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PART #30168, #30169

2005 Pontiac GTO Longtube Headers

PACKING LIST *Before installation, use this check list to make sure all necessary parts have been included.*

ITEM	QTY	CHECK	PART NUMBER	DESCRIPTION
1.	1	<input type="checkbox"/>	301600602C	Long Tube Header, Driver Side, Coated
2.	1	<input type="checkbox"/>	301600603C	Long Tube Header, Pass Side, Coated
3.	2	<input type="checkbox"/>	301600800	Down Pipe, Pre Cat, 3"
4.	1	<input type="checkbox"/>	301600801	Down Pipe w/Flange, Post Cat
5.	2	<input type="checkbox"/>	813000001	High Flow Catalytic Converter
			OR	
	2	<input type="checkbox"/>	310500103	Race Pipe
6.	2	<input type="checkbox"/>	12558573	Exhaust Manifold Gasket
7.	1	<input type="checkbox"/>	020402400	12" Rear O ₂ Sensor Extension
8.	2	<input type="checkbox"/>	020402401	12" Front O ₂ Sensor Extension
9.	6	<input type="checkbox"/>	308940020	3" Torca Exhaust Clamp
10.	1	<input type="checkbox"/>	300362105	Gasket, Down Pipe, Post Cat
11.	1	<input type="checkbox"/>	11517031	Nut, M8-1.25, GTO Steering Coupling
12.	1	<input type="checkbox"/>	*****	Instructions

Warning: SLP recommends wearing safety glasses for the complete installation.

Warning: SLP recommends allowing the vehicle to cool (not running) for five hours before beginning the installation. SLP recommends wearing safety glasses for the complete installation.

Warning: Too avoid the chance of electrical shock or damage to your vehicle's electrical system, disconnect both the negative and positive battery leads (in that order) at the battery.

INSTALLATION INSTRUCTIONS – #30168, #30169

1. Disconnect the negative battery cable.
 2. Raise and support the vehicle. A vehicle lift is highly recommended for this installation.
 3. Unplug all four (4) oxygen sensors from the vehicles wire harness and remove them, so they do not get damaged during the installation of SLP's Longtube headers and set them aside. Label the front and rear sensor for later reinstallation.
 4. Support the muffler assy (CAT-BACK) with a jack-stand just behind the center flange.
 5. Remove the nuts holding the stock CAT pipe to the stock manifolds.
 6. Remove the four (4) nuts on the muffler assembly to stock CAT pipe center flange.
 7. Carefully remove the stock CAT pipe from the vehicle.
 8. Remove all spark plug wires from both the coils and the spark plugs.
 9. Remove all eight (8) spark plugs from the engine.
 10. Remove the passenger side and driver's side stock exhaust manifold.
 11. Drain the power steering reservoir with a siphon as much as possible. This will keep fluid spillage to a minimum
 12. Disconnect the power steering lines from the steering rack, some fluid will drain out.
 13. Turn the steering wheel slightly to the left so you can access the bolt & nut that attaches the steering coupling to the steering rack. Remove the ignition key to lock the steering wheel in place.
- WARNING:** Once the steering shaft has been disconnected DO NOT TURN THE STEERING WHEEL. Turning the wheel with the shaft disconnected can cause damage to the steering column's internal components.
14. Remove the nut from the steering coupling retaining bolt and discard it. Then remove the bolt from the coupling retainer and separate the retainer from the coupling.
 15. Separate the coupling from the pinion on the steering rack.
 16. Unbolt the rack from the cross-member and swing it down out of the way.
 17. Apply a .2" wide band of thread-lock (GM P/N 12345493) or equivalent to the threads of all the exhaust manifold bolts.
 18. Slide the SLP GTO Full length Headers along with the new gas-kets up into place and start a couple bolts to hold them in place.
 19. Start all exhaust manifold bolts by hand.
 20. Tighten the exhaust manifold bolts beginning with the center two bolts. Alternate from side-to-side, and work toward the out-side bolts.
 21. Tighten the exhaust manifold bolts a first pass to 12 ft-lbs.
 22. Tighten the bolts a final pass to 18 ft-lbs.
 23. Next reinstall the spark plugs and wires.
 24. Bolt the steering rack back onto the cross-member. Torque the nuts to 44.3 lb/ft then turn them an additional 45 degrees.
 25. Reconnect the power steering lines to the steering rack.
 26. Reconnect the steering shaft coupling to the pinion on the steering rack and install the retainer onto the coupling.
 27. Insert the retaining bolt into the retainer and thread the new retaining nut provided in the kit onto it. Torque the retaining nut to 28 ft-lbs. DO NOT REUSE THE OLD RETAINING NUT.
 28. Next, slide a 3" torca clamp onto each header collector end or onto the inlets of the Pre-CAT down-pipes as shown in PHOTO 1 below.
 29. Assemble the Pre-CAT down-pipes, CATS or Race Pipes and Down-Pipe with Flange as shown in the PHOTO 1 below. This will allow the entire assembly to be put into the car in one piece making the installation much quicker and with little effort.

