

SR 3 Course of Fire – 13 May 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 Double Snaps Barricade

Figure 11 Target 5 x 6 second exposures

Start at Standing Alert position

Load no more than 5 Rounds on command

Exposure 1 – 2 Shots in the Standing Position

Exposure 2 – 2 Shots in the Kneeling Position

Exposure 3 – 2 Shots in the Sitting Position

Exposure 4 – 2 Shots in the Prone Position

Exposure 5 – 2 Shots in the Standing Position

Shooters may reload at any time after the first exposure

Practice 2 - 200 Yards, Standing & Kneeling

Figure 11 target

Load up to 10 rounds & Adopt Standing Alert position (Supported)

Shoot one shot standing and one shot kneeling per exposure

The target will make 5 exposures of 6 seconds

Only one round to be fired from the standing and one round from the kneeling position at each exposure. Ensure rifles chambers are empty or have a fired case when moving)

Practice 3 - 200 yard Varied Exposure Snaps

Distance 200 yards

Position Prone – Middle Lower barricade loophole only

Targets Fig.11 Target

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

Competitors will adopt the Standing Ready Alert position, rifles loaded with 10 rounds, and will load on the Range Officers Command

Any number of rounds may be fired at each exposure.

Practice 4 100 yards – Prone & Sitting

Figure 12 Target 2 x 30 second exposures

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

On appearance of target adopt the prone position and load maximum of 5 rounds. Engage Target,

When target is away adopt the sitting position, reload.

On the appearance of the target engage with remaining 5 rounds

Practice 5 - 100 yards - Mad Minute Fixed Bayonet

Figure 12 Target

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

On appearance of target adopt a Sitting 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 / VZ / M14) etc.