

ATA Spine to Deflection

| ATA Spine (pounds) | ATA Deflection | ASTM Deflection |
|--------------------|----------------|-----------------|
| 20 | 1.300 | 1.575 |
| 21 | 1.238 | 1.500 |
| 22 | 1.182 | 1.432 |
| 23 | 1.130 | 1.370 |
| 24 | 1.083 | 1.312 |
| 25 | 1.040 | 1.260 |
| 26 | 1.000 | 1.212 |
| 27 | 0.963 | 1.167 |
| 28 | 0.929 | 1.125 |
| 29 | 0.897 | 1.086 |
| 30 | 0.867 | 1.050 |
| 31 | 0.839 | 1.016 |
| 32 | 0.813 | 0.984 |
| 33 | 0.788 | 0.955 |
| 34 | 0.765 | 0.926 |
| 35 | 0.743 | 0.900 |
| 36 | 0.722 | 0.875 |
| 37 | 0.703 | 0.851 |
| 38 | 0.684 | 0.829 |
| 39 | 0.667 | 0.808 |
| 40 | 0.650 | 0.787 |
| 41 | 0.634 | 0.768 |
| 42 | 0.619 | 0.750 |
| 43 | 0.605 | 0.733 |
| 44 | 0.591 | 0.716 |
| 45 | 0.578 | 0.700 |
| 46 | 0.565 | 0.685 |
| 47 | 0.553 | 0.670 |
| 48 | 0.542 | 0.656 |
| 49 | 0.531 | 0.643 |
| 50 | 0.520 | 0.630 |
| 51 | 0.510 | 0.618 |
| 52 | 0.500 | 0.606 |
| 53 | 0.491 | 0.594 |
| 54 | 0.481 | 0.583 |
| 55 | 0.473 | 0.573 |
| 56 | 0.464 | 0.562 |
| 57 | 0.456 | 0.553 |
| 58 | 0.448 | 0.543 |
| 59 | 0.441 | 0.534 |
| 60 | 0.433 | 0.525 |

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|--------------------|----------------|-----------------|
| 61 | 0.426 | 0.516 |
| 62 | 0.419 | 0.508 |
| 63 | 0.413 | 0.500 |
| 64 | 0.406 | 0.492 |
| 65 | 0.400 | 0.485 |
| 66 | 0.394 | 0.477 |
| 67 | 0.388 | 0.470 |
| 68 | 0.382 | 0.463 |
| 69 | 0.377 | 0.457 |
| 70 | 0.371 | 0.450 |
| 71 | 0.366 | 0.444 |
| 72 | 0.361 | 0.437 |
| 73 | 0.356 | 0.431 |
| 74 | 0.351 | 0.426 |
| 75 | 0.347 | 0.420 |
| 76 | 0.342 | 0.414 |
| 77 | 0.338 | 0.409 |
| 78 | 0.333 | 0.404 |
| 79 | 0.329 | 0.399 |
| 80 | 0.325 | 0.394 |
| 81 | 0.321 | 0.389 |
| 82 | 0.317 | 0.384 |
| 83 | 0.313 | 0.380 |
| 84 | 0.310 | 0.375 |
| 85 | 0.306 | 0.371 |
| 86 | 0.302 | 0.366 |
| 87 | 0.299 | 0.362 |
| 88 | 0.295 | 0.358 |
| 89 | 0.292 | 0.354 |
| 90 | 0.289 | 0.350 |
| 91 | 0.286 | 0.346 |
| 92 | 0.283 | 0.342 |
| 93 | 0.280 | 0.339 |
| 94 | 0.277 | 0.335 |
| 95 | 0.274 | 0.332 |
| 96 | 0.271 | 0.328 |
| 97 | 0.268 | 0.325 |
| 98 | 0.265 | 0.321 |
| 99 | 0.263 | 0.318 |
| 100 | 0.260 | 0.315 |
| 101 | 0.257 | 0.312 |

ATA Spine to Deflection

| ATA Spine (pounds) | ATA Deflection | ASTM Deflection |
|--------------------|----------------|-----------------|
| 102 | 0.255 | 0.309 |
| 103 | 0.252 | 0.306 |
| 104 | 0.250 | 0.303 |
| 105 | 0.248 | 0.300 |
| 106 | 0.245 | 0.297 |
| 107 | 0.243 | 0.294 |
| 108 | 0.241 | 0.292 |
| 109 | 0.239 | 0.289 |
| 110 | 0.236 | 0.286 |
| 111 | 0.234 | 0.284 |
| 112 | 0.232 | 0.281 |
| 113 | 0.230 | 0.279 |
| 114 | 0.228 | 0.276 |
| 115 | 0.226 | 0.274 |
| 120 | 0.217 | 0.262 |
| 125 | 0.208 | 0.252 |
| 130 | 0.200 | 0.242 |
| 135 | 0.193 | 0.233 |
| 140 | 0.186 | 0.225 |
| 145 | 0.179 | 0.217 |
| 150 | 0.173 | 0.210 |
| 155 | 0.168 | 0.203 |
| 160 | 0.163 | 0.197 |
| 165 | 0.158 | 0.191 |
| 170 | 0.153 | 0.185 |
| 175 | 0.149 | 0.180 |
| 180 | 0.144 | 0.175 |
| 185 | 0.141 | 0.170 |
| 190 | 0.137 | 0.166 |
| 195 | 0.133 | 0.162 |
| 200 | 0.130 | 0.157 |
| 205 | 0.127 | 0.154 |
| 210 | 0.124 | 0.150 |
| 215 | 0.121 | 0.147 |
| 220 | 0.118 | 0.143 |
| 225 | 0.116 | 0.140 |
| 230 | 0.113 | 0.137 |
| 235 | 0.111 | 0.134 |
| 240 | 0.108 | 0.131 |
| 245 | 0.106 | 0.129 |
| 250 | 0.104 | 0.126 |

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| ATA Def = | 0.825419 x ASTM Def |
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| ATA Spine = | 26 / ATA Def. |
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| Wt. ASTM = | 1.94 |
| Wt. ATA = | 2 |
| L. ASTM = | 28 |
| L. ATA = | 26 |