Spec3 racers get special pricing at CG Racing, Konig, RaceGerman, FCP Euro and other vendors! Check the Spec3 constructor's guide or ask your region's Spec3 leader for more information!

Part	Quantity	Part Number	Parts Link	Price AFTER Spec3 discount (as of 7/30/24)	Spec3 discount?	Note
Suspension						
Front Anti Roll Bar	1	79504	https://www.bimmerworld.com/m-8-Sway-Bar-E36-M3-Front.html	307.99	yes	
Rear Anti Roll Bar	1	71604	https://www.bimmerworld.com/m-8-Sway-Bar-E36-M3-Rear.html	289.99	yes	
Front sway bar endlinks (can reuse stock mounts)	2	Many options available	https://www.turnerm3.com/products/bmw-bavarian-line-front-1-1/BAR2TP08Kit	32.922	yes	Adjustable not needed as there is rarely any preload found on the AirRide with the Spec3 suspension. Some adjustable endlinks will be too long and need to be cut anyway
M3 Front strut housing left	1	31-31-2-229-007	recommend buying a used set from junkyard or online seller https://www.bmwtechnics.com/products/bmw-e36-strut-housing	90	yes	
M3 Front strut housing right	1	31312229008	recommend buying a used set from junkyard or online seller https://www.bmwtechnics.com/products/bmw-e36-strut-housing	90	yes	
Springs	4	Spec Part	https://shop.bmwfanatic.com/products/bmw-spec-3-springs-set 703-661-4232 or info@bmwfanatic.com	390	no	Be sure to install the white plastic spring retainers
Camber Plates	1	xcontrolg-camber-plate-and-perch-kit-for-spec3	https://xcontrolg.com/products/xcontrolg-camber-plate-and-perch-kit-for-spec3?_pos=1&_sid=1d1d0c8b_p	980	yes	$75 rebate
Front Strut inserts	2	8641 1342SPORT	https://www.factory-concepts.com/products/bmw-strut-assembly-kit-e-series-sport-8641134250sport?SubmitAssist=1&Year=M3+2000%2C+2001	360.684	yes	
Front bump stops	2	31-33-2-229-377	https://www.factory-concepts.com/products/bmw-strut-bump-stop-31331229377	11.682	yes	
Rear Shocks	2	6240 1115SPORT	https://www.factory-concepts.com/products/bmw-shock-absorber-kit-sport-62401115sport	267.13	yes	
Rear shock bump stop	2	33-53-1-139-108	https://www.factory-concepts.com/products/bmw-shock-bump-stop-33531139108	20.322	yes	
RTAB Linders	1	Many options available	BMW Motor Trading Arm Bushing Linders - E36, E46, Z4 - AWD Motorsport	40	yes	
RTABs	2	33-32-6-773-817	https://www.turnerm3.com/products/bmw-trailing-arm-bushing-suite-e36-e46-33326773817	19.18	yes	
M3 Front control arm left	1	31 12 2 229 491	https://www.bimmerworld.com/E36-M3-SPE-Front-Control-Arm-Left-Side.html	330.8	yes	
M3 Front Control arm right	1	31 12 2 229 492	https://www.bimmerworld.com/E36-M3-SPE-Front-Control-Arm-Right-Side.html	330.8	yes	
If buying used arms (recommended), press the following ball joints in to refresh the arm. YOU MUST USE THE LEMFORDER E30 M3 PART AS ALL OTHERS ARE NOT HEAT TREATED. If you buy NEW arms, these are not needed						
Outer Ball Joint	2	31121126204	https://www.turnerm3.com/products/bmw-ball-joint-suspension-31121126204	Optional	yes	
Inner Ball Joint	2	31121126203	https://www.turnerm3.com/products/bmw-front-inner-ball-joint-e30-e36-31121126203	Optional	yes	
Optional Suspension Bushing Maintenance						
M3 Rear outer lower ball Joints (replaces stock non M BUSHING)	2	33326775551	https://www.factory-concepts.com/products/bmw-trailing-arm-ball-joint-e46-e36-33326775551	31.822	yes	
Stock Rear outer upper ball joint	2	33326775551	https://www.factory-concepts.com/products/bmw-trailing-arm-ball-joint-e46-e36-33326775551	31.822	yes	
Stock Rear inner lower ball joint	2	33326775246	https://www.factory-concepts.com/products/bmw-trailing-arm-bushing-inner-lower-joint-33326775246	16.052	yes	
Stock Rear inner upper ball joint	2	33321992247	https://www.factory-concepts.com/products/bmw-trailing-arm-bushing-inner-33321992247	14.382	yes	
Stock Rear shock mount	2	33521092362	https://www.factory-concepts.com/products/bmw-shock-mount-33521092362	14.382	yes	
M3 Front Control Arm Bushings	1	31126856035	https://www.factory-concepts.com/products/bmw-suspension-control-arm-bushing-kit-sport-31126856035	26.391	yes	Buy the M3 part which is stiffer! Clock it 90 degrees (with the holes top and bottom) for more stiffness
