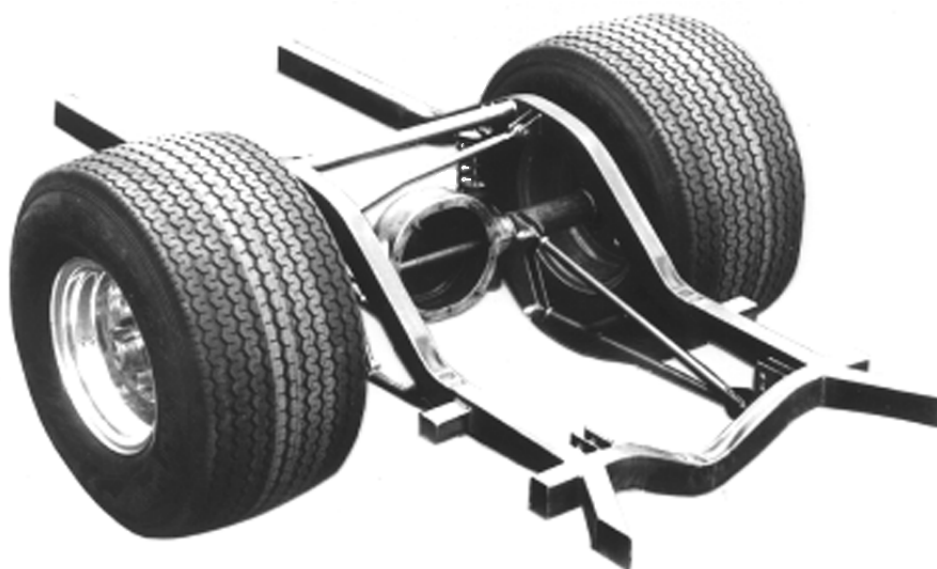




55 - 56 - 57 CHEVY (2 DOOR) WELDED FRAME UNIT
Part # 10-500



S&W Race Cars & Components, Inc.

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TECH & INFORMATION
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55 - 56 - 57 Chevy Welded Frame Unit Instructions

Part # 10-500

Note: This frame has been designed for 55-56-57 Chevy 2 door models only! It will however fit 4 door, wagon & Nomad models as well as same year Pontiac, Buick & Oldsmobile models. If your vehicle is anything other than a 2 door sedan or hardtop please call the S&W tech line for special instructions, before beginning!

We at S&W Race Cars would like to thank you for purchasing our 55-56-57 Chevy frame unit. We feel that this is the finest unit available for doing the rear half of your car without major floor modifications

Do not cut the stock chassis yet, this will come later! Read all instructions thoroughly before beginning!

NOTE: S&W frame unit installation may be performed with the body mounted on the frame, or with the body removed from the frame. Whichever best suits your needs.

S&W Race Cars strongly recommends that at least an 8 point roll bar be installed with this frame unit. This will intensify the strength and stability of your frame and prevent the body panels from flexing or bowing.

STEP 1

With the car sitting on a level surface, measure & record the wheelbase on both sides of the car and the rear ride height, by measuring from the center of the housing to a reference point on the quarter panel.

STEP 2

At the rear of the car, measure the width of the stock frame, and divide by 2 to find the frame centerline. Measure out 14" on each side of the centerline and mark the rear crossmember. This is where the S&W frame unit will mount. *See photo A.*

STEP 3

Remove the angled portion of the trunk floor between the flat section over the rear housing and the main floor of the trunk.

STEP 4

Hold your new frame unit against the marks on the rear crossmember and raise it into place between the factory frame rails. While you are holding it in place, have a helper mark the side mounting locations on the factory frame. Next remove the new frame and clean the factory frame rails down to bare metal at all of the new frame attachment points. This may be done with a sander or grinder. Note: You may want to remove the parking brake cable tabs for latter installation.

