

400 Pontiac Engine Guide

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400 Pontiac Engine Guide

After the 400-hp engine was reinstalled into the GTO, the car's performance was outstanding. The 400's operating characteristics are much different than before. It starts easily, operates reliably on 91-octane pump gas, and has provided the owner with a few thousand miles of issue-free performance so far.

PONTIAC ENGINE REBUILD GUIDE: STARTUP, BREAK-IN AND TUNING ...

What Makes the 400 Pontiac Special Pontiac grabbed a 389 block used in the high-performance Catalina, as well as the Lemans and GTO, and punched it out to an even 400 cubic inches. They found that the engine provided massive amounts of low-end torque and rock steady high RPM power output.

The Legendary Pontiac Ram Air 400-Cubic-Inch Engines

You've got questions, we've got answers. We work with the Summit Racing tech department to help you tackle your auto-related conundrums. In this week's Mailbag, we're recommending a parts combo to get 400+ horsepower from a Pontiac 400 engine in a 1968 Firebird. Q: I want to build a Pontiac 400 engine for my 1968 Firebird. What parts would I need to build a sweet-running engine that ...

Mailbag: How to Get 400+HP from a Pontiac 400 Engine ...

Ultimately, the engine is destined for TIP's Kevin Swaney's 3,500-pound race car, in which he's intent on running mid-10s. The major components of the build up include a '67 GTO 400 block...

Pontiac 400 Engine Build - Pump Gas Pounder - High ...

Pontiac blocks are interesting power plants that are often misunderstood and improperly identified by sellers and buyers alike. The blocks of all Pontiac V-8s from the 287 to the 455 are the same size and very close to the same weight, which can make it more difficult to identify the 11 different engine displacements produced from 1955-79.

How to identify Pontiac engine blocks | Hagerty Media

All engine sizes welcome, from 326, 350, 389, 400, 428, 455's and everything in-between. This includes all five Ram Air engines, Super Duty engines, and HO Pontiac engines too. If Pontiac built it, we can build it, and better! We don't just Build Pontiac Engines, we make them better!

Pontiac engine builder - DCI Motorsports

Description: Guideplates, Flat, Steel, 5/16 in., Pontiac, 389, 400, 421, 428, 455, for EDL Performer Pontiac Head, Set of 8

Butler Performance Inc.

For the 1970 model year variants of the engine became available on all full-size Pontiacs, the Grand Prix and for the first time as the 455 HO in the Pontiac GTO, as GM lifted its restrictions on the use of engines larger than 400 cu in (6.6 L) (401 (6.6) in some Buicks) (455 (7.5) in some Olds 442s

from 1968) in mid-sized cars. Pontiac differed from most other manufacturers in that the external dimensions of all their V8s, from 326–455 cu in (5.3–7.5 L) were the same.

Pontiac V8 engine - Wikipedia

Parts from a 1967 Pontiac LeMans: All parts taken off a working engine during a rebuild and all worked the last time they were used. I am selling the parts as a package and not individually at this time. o 389 Headers aluminized (2) (measures about 2 and $\frac{3}{4}$ interior diameter on exhaust side.) o OEM- 4 barrel carter carburetor for original 389 ...

Pontiac 1967 389cu in. (6.4 L) engine parts, some OEM \$200 ...

64-75 Firebird Trans Am Pontiac 350 400 455 Manual Trans Flywheel (los gatos) 70-79 FIREBIRD TRANS AM ORIGINAL PONTIAC TIMING CHAIN COVER PONTIAC V8 (WILL SHIP) \$150 1987 Pontiac Trans Am

1980 Pontiac Trans am (Whitesboro) \$8400 - JLA FORUMS

Moroso makes an excellent assembly and many professional Pontiac engine builders offer specific brackets, crankshaft mandrels, and pulleys for easy installation onto a Pontiac V-8. Expect to spend \$800 or more for a complete kit, and if you plan to use a lip-type rear main seal, you might consider installing it backward, which improves its ...

How to Improve Pontiac V-8 Performance: Tuning Guide

DCI Pontiac 400 Stroked to 455 Crate Engine. DCI 400-455 is DCI's most popular crate engine. Featuring a Pontiac 400 cubic inch block stroked to 455 cubic inches, this authentic Pontiac stroker is perfect for street and strip use. The 400-455 is pump gas friendly for the mild daily driver. Based on production block and heads, this combination provides plenty of power with quality bottom end components to allow for endless upgrades.

DCI Motorsports Pontiac 400-455 Crate Engine

Get the best deals on Pontiac Complete Engines for 400 when you shop the largest online selection at ... 560 HORSE COMPLETE CRATE ENGINE/PRO-BUILT/ 350 389 400 421 428 NEW. \$8,990.00. Free shipping. ... Watch. Pontiac V-8S 326 301 350 389 400 421 428 455 Engine Max Performance Manual. \$25.85. \$5.95 shipping. 11 watching. Watch. Automatic ...

Pontiac Complete Engines for 400 for sale | eBay

This book covers the rebuild of a Pontiac 400, which is similar to a Pontiac 455. There are lots of color photos in this book which makes it great to have when rebuilding my engine. It also covers part selection and what you need to have done at your machine shop. The next book I bought is "Haynes Pontiac Firebird (1970-1981) Repair Manual ...

A Beginner's Guide to Engine Rebuilding : 9 Steps (with ...

In the interest of providing performance-minded Firebird buyers with an up-level 400 boasting of additional output, Pontiac's engineers created the T/A 6.6 for 1977. Its 200hp rating matched that...

Picking a Pontiac 400 or 455 Block for Performance Use

1967 Pontiac 400 Auto XH Code Block sold. Cleaned, magnafluxed & ready to ship. Has std. bore now, bore to .020. ... Pontiac V8 Guide Plate Set \$40. Great condition. ... Arma Steel is the best followed by Nodular and Standard Cast, all are good and Pontiac engines don't have a problem with broken cranks. Flange sizes 2 .5", 2 .6" & 2.75" refer ...

Pontiac Engine Blocks Cranks Intakes

The Pontiac 400 engine was used as a high performance engine in sports cars, and it was used in large cars as a workhorse type engine, strong on power, though not as speedy as the higher performance engines. This was accomplished to a large extent by the use of carburetors. A two-barrel producing less horsepower and higher torque was developed.

Pontiac 400 Specs | It Still Runs

The engine is the factory WU code 400ci engine with 325hp and factory four speed transmission. The Air Induction Hood was included with the WU code engine package. The compression ratio is a powerful 10.75:1, the highest available in a Pontiac that year and one of the highest ever!

1967 Pontiac Firebird Convertible, Factory 400, 4 spd ...

With the new throttle linkage, Pontiac could officially rate the Firebird 400's engine at 325hp at 4,800 RPM and 410-lbs.ft. of torque at 3,600 RPM. The W66 did benefit from a bit of underhood chrome: The louvered "pancake" air cleaner, rocker-arm covers, oil cap and breather were all plated.

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