Subframe Bushings	1	Many options available	https://shop.bmwfanatic.com/products/bmw-subframe-bushing-set-for-bmw-e36-m3-3181-polyurethane-15pc	190	yes	There are cheaper bushing options, but MG are considered the best
Drivetrain						
Engine Mounts		Many options available	BMW Motor Mounts, Pair 750 - E36, E46, Z3, Z4 - AWD Motorsport	Optional	yes	Very stiff engine and transmission mounts are required for chassis-mount shifters
Transmission Mounts		Many options available - E46 M3 OSM upgrade option shown	https://shop.bmwfanatic.com/products/transmission-mount-set-poly-750-e36-320-e39-e46-e46-e46-e46-e46-z3-z4-m	Optional	yes	Very stiff engine and transmission mounts are required for chassis-mount shifters
3.15 Limited Slip Differential		Buy used for $300-400 or buy stock rebuild from reputable supp	Detroit Diffs - BMW Differentials, Rear Gear Ratios or used	300	no	
Differential Bushings		Many options available	BMW Differential Bushing FRONT Vehicle Applications - E46 - AWD Motorsport OR https://www.bmwfanatic.com/products/differential-mount-bushing-front-for-oversized-tech-poly-750-e36	130	yes	Oversized bolt not really needed for Spec3s. Snapping that bolt is more of an autocross problem
Single Mass Flywheel Conversion	1	Many options available, see the sales	https://www.factory-concepts.com/products/bmw-clutch-kit-300-330hp-240-330hp-325-330hp-528-540i-m3	optional	yes	Unless replacing flywheel anyway, do not use replacement dual mass flywheels.
Wheels/Ties						
Race Studs	1	Many options available	https://www.factory-concepts.com/products/12x1.5mm-wheel-stud-kit-76mm-extended-hardware-12x150mm-stud	165.867	yes	Wear item. Plan to replace every other season or 10-15 race weekends as a precaution
17x8.5 or 17x9 wheels	4	Many options available	https://konigwheels.com/index.php/c/3	806.75	yes	Popular wheel options are PTS-NS Motorsport Pro, Bimmerworld Tilal, Apex ARC8. Konig wheels are only 8 inches wide but are discounted for NASA Spec3 drivers
225/40/17 Toyo R1R	4	Spec Part	http://shop.tirerack.com/productTires-search-rs	1152.99	yes	Email PTS to join the "Toyo Club" for better pricing!
Front Wheel Bearings	2			Optional	yes	The factory wheel bearings last a very long time. Have spares on hand, but it's not really necessary to replace proactively. The fronts are easy to do at the track
rear wheel bearings	2			Optional	yes	Rear wheel bearings are difficult to do at the track the first time
Engine						
ECU Chip	1	2177 12 556 0003	https://www.bimmerworld.com/Spec3-Performance-Chip-by-Evox-Motorsports_p_2.html	350	yes	
K&N Air Filter	1	33-2070	https://www.k-n.com/33-2070-replacement-air-filter	88.48		
Drilled Oil Pump nut	1	driver choice - optional	https://www.bimmerworld.com/M3-Drilled-Oil-Pump-Nut_p_2.html	optional	yes	
Baffle	1	driver choice - optional	https://www.bimmerworld.com/Engine-BMW-Oil-Baffles-Oil-Pan-Baffle-E36-Z3-E-Car-M3-M50-M52-M52-TU-M54-M56	optional	yes	
Gasket	1	driver choice - optional	https://www.factory-concepts.com/products/bmw-oil-pan-gasket-kit-oem-11141437429kit	Optional	yes	
Reinforced Z3 Pickup tube	1	11411703800	https://www.factory-concepts.com/products/bmw-suction-cage-11411703800	Optional	yes	
Oil pickup tube gasket	1	11411703847	https://www.factory-concepts.com/products/bmw-oil-pump-gasket-11411703847	Optional	yes	
Spec3 Exhaust	1		Mitchum Enterprises Richmond, VA (804) 452 1239; richard.mitchum@gmail.com OR BUILD YOUR OWN fallow 400			
Chassis Reinforcement						
Subframe reinforcement	1	Many options available	https://www.akamotorsport.com/products/bmw-subframe-reinforcement-plates-e36/	165		
Rear Shock reinforcement	1	Many options available	https://www.akamotorsport.com/products/bmw-shock-mount-reinforcement-set-e30-e36-e46/	20		
Rear sway bar reinforcement	1	Many options available	https://www.akamotorsport.com/products/bmw-sway-bar-reinforcement-plates-bmw-e36/	20		
RTAB reinforcement	1	Many options available	https://www.akamotorsport.com/products/bmw-trailing-arm-reinforcement-plates-e36/	25		
Front Subframe reinforcement	1	Many options available	https://www.akamotorsport.com/products/front-subframe-engine-mount-reinforcement-plates-e36/	19.99		
