	3.196
	Z60-228-080	8.0	78	.448	114.0	4.5	.912	8.944	2.011	1.48	3.261
	Z60-228-090	9.0	88	.504	109.0	4.3	.981	9.620	2.163	1.52	3.357
Height 9in 228mm	Z60-228-100	10.0	98	.560	106.0	4.2	1.060	10.395	2.337	1.65	3.632
	Z60-228-120	12.0	118	.672	102.0	4.0	1.224	12.003	2.698	1.86	4.109
	Z60-228-140	14.0	137	.784	100.0	3.9	1.400	13.729	3.086	2.13	4.693
	Z60-228-160	16.0	157	.896	98.0	3.9	1.568	15.377	3.457	2.36	5.192

65mm (Fits) 2.50" Inner Diameter

	Part # (pair)	Spring Rate			Max Stroke		Max Load			Weight	
		Kgf/mm	N/mm	Lbs/Inch	mm	inch	kg	N	Lbs	kg	lbs
Height 6 inch 152mm	Z65-152-040	4.0	39	.224	103.0	4.1	.412	4.040	.908	0.68	1.499
	Z65-152-050	5.0	49	.280	95.0	3.7	.475	4.658	1.047	0.75	1.653
	Z65-152-060	6.0	59	.336	93.0	3.7	.558	5.472	1.230	0.75	1.657
	Z65-152-070	7.0	69	.392	89.0	3.5	.623	6.110	1.373	0.94	2.072
	Z65-152-080	8.0	78	.448	84.0	3.3	.672	6.590	1.481	0.88	1.935
	Z65-152-090	9.0	88	.504	79.0	3.1	.711	6.973	1.567	0.88	1.941
	Z65-152-100	10.0	98	.560	74.0	2.9	.740	7.257	1.631	0.89	1.960
	Z65-152-110	11.0	108	.616	72.0	2.8	.792	7.767	1.746	0.94	2.071
	Z65-152-120	12.0	118	.672	71.0	2.8	.852	8.355	1.878	1.00	2.197
	Z65-152-130	13.0	127	.728	70.0	2.8	.910	8.924	2.006	1.06	2.333
Height 6 inch 152mm	Z65-152-140	14.0	137	.784	71.0	2.8	.994	9.748	2.191	1.17	2.576
	Z65-152-150	15.0	147	.840	69.0	2.7	1.035	10.150	2.282	1.20	2.641
	Z65-152-160	16.0	157	.896	69.0	2.7	1.104	10.827	2.434	1.27	2.811
	Z65-152-180	18.0	177	1.008	64.0	2.5	1.152	11.297	2.540	1.26	2.777
	Z65-152-200	20.0	196	1.120	62.0	2.4	1.240	12.160	2.734	1.30	2.859
	Z65-152-220	22.0	216	1.232	61.0	2.4	1.342	13.161	2.959	1.39	3.058
	Z65-152-240	24.0	235	1.344	59.0	2.3	1.416	13.886	3.122	1.44	3.177
	Z65-152-260	26.0	255	1.456	57.0	2.2	1.482	14.533	3.267	1.57	3.452
	Z65-152-280	28.0	275	1.568	56.0	2.2	1.568	15.377	3.457	1.68	3.707
	Z65-152-300	30.0	294	1.680	59.0	2.3	1.770	17.358	3.902	1.94	4.277
Height 7 inch 178mm	Z65-152-320	32.0	314	1.792	57.0	2.2	1.824	17.887	4.021	1.97	4.343
	Z65-152-340	34.0	333	1.904	58.0	2.3	1.972	19.339	4.347	2.18	4.806
	Z65-178-040	4.0	39	.224	120.0	4.7	.480	4.707	1.058	0.79	1.738
	Z65-178-050	5.0	49	.280	110.0	4.3	.550	5.394	1.213	0.86	1.906
	Z65-178-060	6.0	59	.336	106.0	4.2	.636	6.237	1.402	0.95	2.094
	Z65-178-070	7.0	69	.392	93.0	3.7	.651	6.384	1.435	0.97	2.136
	Z65-178-080	8.0	78	.448	93.0	3.7	.744	7.296	1.640	1.05	2.304
	Z65-178-090	9.0	88	.504	89.0	3.5	.801	7.855	1.766	1.09	2.394
	Z65-178-100	10.0	98	.560	86.0	3.4	.860	8.434	1.896	1.14	2.500



