

SR 1 Course of Fire – 4 February 2018

Rounds Count Required – 52 (allow for two optional sighting shots)

Sighting Shots 2 sighting shots from the prone position Figure 11 individually marked (more if required)

Practice 1 - 200 yards Rapid /Barricade

Fig 11 Target x 2 45 second exposures

Shooters to load 5 rounds in the magazine leaving 5 rounds nearby in a clip/magazine or loose

Lay the rifle on the front of the firing point at 200 yards with the bolt open.

Leave the rifle on the firing point and stand at the back of the shingle firing point.

When the target appears adopt the prone position load and engage the target with 5 rounds within 45 seconds to the right of the barricade

Adopt the Standing position Unloaded when given the command by the RCO

At the next exposure of 45 seconds reload and engage with a further 5 rounds to the left of the barricade supported if desired.

Practice 2 – 200 – Standing Slowfire

Figure 11 Target 1 x 90 second exposure

Adopt the Standing position (Supported)

On command load 5 rounds

On appearance of the target engage with 5 rounds

Reload

Engage with the remaining 5 rounds

Practice 3 – 200 Yards Varied Exposure Snaps

Position Prone

Targets Fig.11 Target

Timing 4 Exposures of 9, 8, 7 & 6 seconds with a minimum interval of 7 seconds

Competitors will adopt the prone position, rifles loaded with 10 rounds,

The target will make 4 exposures of 9, 7, 6 & 5 seconds. Competitors may decide on the how many shots to take per interval

Practice 4 100 yards Close Quarter Snap

Position Standing unsupported

Targets Fig.12

Timing 1 flash 3 exposures of 7 seconds

Competitors will start in the standing position at the 100 yard firing point.

Magazines Loaded but no round in the chamber.

At the sight of the single flash exposure competitors may load

There is a 10 second delay after the 1 second exposure before the first 7 second exposure.

Any number of rounds may be fired at each exposure.

There will be an irregular interval of between 5 and 10 seconds between each series.

Competitors must return to the ready alert position between exposures.

Practice 5 - 100 yards - Mad Minute

Figure 12 Target

Start Standing, rifle on firing point and ammunition (10 rounds) nearby.

On appearance of target adopt a prone position and load up to 10 rounds. Engage Target

1 x 60 second exposure of Fig 12 target.

Note

Movement during a course of fire should be undertaken with the bolt open or closed on a spent round in the case of modern manual service rifles (AR15 / SLR / AK / M14) etc.