Front strut tower reinforcement	2	Many options available	https://www.bimmerworld.com/Front-Strut-Tower-Reinforcement-Plates-E36.html	84.08		
X brace kit	1	OEM Part	https://www.bimmerworld.com/BMW-Motorsport-E36-X-brace-CS-X-Brace-Kit.html	Optional		
Rear control arm reinforcement	1	Many options available	https://www.bimmerworld.com/Suspension-Steering/Control-Arms/E36-E46-Rear-Lower-Control-Arm-Reinforcement	Optional		
Cooling System						
Water pump	1	Many options available	https://www.fcpeuro.com/products/bmw-water-pump-amp-stepper3-88881000	Optional	yes	Stock water pump is fine, but doesn't water pumps are regarded as the best
Aluminum Radiator	1	Many options available	https://www.fcpeuro.com/products/bmw-high-performance-aluminum-radiator-set-2004	Optional	yes	Stock radiator is fine and a lot of people use them. OEM Bbt Z3 radiator is an upgrade.
Fan	1	Many options available	https://www.bimmerworld.com/BMW-16-Inch-Profile-Fan-Push-Mounted.html	Optional	yes	Stock clutch fan tends to explode when they get old and are on at high RPM. Radiator fan is only needed for idling on grid or in the paddock. Not needed at speed
Aluminum thermostat housing	1		https://www.fcpeuro.com/products/bmw-thermostat-housing-aluminum-e36-e46-z4-11537529001	Optional	no	Aluminum thermostat housing is more robust, but doesn't provide much active benefit. Common cheap upgrade
Heater Core Delete Panel	1		https://www.bimmerworld.com/Air-Conditioner/Delete-Panel/Heater-Core-Block-off-plate-bmw-e36/	Optional	no	If you have trouble making weight, deleting the heater core helps a lot. If you can keep the heater core, having defrost is helpful
radiator ducting	1	factory ducting or many options available	https://racegerman.com/products/e36-m3-radiator-duct	optional	yes	ask your series leader about the RaceGerman discount. the factory radiator baffle/ducting is perfectly fine. No need to buy aftermarket unless yours is missing
Brakes						
Front DTC-60	1	Spec part	https://andrew-racing.com/12459816-race-pads-3-front-bmw%2-html	140	yes	Andrew Racing provides a STEEP discount for Spec3. Brake pads purchased through Andrew Racing are stamped "Spec3"
Rear DTC-60	1	Spec part	https://andrew-racing.com/12459847-race-pads-3-rear-stock-html	140	yes	Andrew Racing provides a STEEP discount for Spec3. Brake pads purchased through Andrew Racing are stamped "Spec3"
Front Rotors	2	Many options available	https://www.factory-concepts.com/products/bmw-brake-disc-front-e36-e46-z3-z4-34116785402	86.1	yes	Cheap, blank rotors are most common. ATE is the OE rotor. If you use Zimmermann, you should sand off the coating on the mating surface where the rotor meets the hub and the wheel
Rear Rotor	2	Many options available	https://www.factory-concepts.com/products/bmw-brake-disc-zimmerman-34216785402	61.02	yes	Cheap, blank rotors are most common. ATE is the OE rotor. If you use Zimmermann, you should sand off the coating on the mating surface where the rotor meets the hub and the wheel
Stainless brake lines	1	Many options available	https://www.bimmerworld.com/Brake/Brake-E36-Kit-Lines-Stainless-Steel-Brake-Line-KIT.html	Optional	yes	Rubber hoses are fine, just make sure they are in good condition
Brass caliper bushings (Front)	1		https://www.fcpeuro.com/products/bmw-brass-guide-pin-bushing-kit-88888006		yes	brass bushings help keep pad wear even, but factory rebuilt/fresh calipers is more important
Aero/Appearance						
Race German Headlight trims			https://racegerman.com/products/e36-m-headlight-trim	optional	yes	Spec3 racers receive a significant discount. Contact Taylor Johnson or your series leader for a promo code
Alternative, lower cost headlight duct			https://www.ebay.com/itm/BMW-E36-Headlight-Air-Duct-Insert-For-Bmw-328i88002073145	optional	no	
M3 bumper			https://www.bimmerworld.com/E36-M3-Style-Front-Bumper-Bavaria-96-1992-1995-318-323-328-1.html	Optional	yes	M3 bumpers look cool, but may actually be less aerodynamic than the non M bumper. Jury is out on this one
328 Underbray			https://www.bimmerworld.com/Body-Aero/Front-Spoilers/E36-Bavaria-Underpanel-E36-3-Series.html	Optional	yes	The factory underbray works very well. No need to buy aftermarket unless yours is missing.