65mm (Fits) 2.50" Inner Diameter

Part # (pair)	Spring Rate			Max Stroke		Max Load			Weight	
	Kgf/mm	N/mm	Lbs/Inch	mm	inch	kg	N	Lbs	kg	lbs
Z65-178-110	11.0	108	.616	83.0	3.3	.913	8.953	2.013	1.19	2.631
Z65-178-120	12.0	118	.672	83.0	3.3	.996	9.767	2.196	1.31	2.880
Z65-178-130	13.0	127	.728	80.0	3.1	1.040	10.199	2.293	4.33	2.930
Z65-178-140	14.0	137	.784	80.0	3.1	1.120	10.983	2.469	1.41	3.098
Z65-178-150	15.0	147	.840	76.0	3.0	1.140	11.180	2.513	1.44	3.165
Z65-178-160	16.0	157	.896	76.0	3.0	1.216	11.925	2.681	1.52	3.357
Z65-178-180	18.0	177	1.008	73.0	2.9	1.314	12.886	2.897	1.60	3.533
Z65-178-200	20.0	196	1.120	70.0	2.8	1.400	13.729	3.086	1.64	3.617
Z65-178-220	22.0	216	1.232	68.0	2.7	1.496	14.671	3.298	1.69	3.726
Z65-178-240	24.0	235	1.344	68.0	2.7	1.632	16.004	3.598	1.86	4.099
Z65-203-040	4.0	39	.224	132.0	5.2	.528	5.178	1.164	0.93	2.040
Z65-203-050	5.0	49	.280	126.0	5.0	.630	6.178	1.389	1.10	2.429
Z65-203-060	6.0	59	.336	118.0	4.6	.708	6.943	1.561	1.19	2.631
Z65-203-070	7.0	69	.392	115.0	4.5	.805	7.894	1.775	1.31	2.890
Z65-203-080	8.0	78	.448	107.0	4.2	.856	8.394	1.887	1.35	2.968
Z65-203-090	9.0	88	.504	102.0	4.0	.918	9.003	2.024	1.39	3.058
Z65-203-100	10.0	98	.560	100.0	3.9	1.000	9.807	2.205	1.50	3.307
Z65-203-110	11.0	108	.616	92.0	3.6	1.012	9.924	2.231	1.50	3.307
Z65-203-120	12.0	118	.672	92.0	3.6	1.104	10.827	2.434	1.58	3.483
Z65-203-130	13.0	127	.728	89.0	3.5	1.157	11.346	2.551	1.60	3.519
Z65-203-140	14.0	137	.784	87.0	3.4	1.218	11.944	2.685	1.68	3.711
Z65-203-160	16.0	157	.896	87.0	3.4	1.392	13.651	3.069	1.94	4.285
Z65-203-180	18.0	177	1.008	82.0	3.2	1.476	14.475	3.254	1.96	4.329
Z65-203-200	20.0	196	1.120	79.0	3.1	1.580	15.495	3.483	2.00	4.407
Z65-228-040	4.0	39	.224	138.0	5.4	.552	5.413	1.217	1.02	2.258
Z65-228-050	5.0	49	.280	127.0	5.0	.635	6.227	1.400	1.09	2.413
Z65-228-060	6.0	59	.336	124.0	4.9	.744	7.296	1.640	1.31	2.878
Z65-228-070	7.0	69	.392	115.0	4.5	.805	7.894	1.775	1.32	2.903
Z65-228-080	8.0	78	.448	113.0	4.4	.904	8.865	1.993	1.46	3.225
Z65-228-090	9.0	88	.504	112.0	4.4	1.008	9.885	2.222	1.63	3.600
Z65-228-100	10.0	98	.560	104.0	4.1	1.040	10.199	2.293	1.62	3.580
Z65-228-120	12.0	118	.672	102.0	4.0	1.224	12.003	2.698	1.90	4.187
Z65-228-140	14.0	137	.784	94.0	3.7	1.316	12.906	2.901	1.94	4.281
Z65-228-160	16.0	157	.896	92.0	3.6	1.472	14.435	3.245	2.15	4.742
Z65-254-030	3.0	29	.168	160.0	6.3	.480	4.707	1.058	1.00	2.199
Z65-254-040	4.0	39	.224	157.0	6.2	.628	6.159	1.384	1.31	2.888
Z65-254-050	5.0	49	.280	150.0	5.9	.750	7.355	1.653	1.51	3.334
Z65-254-060	6.0	59	.336	144.0	5.7	.864	8.473	1.905	1.70	3.741
Z65-254-070	7.0	69	.392	132.0	5.2	.924	9.061	2.037	1.70	3.743
Z65-254-080	8.0	78	.448	125.0	4.9	1.000	9.807	2.205	1.79	3.956
Z65-254-090	9.0	88	.504	124.0	4.9	1.116	10.944	2.460	1.96	4.331
Z65-254-100	10.0	98	.560	116.0	4.6	1.160	11.376	2.557	1.97	4.335
Z65-254-120	12.0	118	.672	111.0	4.4	1.332	13.062	2.937	2.19	4.838
Z65-254-140	14.0	137	.784	100.0	3.9	1.400	13.729	3.086	2.16	4.756
Z65-280-030	3.0	29	.168	175.0	6.9	.525	5.148	1.157	1.16	2.555
Z65-280-035	3.5	34	.196	168.0	6.6	.588	5.766	1.296	1.26	2.786
Z65-280-040	4.0	39	.224	159.0	6.3	.636	6.237	1.402	1.31	2.890
Z65-280-045	4.5	44	.252	152.0	6.0	.684	6.708	1.508	1.38	3.037
Z65-280-050	5.0	49	.280	151.0	5.9	.755	7.404	1.664	1.51	3.330
Z65-280-055	5.5	54	.308	147.0	5.8	.809	7.929	1.782	1.61	3.539
Z65-280-060	6.0	59	.336	145.0	5.7	.870	8.532	1.918	1.70	3.749
Z65-280-070	7.0	69	.392	136.0	5.4	.952	9.336	2.099	1.77	3.896
Z65-280-080	8.0	78	.448	132.0	5.2	1.056	10.356	2.328	1.94	4.273
Z65-280-090	9.0	88	.504	130.0	5.1	1.170	11.474	2.579	2.15	4.733
Z65-280-100	10.0	98	.560	124.0	4.9	1.240	12.160	2.734	2.20	4.859