

SR 5 Course of Fire – 25 November 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 Barricade Firing from Cover - Rapid

Target Figure 11

Position Kneeling or squatting round cover, supported or unsupported

Timing 1 exposure of 1 second, and 2 exposures of 20 seconds

Competitors will start in the standing **alert position** Rifles loaded with 5 rounds bolt open at the rear of the firing point,

On the appearance of the targets first exposure competitors are to move to the 200 yard firing point, adopt the **squatting/kneeling** position behind the cover of the Barricade

10 seconds after the initial 1 second flash exposure the targets will make two exposures of 20 seconds each with a 20 second interval between exposures.

Competitors will fire 5 shots during first 20 second exposure from the right of the barricade

Reload after the first exposure .move to one of the loopholes

Competitors will fire 5 shots during second 20 second exposure from through one of the loopholes.

Practice 2 – 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 3 – 200 yards sitting slow fire

Figure 11 Target 1 x 90 second exposure

Adopt the Sitting position

On command load 5 rounds

On appearance of the target engage with 5 rounds

Reload

Engage with the remaining 5 rounds

Practice 4 100 yards Close Quarter Snap

Position Standing unsupported

Targets Fig.12

Timing 1 flash 5 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 Fixed Bayonet

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 / VZ / M14) etc.