STEP 5

The rear of the S&W frame unit should be flush, top & bottom, on the rear crossmember, and aligned with the frame rail location marks. The front mounting point is between the stock rails, with the bottom of the rails (stock & S&W) flush. It may be pushed higher, but not higher than the top of the stock rails.

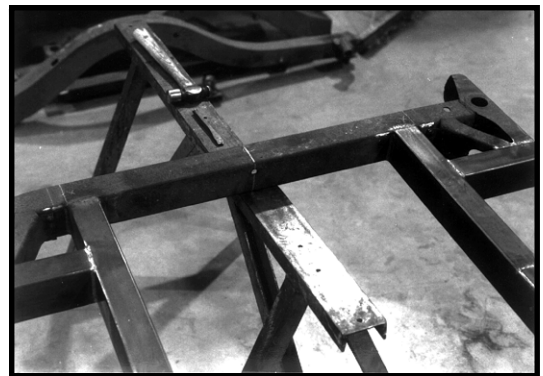


Photo A

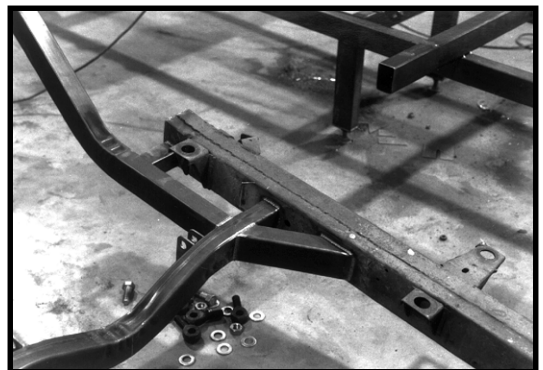


Photo B

STEP 6

Make sure both sides are even and check all points to make sure they are aligned. Now **TACK** weld all points of attachment. NOTE: S&W Recommends a MIG welder to do this. You should have at least 32 tacks with the frame in place

STEP 7

When the frame is tacked in place, trial fit all suspension components - ladder bars, shocks, shock mounts & rear housing. Now *recheck your wheelbase and make sure the axle housing is centered in the wheel well opening.* If your wheelbase is correct finish welding the frame in place.

STEP 8

From the center of rear crossmember body mount, measure forward 5 -1/2" and make a line, on both sides of the stock frame, square with the S&W frame rails. See photo C.

Next, measure 5" back from the center of the bolt hole on the front leaf spring mount and mark a line, square with the S&W rails, on both sides of the frame. See photo D.

Now, cut at both marks, front & rear, and remove that section of the stock frame rail. The leaf spring mounts can now be removed and the frame rail capped with the material provided.

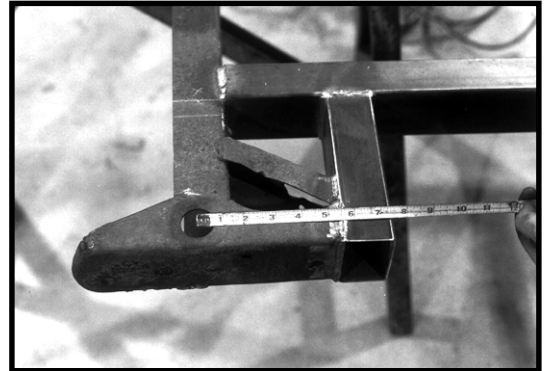


Photo C

STEP 9

Install the rear bumper mount brace as shown in photo E.

STEP 10

At this time install your roll bar or cage as well as reinstall all suspension components. Please follow the instructions that come with each of these components during this phase of the assembly. To aid in the roll bar or cage installation, S&W has pre-welded mounting plates for the rear runners on your welded frame. See photo F.



