


# MC GLIDE

## LITE™



Metal Clad Cable (Type MC) has a new look. Its armor profile is flatter, smoother and easier to install through metal studs and ceilings.

No more backbreaking pulls.  
No more damaged studs.  
Just a smoother, faster experience.

**EC&M.**  
**Product of the Year**  
2021 Category Winner

### MC Glide Lite™ Features:

**Easier pulls.** U.S. Patented armor profile is designed to reduce fatigue on your workers when pulling cable through metal studs and ceilings.

**No need for new tools.** Works with the same tools, fittings and supports as traditional MC Cables.

**Time savings.** From the first pull, installing MC Glide Lite™ will be smoother, faster and easier to work with.

**Minimize damage to studs.** Less resistance means less opportunity for cable hang ups, that may knock down studs.

### References and Ratings:

- UL 83,1479,1569,1581, 2556, File Reference E80042
- NEC® 230.43, 300.22(C), 330, 392, 396.10(A), 501, 502, 503, 504, 505, 520, 530, 645
- NEC® 300.22 (C) Other Spaces Used For Environmental Air (Plenums)
- UL classified 1, 2, and 3, hour through (Fire) penetration product R14141
- Cable tray rated, install per NEC®
- Federal Specification A-A-59544 (formerly J-C-30B)
- Meets all applicable OSHA and HUD requirements
- May be surface mounted, fished and /or embedded in plaster
- Made in USA of US and /or imported materials
- Aluminum armored cables are RoHS compliant
- U.S. Design Patent D935,731 | D996,374

## We redesigned the armor profile of MC Glide Lite™, with you in mind.

The aluminum armor design will glide with ease through metal studs and ceilings, without sacrificing flexibility or strength.

