

Basic Capacities (In U.S. Pints Except Where Noted)

Car	Engine Oil	Manual Trans	M/T W/ O.D.	Auto Trans.	Rear Axle	Cooling System	Fuel (U.S. Gallons)
MK VII	28	3	4-3/4	18	4.	27.5	20.5 Combined
MK VIII	26-1/2	3	4-3/4	18	4-1/2	26.5	20.5 Combined
MK IX	26-1/2	3	4-3/4	18	4-1/2	26.5	20.5 Combined
MK I 3.4	13-1/4	3	4-3/4	18	4-1/4	26-1/2	14-1/2
MK II 3.43.8	15-1/2	3	4-3/4	18	3-1/4	26-1/2	14-1/2
3.4S/3.8S	14-1/2	3	4-3/4	18	3-1/4	26-1/2	17 Combined
4.2 MK X/420G	14-1/2	3	4-3/4	18	3-1/4	29-1/2	24 Combined

Timing

Application	Setting	Notes
MK VII	5° B.T.D.C.	7:1 compression
MK VII	0° T.D.C.	8:1 compression
MK VIII	4° B.T.D.C.	7:1 compression
MK VIII	6° B.T.D.C.	8:1 compression
MK IX	4° B.T.D.C.	7:1 or 8:1 compression
MK IX	5° B.T.D.C.	9:1 compression
MK I 3.4	T.D.C.	7:1 compression
Mk I 3.4	2° B.T.D.C.	8:1 compression
MK II 3.4 & 3.8	T.D.C.	7:1 compression
MK II 3.4 & 3.8	7° B.T.D.C.	8:1 compression
MK II 3.4 & 3.8	5° B.T.D.C.	9:1 compression
3.4S/3.8S	T.D.C.	7:1 compression
3.4S/3.8S	7° B.T.D.C.	8:1 compression
3.4S/3.8S	5° B.T.D.C.	9:1 compression
4.2 MK X/420G	6° B.T.D.C.	7:1 compression
4.2 MK X/420G	9° B.T.D.C.	8:1 compression
4.2 MK X/420G	10° B.T.D.C.	9:1 compression

Basic Torque Values

Application	Inch Pounds	Foot Pounds	KG/M.
Cam Bearing Caps	175	15	2.0 kg/m.
Connecting Rod Bolts	450	37	5.1 kg./m.
Main Bearing Cap Bolts	1000	83	11.5 kg/m.
Cylinder Head Nuts, 3.4, 3.8, 4.2	650	54	7.5 kg/m.
Flywheel		67	9.2 kg/m.

Note: See separate listing for ARP-brand fasteners.

Spark Plug Gap

MK VII	.022"/.56mm
MK VIII	.022"/.56mm
MK IX	.022"/.56mm
MK I 3.4	.025"/.64mm
MK II 3.4	.025"/.64mm
MK II 3.8	.025"/.64mm
3.4S/3.8S	.025"/.64mm
4.2 MK X/420G	.025"/.64mm

Point Gap

MK VII	.012"
MK VIII	.014" to .016"
MK IX	.014" to .016"
MK I 3.4	.014" to .016"
MK II 3.4	.014" to .016"
MK II 3.8	.014" to .016"
3.4S/3.8S	.014" to .016"
MK X 4.2/420G	.014" to .016"

Firing Order

Six Cylinder: 1-5-3-6-2-4 (#6 is front-most cylinder)

Valve Clearance (Cold)

Application	Intake	Exhaust
MK VII	.004"	.006"
MK VIII	.004"	.006"
MK IX	.004"	.006"
MK I 3.4	.004"	.006"
MK II 3.4 & 3.8	.004"	.006"
3.4S/3.8S	.004"	.006"
4.2 MK X/420G	.004"	.006"

Front Wheel Alignment

MK VII

Castor	$0^{\circ} \pm 1/4^{\circ}$
Camber	$1^{\circ} \pm 1/4^{\circ}$
Toe	1/8" to 3/16" Toe In

MK VIII

Castor	$0^{\circ} \pm 1/4^{\circ}$
Camber	$1^{\circ} \pm 1/4^{\circ}$
Toe	1/8" to 3/16" Toe In

MK IX

Castor	$0^{\circ} \pm 1/4^{\circ}$
Camber	$1^{\circ} \pm 1/4^{\circ}$
Toe	1/8" to 3/16" Toe In

MK I 3.4

Castor	$0^{\circ} \pm 1/2^{\circ}$
Camber	$1/2^{\circ} \pm 1/2^{\circ}$
Toe	Parallel to 1/8" Toe In

MK II 3.4

Castor	$0^{\circ} \pm 1/2^{\circ}$
Camber	$1/2^{\circ} \pm 1/2^{\circ}$
Toe	Parallel to 1/8" Toe In

MK II 3.8

Castor $0^\circ \pm 1/4^\circ$
Camber $3/4^\circ \pm 1/4^\circ$
Toe Parallel to 1/16" Toe In

3.4S/3.8S

Castor $0^\circ \pm 1/2^\circ$
Camber $1/2^\circ \pm 1/2^\circ$
Toe Parallel to 1/8" Toe In

MK X 4.2/420G

Castor $0^\circ \pm 1/2^\circ$
Camber $1/2^\circ \pm 1/2^\circ$
Toe Parallel to 1/8" Toe In

Rear Wheel Alignment (I.R.S. Cars Only)**3.4S/3.8S**

Camber $3/4^\circ \pm 1/4^\circ$ Negative

MK X 4.2/420G

Camber $3/4^\circ \pm 1/4^\circ$ Negative