

Product Category: 05.40.00 - Cold-Formed Metal Framing

Product Name: 1400S300-68

Available Finish: G60, G90

*Other standard coatings referenced in ASTM A1003

Web Depth: 14 in

Flange Width: 3 in

Design Thickness: 0.0713 in

Gauge: 68 mills or 14G

Yield stress, Fy: 50 ksi

Weight: 5.03 lb/ft

Gross Section Properties

Cross sectional area (A)	1.477 in ²
Moment of inertia (Ix)	39.213 in ⁴
Section Modulus (Sx)	5.602 in ³
Radius of gyration (Rx)	5.152 in
Gross moment of inertia (Iy)	1.370 in ⁴
Gross Radius of gyration (Ry)	0.963 in

Effective Section Properties

Moment of inertia for deflection (I _e)	36.295 in ⁴
Section modulus (S _e)	3.655 in ³
Allowable bending moment (M _a)	109.430 In-k
Allowable bending moment from distortional buckling (M _{ad})	95.45 In-k
Allowable strong axis shear away from punch-out (V _{ag})	2365 lb
Allowable strong axis shear at punch out (V _{anet})	2365 lb

- Calculated properties are based on AISI S100-16/S240-20, North American Specification for Design of Cold-Formed Steel Structural Members and meets the requirements of the IBC 2021 Building Code.
- The centerline bend radius is based on inside corner radii shown in thickness chart.
- Effective properties incorporate the strength increase from the cold work of forming as applicable per AISI A7.2.
- Tabulated gross properties are based on full-unreduced cross section of the studs, away from punchouts.
- For deflection calculations, use the effective moment of inertia.
- Allowable moment includes cold-work of forming.
- For the steels that have both 33 and 50 ksi listing, if the design is based on 50 ksi, the 50 ksi steel needs to be specified. (ex. 3.625S137 16-50 (50 ksi))


Torsional Properties

St. Venant torsion constant (J x 1000)	2.503 in ⁴
Warping constant (C _w)	52.772 in ⁶
Distance from shear center to neutral axis (X _o)	-1.601 in
Distance from shear center to mid-plane of web (m)	1.038 in
Radius of gyration (R _o)	5.480 in
Torsional flexural constant (β)	0.915
Unbraced Length (L _u)	56.5 in

Floor Joist Tables

10 psf Dead Load and 20 psf Live Load											
Live Load Deflection L/360						Live Load Deflection L/480					
Single Span Spacing (in) o.c.			Two Equal Spans Spacing (in) o.c.			Single Span Spacing (in) o.c.			Two Equal Spans Spacing (in) o.c.		
12	16	24	12	16	24	12	16	24	12	16	24
43' 0"	39' 0"	33' 1"	46' 9" i	40' 6" i	33' 1" i	39' 0"	35' 6"	31' 0"	43' 10" i	39' 10" i	33' 1" i

10 psf Dead Load and 30 psf Live Load											
Live Load Deflection L/360						Live Load Deflection L/480					
Single Span Spacing (in) o.c.			Two Equal Spans Spacing (in) o.c.			Single Span Spacing (in) o.c.			Two Equal Spans Spacing (in) o.c.		
12	16	24	12	16	24	12	16	24	12	16	24
37' 6"	34' 1"	28' 7"	40' 6" i	35' 1" i	28' 7" i	34' 1"	31' 0"	27' 1"	38' 3" i	34' 9" i	28' 7" i

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10 psf Dead Load and 40 psf Live Load											
Live Load Deflection L/360						Live Load Deflection L/480					
Single Span Spacing (in) o.c.			Two Equal Spans Spacing (in) o.c.			Single Span Spacing (in) o.c.			Two Equal Spans Spacing (in) o.c.		
12	16	24	12	16	24	12	16	24	12	16	24
34' 1"	31' 0"	25' 7" e	36' 2" i	31' 4" i	25' 7" i	31' 0"	28' 2"	24' 7" e	34' 9" i	31' 4" i	25' 7" i

10 psf Dead Load and 50 psf Live Load											
Live Load Deflection L/360						Live Load Deflection L/480					
Single Span Spacing (in) o.c.			Two Equal Spans Spacing (in) o.c.			Single Span Spacing (in) o.c.			Two Equal Spans Spacing (in) o.c.		
12	16	24	12	16	24	12	16	24	12	16	24
31' 8"	28' 7"	23' 4" e	33' 1" i	28' 7" i	22' 10" i	28' 9"	26' 2"	22' 10" e	32' 4" i	28' 7" i	22' 10" i

15 psf Dead Load and 125 psf Live Load											
Live Load Deflection L/360						Live Load Deflection L/480					
Single Span Spacing (in) o.c.			Two Equal Spans Spacing (in) o.c.			Single Span Spacing (in) o.c.			Two Equal Spans Spacing (in) o.c.		
12	16	24	12	16	24	12	16	24	12	16	24
21' 8" e	18' 9" e	15' 4" e	20' 6" a	16' 8" a	12' 4" a	21' 2" e	18' 9" e	15' 4" e	20' 6" a	16' 8" a	12' 4" a

40 psf Dead Load and 125 psf Live Load											
Live Load Deflection L/360						Live Load Deflection L/480					
Single Span Spacing (in) o.c.			Two Equal Spans Spacing (in) o.c.			Single Span Spacing (in) o.c.			Two Equal Spans Spacing (in) o.c.		
12	16	24	12	16	24	12	16	24	12	16	24
19' 11" e	17' 3" e	14' 1" e	18' 3" a	14' 9" a	10' 10" a	19' 11" e	17' 3" e	14' 1" e	18' 3" a	14' 9" a	10' 10" a

Additional Information

MRI Steel Framing, LLC is an SFIA member. MRI acts in accordance with the product and quality standards required by the SFIA program.

MRI meets or exceeds ASTM C955, A653, and A1003.

Current LEED credits available upon request