Now In  
14AWG

### MC Glide Lite™

Conductor				Product Code		Approx. Weight	Approx. Armor O.D.
Trade Size	Phase Conductor AWG (Color)	Neutral Conductor AWG (Color)	Grounding Conductor AWG (Color)	250' Coils	1000' Reel	(lb/1000ft)	(in)
Solid							
14-2	14-1 Solid (Black)	14-1 Solid (White)	14-1 Solid (Green)	A001-42-00	A001-60-00	78	0.415
14-2	14-1 Solid (Brown)	14-1 Solid (Gray)	14-1 Solid (Green)	A001-42-01*	A001-60-01*	78	0.415
14-3	14-2 Solid (Black, Red)	14-1 Solid (White)	14-1 Solid (Green)	A002-42-00*	A002-60-00*	95	0.440
14-3	14-2 Solid (Brown, Orange)	14-1 Solid (Gray)	14-1 Solid (Green)	A002-42-01*	A002-60-01*	95	0.440
14-4	14-3 Solid (Black, Red, Blue)	14-1 Solid (White)	14-1 Solid (Green)	A003-42-00*	A003-60-00*	113	0.460
14-4	14-3 Solid (Brown, Orange, Yellow)	14-1 Solid (Gray)	14-1 Solid (Green)	A003-42-01*	A003-60-01*	113	0.460
12-2	12-1 Solid (Black)	12-1 Solid (White)	12-1 Solid (Green)	A004-42-00	A004-60-00	103	0.440
12-2	12-1 Solid (Brown)	12-1 Solid (Gray)	12-1 Solid (Green)	A004-42-01	A004-60-01	103	0.440
12-2	12-1 Solid (Orange)	12-1 Solid (Gray)	12-1 Solid (Green)	A004-42-02	A004-60-02	103	0.440
12-2	12-1 Solid (Yellow)	12-1 Solid (Gray)	12-1 Solid (Green)	A004-42-03	A004-60-03	103	0.440
12-2	12-1 Solid (Red)	12-1 Solid (White)	12-1 Solid (Green)	A004-42-04	A004-60-04	103	0.440
12-2	12-1 Solid (Blue)	12-1 Solid (White)	12-1 Solid (Green)	A004-42-05	A004-60-05	103	0.440
12-2	12-1 Solid (Purple)	12-1 Solid (Gray)	12-1 Solid (Green)	A004-42-07	A004-60-07	103	0.440
12-2 I.G. <sup>1</sup>	12-1 Solid (Black)	12-1 Solid (White)	12-2 Solid (Green, Green/Yellow)	A005-42-80*	A005-60-80*	130	0.460
12-2 I.G. <sup>1</sup>	12-1 Solid (Red)	12-1 Solid (White)	12-2 Solid (Green, Green/Yellow)	A005-42-84*	A005-60-84*	130	0.460
12-2 I.G. <sup>1</sup>	12-1 Solid (Blue)	12-1 Solid (White)	12-2 Solid (Green, Green/Yellow)	A005-42-85*	A005-60-85*	130	0.460
12-3	12-2 Solid (Black, Red)	12-1 Solid (White)	12-1 Solid (Green)	A005-42-00	A005-60-00	130	0.460
12-3	12-2 Solid (Brown, Orange)	12-1 Solid (Gray)	12-1 Solid (Green)	A005-42-01	A005-60-01	130	0.460
12-3	12-2 Solid (Orange, Yellow)	12-1 Solid (Gray)	12-1 Solid (Green)	A005-42-02	A005-60-02	130	0.460
12-3	12-2 Solid (Brown, Yellow)	12-1 Solid (Gray)	12-1 Solid (Green)	A005-42-03	A005-60-03	130	0.460
12-3	12-2 Solid (Red, Blue)	12-1 Solid (White)	12-1 Solid (Green)	A005-42-04	A005-60-04	130	0.460
12-3	12-2 Solid (Black, Blue)	12-1 Solid (White)	12-1 Solid (Green)	A005-42-05	A005-60-05	130	0.460
12-3	12-2 Solid (Brown, Purple)	12-1 Solid (Gray)	12-1 Solid (Green)	A005-42-07*	A005-60-07*	130	0.460
Stranded							
14-2	14-1 Stranded (Black)	14-1 Stranded (White)	14-1 Stranded (Green)	A055-42-00*	A055-60-00*	81	0.415
14-2	14-1 Stranded (Brown)	14-1 Stranded (Gray)	14-1 Stranded (Green)	A055-42-01*	A055-60-01*	81	0.415
14-3	14-2 Stranded (Black, Red)	14-1 Stranded (White)	14-1 Stranded (Green)	A056-42-00*	A056-60-00*	99	0.440
14-3	14-2 Stranded (Brown, Orange)	14-1 Stranded (Gray)	14-1 Stranded (Green)	A056-42-01*	A056-60-01*	99	0.440
14-4	14-3 Stranded (Black, Red, Blue)	14-1 Stranded (White)	14-1 Stranded (Green)	A057-42-00*	A057-60-00*	118	0.460
14-4	14-3 Stranded (Brown, Orange, Yellow)	14-1 Stranded (Gray)	14-1 Stranded (Green)	A057-42-01*	A057-60-01*	118	0.460
12-2	12-1 Stranded (Black)	12-1 Stranded (White)	12-1 Stranded (Green)	A058-42-00	A058-60-00	106	0.440
12-2	12-1 Stranded (Brown)	12-1 Stranded (Gray)	12-1 Stranded (Green)	A058-42-01	A058-60-01	106	0.440
12-2	12-1 Stranded (Orange)	12-1 Stranded (Gray)	12-1 Stranded (Green)	A058-42-02	A058-60-02	106	0.440
12-2	12-1 Stranded (Yellow)	12-1 Stranded (Gray)	12-1 Stranded (Green)	A058-42-03	A058-60-03	106	0.440
12-2 I.G. <sup>1</sup>	12-1 Stranded (Black)	12-1 Stranded (White)	12-2 Stranded (Green, Green/Yellow)	A059-42-80*	A059-60-80*	135	0.460
12-3	12-2 Stranded (Black, Red)	12-1 Stranded (White)	12-1 Stranded (Green)	A059-42-00	A059-60-00	135	0.460
12-3	12-2 Stranded (Brown, Orange)	12-1 Stranded (Gray)	12-1 Stranded (Green)	A059-42-01	A059-60-01	135	0.460

Note: All dimensions and weights are subject to normal manufacturing tolerances. Other conductor colors available by special order.

\*Special Order, subject to lead times and minimum order quantities

<sup>1</sup>I.G. = Isolated Ground, an additional insulated green copper grounding conductor with yellow marker



Take the Path of  
Least Resistance



For more info visit [atkore.com](https://www.atkore.com)

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