EDUCATION

Comp Cam Selection Guide

PUBLISHED
November 25, 2026

REFERENCE
#1795581516198816

Unlocking Engine Performance: The Ultimate Comp Cam Selection Guide

Choosing the right camshaft is one of the most critical decisions you can make when building or upgrading an engine. The camshaft controls the valve timing, which directly influences an engine's power band, idle quality, and overall driving behavior. Among aftermarket camshaft manufacturers, COMP Cams® stands as a leading name, offering an extensive lineup of profiles for everything from mild street engines to all-out race motors. However, with hundreds of part numbers and specifications available, the process can quickly become overwhelming. This **Comp Cam selection guide**is designed to cut through the noise, providing you with a clear, systematic approach to choosing the perfect cam for your specific application. Whether you are building a weekend cruiser, a street/strip monster, or a dedicated track machine, understanding the core principles of camshaft selection will empower you to make an informed decision that maximizes your engine's potential.

Understanding Camshaft Fundamentals

Before diving into the COMP Cams catalog, it is essential to grasp the key specifications that define a camshaft's personality. These numbers are not arbitrary; they are carefully engineered to produce specific engine characteristics. The primary specs you will encounter include duration, lift, lobe separation angle (LSA), and intake centerline. Each of these elements works in concert to determine when the intake and exhaust valves open and close relative to the piston's position.

Duration: The Measure of Airflow Opportunity

Duration is the amount of crankshaft rotation (measured in degrees) that the valve is off its seat. It is typically advertised at 0.006-inch tappet lift, with the more widely compared figure being duration at 0.050-inch lift. A larger duration number means the valve stays open longer, allowing more air and fuel to enter the cylinder at higher engine speeds. However, longer duration also reduces low-RPM vacuum and can soften idle quality. For a street-driven car, selecting a cam with a duration at 0.050-inch in the range of 210 to 230 degrees is common, while race engines may exceed 260 degrees or more.

Valve Lift: Increasing the Flow Window

Lift refers to how far the valve opens from its seat. It is determined by both the cam lobe profile and the rocker arm ratio. Higher lift generally improves airflow by reducing restriction at the valve opening. COMP Cams offers various lobe families, with some designed for maximum lift within a given duration. It is crucial to ensure that your cylinder heads, pistons, and valve springs can accommodate the intended lift. Excessive lift without proper clearances can lead to piston-to-valve interference or valve spring coil bind, resulting in catastrophic engine failure.

Lobe Separation Angle (LSA) and Its Effects

The lobe separation angle is the distance in degrees between the centerline of the intake lobe and the centerline of the exhaust lobe. A tighter LSA (e.g., 106 to 108 degrees) creates more overlap, where both

valves are open simultaneously. This improves top-end power and gives the engine a more aggressive idle, but it reduces manifold vacuum and low-speed torque. A wider LSA (e.g., 112 to 114 degrees) reduces overlap, producing a smoother idle, better vacuum, and broader torque across the mid-range. EFI conversions and daily-driven street cars often benefit from wider LSAs.

Matching Cam Specs to Your Engine Combination

Your engine is a system, and the camshaft must work in harmony with other components such as cylinder heads, intake manifold, exhaust headers, compression ratio, and even the torque converter in automatic transmission cars. Selecting a cam based solely on a friend's recommendation or a popular forum thread can lead to disappointing results. Instead, follow a logical, component-based approach.

Compression Ratio and Dynamic Compression

Engines with higher static compression ratios (above 9.5:1 for iron heads or 10.5:1 for aluminum heads) can generally handle longer duration and tighter LSAs without losing too much low-end torque. Conversely, a low-compression engine (below 9:1) paired with a large cam can result in sluggish throttle response and poor drivability. The concept of dynamic compression accounts for the intake valve closing point, which is directly influenced by the camshaft. A well-matched cam will keep dynamic compression in a healthy range for the fuel octane you plan to use.

Intake and Exhaust Flow Characteristics

The cylinder heads' flow capacity dictates how much air the engine can process. If you have high-flowing heads, a cam with moderate lift and duration may be sufficient. If your heads are restrictive, a larger cam may be necessary to compensate, though the gains will be limited. COMP Cams designs many of its profiles to complement specific cylinder head designs, especially for popular platforms like the Chevy LS, Ford Modular, and Chrysler Hemi.

Types of Comp Cams: Hydraulic Flat Tappet vs. Hydraulic Roller vs. Solid Roller

COMP Cams manufactures several camshaft types, each suited to different budgets, reliability expectations, and performance goals.

- Hydraulic Flat Tappet: These are the most budget-friendly option suitable for many classic engines. They require proper break-in procedures to prevent lobe wear, especially on the flat tappet lifter face. They offer good street manners and are available in a wide range of profiles.
- Hydraulic Roller: Using a roller lifter on a roller camshaft reduces friction and allows for more aggressive lobe profiles with higher lift and faster ramps. They are the go-to choice for LS engines and many modern retrofit applications. They generally require less break-in and are more reliable for long-term street use.
- Solid Roller: Designed for high-RPM racing applications, solid roller cams require periodic valve lash adjustments. They allow extremely aggressive lobe profiles and maximum power potential but are not recommended for daily-driven street cars due to maintenance requirements and shorter component life.
- Mechanical Flat Tappet: An older technology still used in some racing circles, but largely superseded by roller designs for most performance applications.

Application-Specific Comp Cam Selection Guide

Mild Street Performance (Daily Driver / Weekend Cruiser)

For a car that sees regular traffic, highway cruising, and occasional spirited driving, you want a cam that enhances power without compromising idling comfort or low-speed drivability. Look for hydraulic roller or flat tappet cams with duration at 0.050-inch in the 210 to 220 degree range, lift around 0.500 to 0.540 inches, and an LSA of 112 to 114 degrees. These cams will provide noticeable gains over stock, maintain good manifold

vacuum for power brakes and EFI, and deliver a mild lope at idle. COMP Cams' Xtreme Energy™ series is an excellent example of this category, offering optimized profiles for street-driven small-block and big-block engines.