Photo D

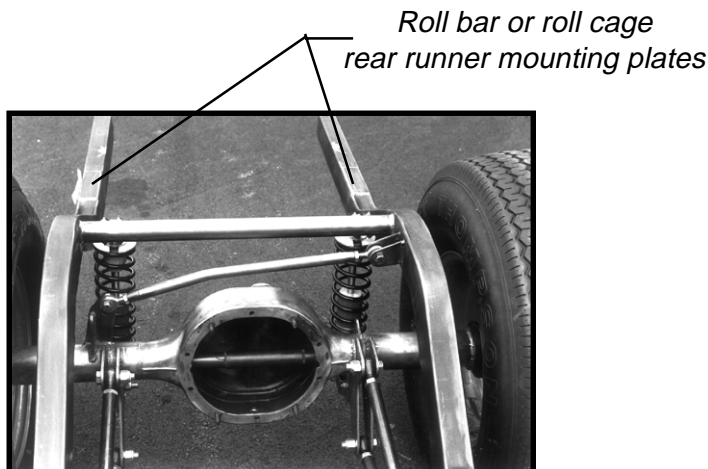


Photo F

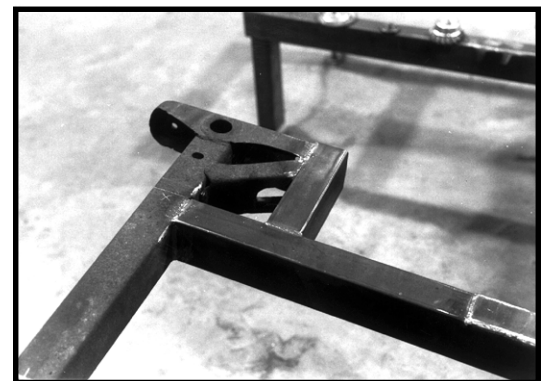


Photo E

CAUTION!!! - The most important requirement for a successful installation of this, or any, frame package is that you take your time and use good common sense. Check & recheck all measurements before cutting or welding. If at any time before or during the installation - STOP - and call our tech line at 610-948-7303 and we will gladly explain in more detail any step in the installation.

The S&W 55 - 56- 57 Chevy welded frame package is designed to use wheels and tires with the following dimensions:

Wheels: 14" or 15" wide with 4" backspacing.

Tires - (Pro Street): 19.5" or 21.5" Mickey Thompson Tire.

