

AMC singles Cams:

HL - High Lift. Stock duration cam for touring applications - a mild grind cam.

SH - High lift, longer duration. Higher performance than HL, but not as compared to CE/CI combination. A scrambles cam and the most popular combination for these engines.

CE/CI - stock cam on the G80R. Radical grind and higher rpm can be used if both used in combination.

CE/CI cams do not fit cases earlier than 1960 without machining. Use of CE/CI cams is very hard on cam followers unless the later, thicker footed followers are used. Lugging these engines at low rpm will cause damage. SH cam much better from a durability standpoint.

SH exhaust and CI intake used together, gives all around good performance and far better longevity. 1957-1964 Maintenance and Instruction Manuals have this cam information in them.

Bud White developed the first CE/CI cams through trial and error, grinding them by eye, using a hand held grinder. It took many tries to get a setup that worked and improved performance.