

# 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	<b>500</b>	Standard correct spine for 30lb recurve at ~28" draw
Arrow overall length	<b>28-30"</b>	Matches her 27-28" draw with safe clearance past the shelf
Shaft material	<b>Carbon fiber</b>	Carbon or aluminum both acceptable at this draw weight — carbon preferred
Point weight	<b>100gr</b>	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	<b>240-300gr preferred / 210gr minimum</b>	See GPP table below
Straightness	<b>.006" or better</b>	Confirm with seller
Max safe draw weight rating	<b>Must cover 30lb minimum</b>	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	<b>600</b>	Toward the flexible end for 30lb — acceptable, not preferred
Arrow overall length	<b>28-30"</b>	Same length requirement
Shaft material	<b>Carbon fiber or aluminum</b>	Both fine at this weight
Point weight	<b>100gr</b>	
Total arrow weight	<b>210gr minimum</b>	Same GPP floor applies
Straightness	<b>.006" or better</b>	
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	<b>210gr</b>	Absolute minimum — do not go below this
Preferred target	8 GPP × 30lb	<b>240gr</b>	Sweet spot for beginner target practice
Upper end	10 GPP × 30lb	<b>300gr</b>	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

Spec	Value
Inches over/under 28" baseline	~0" (essentially at baseline)
Draw weight adjustment	~0lb (negligible)
Effective draw weight at full draw	<b>~30lb</b>
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: $67" \div 2.5 = 26.8"$ )
AMO standard adjustment	+1¾"
True AMO draw length	<b>~27-28"</b>
Inches over 28" baseline	~0"
Draw weight adjustment	~0lb

Measurement	Value
Effective draw weight	~30lb

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

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