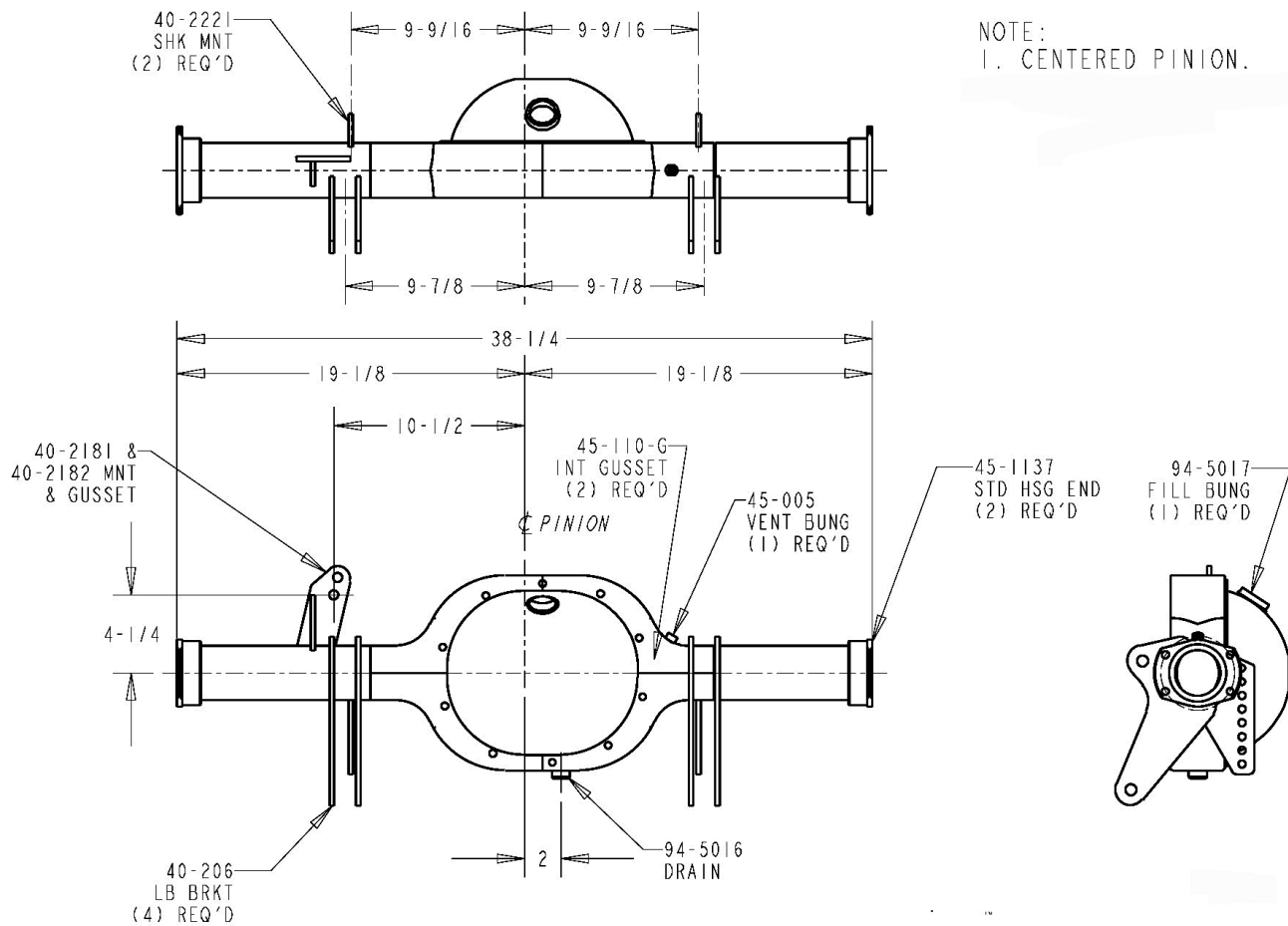
Tires - (Drag Race): 14" x 32" or 15" x 33" Drag tire

The rear housing with axles should measure 44" axle flange to axle flange.

To mount the housing brackets refer to figure 1.

NOTE:

All measurements are based on using part # 45-1137 new style big Ford 3.150" bearing housing ends and a 9" Ford housing!! If it is your desire to use another style housing or housing end, please contact your S&W Race Cars salesperson for the correct housing width for your application



S&W Products Available to Complete Frame Installation

40-100	32" Ladder bars w/ Standard rod ends	50-051	Strange aluminum coil over shocks
40-100T	32" Ladder bars w/ Teflon lined rod ends		springs sold separately
40-101	32" Ladder bars w/ Chrome moly rod ends	50-019A	QA-1 steel coil over shocks
40-104	32" Double adjustable ladder bars		springs sold separately
	with standard rod ends	95-390	38" Aluminum wheel tubs
40-104T	32" Double adjustable ladder bars	95-392	40" Aluminum wheel tubs
	with Teflon lined rod ends	95-393	38" Steel wheel tubs
40-105	32" Double adjustable ladder bars	95-394	40" Steel wheel tubs
	with Chrome moly rod ends	11-004	55-56-57 Chevy 8 point roll bar
40-219	55-56-57 Chevy panhard bar	11-504	55-56-57 Chevy 10 point roll cage
40-403	Track locator bar (not for street use)	13-350	Front subframe supports -
40-223-***	Pro/Series 2000 Shock & spring kit		converts 10 point cage to 12 point
	with adjustable lower mounts	20-300	Small block Chevy fitted front motor plate
	Springs determined by application	20-311	Big block Chevy fitted front motor plate
40-222	Adjustable lower shock mounts	20-501	Big & Small block Chevy fitted mid mount