

Global MX-5 Cup Ballast Chart

Based on 220 lb "driver weight"

Driver Weight with Gear	Suggested # of 10-lb Ballast	Suggested # of 5-lb Ballast ²	Total Ballast Weight
140 lbs	8	1	225
145 lbs	7	2	225
150 lbs	7	1	225
155 lbs	6	2	225
160 lbs	6	1	225
165 lbs	5	2	225
170 lbs	5	1	225
175 lbs	4	2	225
180 lbs	4	1	225
185 lbs	3	2	225
190 lbs	3	1	225
195 lbs	2	2	225
200 lbs	2	1	225
205 lbs	1	2	225
210 lbs	1	1	225
215 lbs	0	2	225
220 lbs	0	1	225

Note: total weight goes to 225 lbs to allow for drivers to adjust in increments of 5 pounds and account for future weight loss.