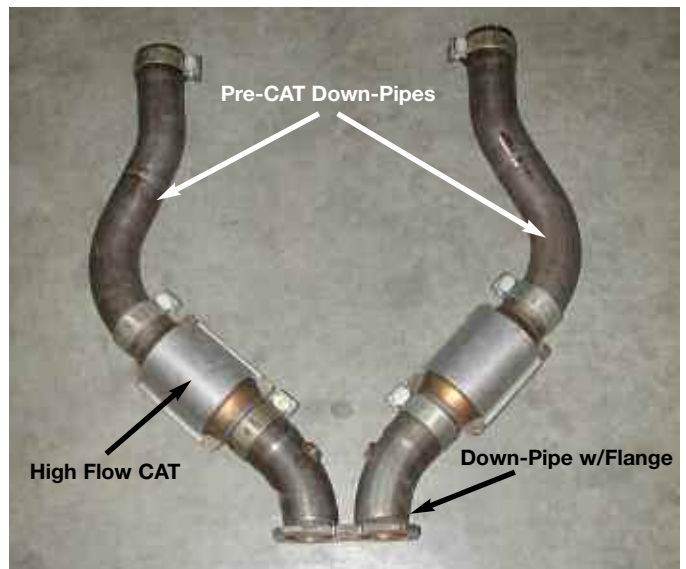


Photo 1

INSTALLATION INSTRUCTIONS CONT. – #30168, #30169

30. Use the stock hardware to connect the new SLP Down-pipe with Flange to the Stock Cat-Back. If you purchased a 2005 GTO SLP Cat-Back exhaust system use the hardware provided with the SLP Cat-Back to connect the new SLP Down-pipe with Flange to the SLP Cat-Back system.

31. Make sure all pipes clear and are in the proper position then tighten all the torca clamps. Tighten the clamps starting at the front and working towards the rear. See PHOTO 2 below for completed installation.

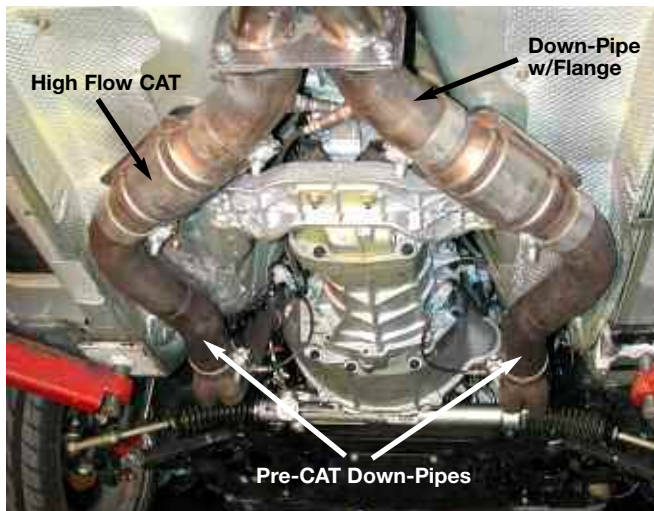


Photo 2

32. Tighten the four bolts/nuts on the flanges (25 ft/lbs).

33. Next install the 3 oxygen sensor extensions provided. 2 extensions are for the front O₂ sensors and the remaining extension is for the passenger's side rear O₂ sensor. The driver's side stock harness is long enough to reach the new SLP down-pipe. Identify the proper locations for each O₂ harness by matching the connectors to the harness and sensors.

34. Install all four front and rear oxygen sensors into the new SLP pipes. Use some oxygen sensor safe anti-seize lubricant on the threads of the oxygen sensors before installing them into the new SLP pipes. Connect the sensors to the harness and make sure the wires are clear of the exhaust. Use wire ties to hold them away if necessary.

35. Refill the power steering reservoir and replace the reservoir cap.

36. Next install the negative battery terminal.

37. Start the vehicle and inspect for leaks.

38. Before test driving turn the steering wheel back and forth several times to work any air out of the system. Make sure you keep the reservoir topped off during this, but do not ever run the engine with the power steering fluid reservoir cap removed. It may make some noise during this procedure, but this is normal and will stop once the air is all out of the system. Top off the reservoir when all the air is removed.

39. Double check all fasteners and clearances after test driving. Adjust as necessary.

40. The installation is complete.