68" bow | Arrow Specs — 30lb Recurve Bow at 27–28" Draw

Arrow Spec — 500 Spine (Preferred)

> Correct spine for a 30lb recurve at ~28" draw. The Sanlida Noble already includes 6 carbon arrows at 500 spine — these are the right choice for this bow.

Spec	Value	Notes
Spine	**500**	Standard correct spine for 30lb recurve at ~28" draw
Arrow overall length	**28–30"**	Matches her 27–28" draw with safe clearance past the shelf
Shaft material	**Carbon fiber**	Carbon or aluminum both acceptable at this draw weight — carbon preferred
Point weight	**100gr**	Standard field tip — matches spine chart assumptions at 30lb
Point type	Replaceable screw-in field tip	
Fletching	Plastic vanes or natural feather, 3–4"	Either works fine at this draw weight
Total arrow weight	**240–300gr preferred / 210gr minimum**	See GPP table below
Straightness	**.006" or better**	Confirm with seller
Max safe draw weight rating	**Must cover 30lb minimum**	Almost any listing will clear this easily

Arrow Spec — 600 Spine (Acceptable Alternative)

> Slightly more flexible than 500 — still works fine at 30lb, widely available, and often cheaper. Good backup option if 500 spine is unavailable at the right length.

Spec	Value	Notes
Spine	**600**	Toward the flexible end for 30lb — acceptable, not preferred
Arrow overall length	**28–30"**	Same length requirement
Shaft material	**Carbon fiber or aluminum**	Both fine at this weight
Point weight	**100gr**	
Total arrow weight	**210gr minimum**	Same GPP floor applies
Straightness	**.006" or better**	
Max safe draw weight rating	Must cover 30lb	

GPP Reference Table

> GPP = Grains Per Pound of effective draw weight. Based on 30lb effective draw.

GPP Tier	Calculation	Total Grains	Use Case
Minimum safe floor	7 GPP × 30lb	**210gr**	Absolute minimum — do not go below this
Preferred target	8 GPP × 30lb	**240gr**	Sweet spot for beginner target practice
Upper end	10 GPP × 30lb	**300gr**	Heavier end — still fine, just slower

---

Bow Reference

Spec	Value
Bow	Sanlida Noble 68" Takedown Recurve
Rated draw weight	30lb (at 28" AMO baseline)
True draw length	~27–28" AMO
Inches over/under 28" baseline	~0" (essentially at baseline)
Draw weight adjustment	~0lb (negligible)
Effective draw weight at full draw	**~30lb**
Shooter	Right-handed beginner

Do NOT Buy

What	Why
400 spine or stiffer	Too stiff for 30lb — arrow will not flex correctly through paradox, poor flight
700 spine or higher	Too weak/flexible for even 30lb — inconsistent flight
Arrows shorter than 28"	Too short for her ~27–28" draw — safety risk
Fiberglass shafts over 30"	Heavy, inconsistent, poor spine rating — the included Noble arrows are better
Arrows rated below 30lb	Outside safe range — almost never an issue at this draw weight

---

Notes on Included Arrows

The Sanlida Noble 68" kit includes **6 carbon arrows, 30" length, 500 spine** — these hit every spec on this sheet right out of the box. No immediate arrow purchase needed. When replacements are required, match these same specs: **500 spine, 28–30" carbon, 100gr field tip.**

Draw Length Reference

Measurement	Value
Physical measured draw	~26.5" (wingspan method: 67" ÷ 2.5 = 26.8")
AMO standard adjustment	+1¾"
True AMO draw length	**~27–28"**
Inches over 28" baseline	~0"
Draw weight adjustment	~0lb
Effective draw weight	**~30lb**

Last updated: June 2026. Included Noble arrows (500 spine, 30", carbon) confirmed correct for this setup — no immediate replacement needed.

Revision #1
Created 2026-07-05 19:52:38 UTC by Danicus
Updated 2026-07-05 19:53:40 UTC by Danicus