Adjustable Plate
Fixed Plate

3/8" X 16 threaded rod, drilled & tapped #10 X 32
Washer, 3/4" X 0.090", 0.203" hole
#10 X 32 SHCS, 1.25" long
Spring, 0.504" OD, FL=0.7", 0.07" wire
0.1875 ball bearings (2)
Sch. 40 PVC pipe