

3SR 5 Course of Fire – 26 November 2023

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 – 100 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 2 - 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.

Practice 3 100 yard Double Snaps

Figure 12 Target 5 x 6 second exposures

Adopt prone position as directed by the RCO

On command Load up to 10 rounds

5 x 6 second exposure two shots per exposure

Practice 4 - 200 yard Varied Exposure Snaps (Barricade)

Standing supported Fig.11 Target

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 5 – 200 yard standing / Prone Advance to Barricade

Standing & Prone Figure 11 Target Flash Exposure & 2 x 30 second exposures

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

Shooters to retire to the rear of the firing point and when the flash exposure is shown advance to the prone position and load.

On appearance of target. Engage Target, 5 rounds

When target is away adopt the Standing position, reload.

On the second appearance of the target engage with remaining 5 rounds

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 / M14) etc.