Street/Strip and High-Performance Street

If your car sees frequent trips to the drag strip or autocross but must still be driven on the street, you can step up to more aggressive profiles. Duration at 0.050-inch in the 230 to 245 degree range, lift from 0.560 to 0.600 inches, and an LSA of 108 to 110 degrees are common. These cams produce a pronounced idle lope, require a higher stall torque converter (typically 2500-3500 RPM), and may benefit from a performance intake manifold and headers. They still retain decent drivability but demand more attention to tuning. COMP Cams' Thumpr™ series is specifically designed to deliver that aggressive muscle car sound along with strong mid-range and top-end power.

Race Only / Maximum Effort

For dedicated track cars, power above all else is the priority. These cams feature duration at 0.050-inch exceeding 250 degrees, lift over 0.650 inches, and tight LSAs of 106 to 108 degrees. They require high compression, large carburetors or EFI throttle bodies, aggressive headers, and often a manual transmission or a high-stall automatic. Idle quality is rough, vacuum is low, and drivability on the street is extremely poor. Solid roller cams are common here, along with heavy-duty valve springs and upgraded valvetrain components to handle the increased loads.

Special Considerations for Modern Engines

LS and LT Engines

General Motors' LS and LT engines are among the most popular platforms for performance upgrades. Their factory hydraulic roller camshafts are easily upgraded with drop-in COMP Cams units that offer significant gains. For street-driven LS engines, a Stage 2 or Stage 3 camshaft with duration around 216 to 230 degrees at 0.050-inch and lift in the 0.550 to 0.620-inch range works excellently. More aggressive cams may require upgraded valve springs, pushrods, and even a custom tune, especially for engines with variable valve timing (VVT) systems.

Ford Coyote and Modular Engines

Ford's Coyote and older 4.6/5.4 Modular engines respond well to camshaft upgrades, but the process is more complex due to the dual overhead cam (DOHC) design. COMP Cams offers a range of camshaft sets for these engines, with duration and lift specifications tailored to the specific displacement and induction type (naturally aspirated or supercharged). These cams often require custom tuning and may need upgraded phasers for proper operation.

Chrysler Hemi and Gen III Hemi

The modern Chrysler Hemi (5.7L, 6.1L, 6.4L, and 392) uses a unique valvetrain layout. COMP Cams provides drop-in hydraulic roller camshafts that significantly improve power. These cams often require upgraded valve springs and may benefit from a 6.1L or larger intake manifold. The LSA choice is particularly important for Hemis to maintain good street manners and avoid idle issues.

Installation and Break-In: Critical Steps for Success

Once you have selected the perfect camshaft, proper installation and break-in are non-negotiable for long-term reliability. For hydraulic flat tappet cams, the break-in procedure is especially critical. Use a high-zinc engine break-in oil, follow the manufacturer's instructions meticulously, and never let the engine idle during the first 20 minutes. Spin it at 2000 to 2500 RPM with varying throttle positions to properly seat the lifters. For hydraulic

roller cams, the break-in is less critical, but you must still use the correct oil and ensure that the valvetrain is properly adjusted.

Supporting Components: Don't Skimp Here

Installing a performance cam without upgrading the valve springs, pushrods, and timing chain is a recipe for premature failure. The new cam's increased lift and duration place higher stresses on the valvetrain. COMP Cams recommends using their matched valve spring kits, which provide the correct installed height, seat pressure, and open pressure for the chosen cam profile. Additionally, double-roller timing chains are almost always recommended over stock chains to maintain accurate cam timing under high RPM loads.

Putting It All Together: A Step-by-Step Selection Process

1. Define your goals: What do you want the car to do? Daily drive, drag race, autocross, or show?
2. Evaluate your engine: Note the displacement, compression ratio, cylinder head flow, intake and exhaust system, and transmission type.
3. Determine your cam type: Decide between hydraulic flat tappet, hydraulic roller, or solid roller based on budget and intended use.
4. Narrow down specs: Use the guidelines above to choose a duration and LSA range that fits your goals.
5. Use COMP Cams' online tools: Visit the official COMP Cams website and use their cam selector tool. Input your engine specs and goals, and the tool will recommend specific part numbers.
6. Consult with experts: If you are still unsure, call COMP Cams' technical support. Their engineers can provide valuable guidance based on decades of experience.
7. Purchase supporting components: Order the recommended valve springs, pushrods, timing set, and lifters along with your cam. It is better to buy a complete kit than to piece together mismatched parts.

Conclusion

Selecting the right COMP Cams camshaft is a science that balances

Related Articles

- **Psychology 101 Final Exam Study Guide**
  URL: https://signage.openstack.org/psychology-101-final-exam-study-guide.pdf
- **Dna Rna And Protein Synthesis Study Guide**
  URL: https://signage.openstack.org/dna-rna-and-protein-synthesis-study-guide.pdf
- **Legend Of Dragoon Prima Official Strategy Guide**
  URL: https://signage.openstack.org/legend-of-dragoon-prima-official-strategy-guide.pdf
- **Janes Aircraft Recognition Guide 6th Edition**
  URL: https://signage.openstack.org/janes-aircraft-recognition-guide-6th-edition.pdf

TOPIC INDEX

#comp • #cam • #selection • #guide

DIGITAL EDITION

comp-cam-selection-guide

DIGITAL EDITION

comp-cam-selection-guide

DIGITAL EDITION

comp-cam-selection-guide

DIGITAL EDITION

comp-cam-selection-guide