Safety			USE THE NASA DISCOUNT AT OSWRACING FOR ALL SAFETY GEAR, PRICES BELOW ARE NOT THE DISCOUNT			
Racing Seat	1	Many options available	https://shop.akamaracing.com/products/bmw-e36-m3-2dr-fixed-back-seat	$75-75	yes	
6 point harness	1	Many options available	https://shop.akamaracing.com/products/aerocity-6-point-racing-harness-steel	310.25	yes	
Fire System	1	Many options available	https://shop.akamaracing.com/products/bmw-e46-2000-fire-material-3lb-fire-system-2-1/4qt-mechanical	372.99	yes	
Rain Light	1	Many options available	https://shop.akamaracing.com/products/bmw-fire-tail-rain-light	157.24	yes	
Seat Adapters	1	Many options available	https://www.bimmerworld.com/Bucket-Seat-Adapters/Bucket-Seat-Fitting-Mount-Adapters.html	160	yes	
Side mount brackets	1	Many options available	https://shop.akamaracing.com/products/bmw-seats-mounting-hardware/products/bmw-seat-side-mount-steel	72.25	yes	
Roll bar padding	3	Many options available	https://shop.akamaracing.com/products/roll-cage-bar-profile-high-impact-roll-bar-padding-5-square-ft-1x50mm-black	66.48	yes	
Steering wheel hub	1	Many options available	https://www.bimmerworld.com/OMP-Steering-Wheel-Hub-Adapter-E36.html	optional	yes	
Steering Wheel	1	Many options available	https://www.bimmerworld.com/OMP-Wind-Tunnel-Steering-Wheel.html	optional	yes	
6 Pole Kill Switch	1	Many options available	https://shop.akamaracing.com/products/battery-6-pole-killswitch	42.48	yes	
Window Net	1	Many options available	https://shop.akamaracing.com/products/bmw-window-net-driver-side	29.48	yes	
Window Net Kit	1	Many options available	https://shop.akamaracing.com/products/aero-racing-products-window-net-mounting-kit-2	710.48	yes	
Center Net	1	Many options available	https://shop.akamaracing.com/products/bmw-front-divider-net	Optional	yes	Center net only required if you plan to race with IMSA Club as well or don't have a containment seat
Tow Hooks	2	Many options available. Can use factory hooks	https://www.akamotorsport.com/products/mercedes-racing-tow-hook-set-aluminum-e36-m3/	Optional	yes	
Harness Mounting Plates	4	Many options available	https://shop.akamaracing.com/products/harness-mounting-hardware/products/harness-mount-plate-for-harness-mounting	Optional	yes	
Steering wheel quick release adapter	1	Many options available	https://www.amazon.com/gp/product/B003UB6PSI/ref=ppx_yo_dt_b_search_asin_title?ie=UTF8&psc=1	Optional	yes	NRG 2.5 quick release is widely accepted as a good unit, despite NRG's reputation
Goods						
NASA Sticker	4	Available at Registration/Driver info at the track or online				
Toyo Tires	4	Available in Registration/Tech at the track				
Hawk	4	Comes with brake pads in small size. Bigger stickers in tech/registration				
Kons	2	Not really needed				
RRT Spec3	2	Shout come with springs. Contact RRT for these or your series leader				
FCP Euro decal	2	Ask your series leader				
Other						
Roll Cage	1	Many options available. Consider using an experienced fabricator	https://mitchumenterprises.com/bmw-e30-basic-dome-roll-cage-kit/	1000 + labor		Should expect to pay less than $3000 for a very nice cage
Donor Car		Ideally a 90-96 325i USDM model, but other sedans/coupes can be used		2000-3000		Extremely clean, daily drivers manual 325i cars can be found for $4000 or less with moderate patience
Parts Total				8618.872		