

ADP NMS – Sag and Tension Guide

2-Pair x 22 AWG

Span ft	Initial Stringing		Heavy Conditions				Medium Conditions				Light Conditions			
			Loaded Cable Sag		Loaded Cable Tension lbs	Sag After Load Removal in	Loaded Cable Sag		Loaded Cable Tension lbs	Sag After Load Removal in	Loaded Cable Sag		Loaded Cable Tension lbs	Sag After Load Removal in
	Sag in	Tension lbs	Vert. in	Horiz. in			Vert. in	Horiz. in			Vert. in	Horiz. in		
50	6	25	16	13	132	6.1	10	13	86	6.0	3	11	50	6.0
75	9	38	28	22	172	9.7	17	21	115	9.1	5	17	69	9.0
100	12	50	42	33	205	13.7	24	30	141	12.2	7	25	86	12.1
125	15	63	58	46	231	20.7	33	41	165	15.5	9	32	103	15.1
150	18	75	76	60	256	27.7	41	51	188	18.8	11	40	118	18.1
175	21	88	94	75	279	35.5	50	63	209	22.6	14	48	134	21.2
200	24	100	113	90	303	42.8	60	75	228	26.9	16	57	149	24.2
225	27	113	133	105	327	50.5	71	89	246	31.7	19	65	164	27.3
250	30	125	154	122	348	58.9	83	104	259	38.7	21	74	178	30.4
275	33	138	176	139	370	67.3	95	118	275	44.6	24	83	192	33.8
300	36	150	-	-	-	-	107	133	290	50.2	26	93	205	37.5
325	39	163	-	-	-	-	120	150	302	58.9	29	103	217	41.4
350	42	175	-	-	-	-	134	168	314	68.3	32	113	230	45.5
375	45	188	-	-	-	-	148	186	326	76.6	35	123	241	49.8
400	48	200	-	-	-	-	163	204	337	85.9	38	134	252	54.3

3-Pair x 22 AWG

Span ft	Initial Stringing		Heavy Conditions				Medium Conditions				Light Conditions			
			Loaded Cable Sag		Loaded Cable Tension lbs	Sag After Load Removal in	Loaded Cable Sag		Loaded Cable Tension lbs	Sag After Load Removal in	Loaded Cable Sag		Loaded Cable Tension lbs	Sag After Load Removal in
	Vert. in	Horiz. in	Vert. in	Horiz. in			Vert. in	Horiz. in						
50	6	30	16	13	137	6.0	10	12	91	6.0	3	11	54	6.0
75	9	45	28	22	181	9.3	17	21	122	9.1	5	18	74	9.0
100	12	60	41	32	218	13.1	25	30	150	12.2	8	25	94	12.0
125	15	75	56	43	250	18.0	33	40	176	15.4	10	32	112	15.0
150	18	91	73	56	277	24.2	42	50	200	19.0	13	38	130	18.1
175	21	106	91	71	302	31.5	51	62	222	23.1	15	46	147	21.2
200	24	121	111	86	323	40.1	61	74	241	28.0	18	54	164	24.4
225	27	136	132	102	344	49.3	73	87	258	33.8	20	62	180	27.7
250	30	151	155	119	364	59.2	84	101	275	39.9	23	70	195	31.5
275	33	166	-	-	-	-	97	116	290	47.0	26	79	209	35.4
300	36	181	-	-	-	-	110	132	303	55.4	29	89	223	39.8
325	39	196	-	-	-	-	123	148	317	63.5	32	98	236	44.1
350	42	211	-	-	-	-	138	166	329	72.8	36	109	247	50.0
375	45	226	-	-	-	-	152	183	342	82.2	40	120	258	55.5
400	48	242	-	-	-	-	167	201	355	91.3	43	131	268	61.7

6-Pair x 22 AWG

Span ft	Initial Stringing		Heavy Conditions				Medium Conditions				Light Conditions			
			Loaded Cable Sag		Loaded Cable Tension lbs	Sag After Load Removal in	Loaded Cable Sag		Loaded Cable Tension lbs	Sag After Load Removal in	Loaded Cable Sag		Loaded Cable Tension lbs	Sag After Load Removal in
	Vert. in	Horiz. in	Vert. in	Horiz. in			Vert. in	Horiz. in						
50	6	53	15	11	176	6.1	10	10	122	6.0	4	9	84	6.0
75	9	80	26	18	227	10.3	16	17	164	9.2	6	15	116	9.0
100	12	107	39	28	266	17.0	23	25	201	12.8	9	21	147	12.1
125	15	134	55	39	298	23.6	32	33	232	17.4	11	28	176	15.4
150	18	160	73	52	325	33.0	41	43	257	23.2	14	35	201	19.2
175	21	187	91	65	351	42.9	52	54	279	29.9	18	42	223	23.6
200	24	214	111	79	377	53.8	63	66	298	38.0	21	51	242	28.9
225	27	241	133	94	403	65.7	76	79	315	47.1	25	60	260	34.6
250	30	267	154	110	425	77.9	89	93	331	57.1	29	70	275	41.1
275	33	294	177	126	448	90.6	103	108	347	67.7	34	81	289	48.3
300	36	321	201	142	471	104.3	117	122	364	78.1	38	92	301	56.5
325	39	347	-	-	-	-	132	138	379	89.8	43	104	314	65.6
350	42	374	-	-	-	-	146	153	396	101.1	48	117	324	74.2
375	45	401	-	-	-	-	162	169	411	113.4	54	130	334	84.2
400	48	428	-	-	-	-	176	184	429	124.3	59	143	346	93.7