NATIONAL RIFLE ASSOCIATION

CSR Winter League Course of Fire – December

Short Range Practices (08:30-12:30)

Stage 1: 300x Kinnaird

Distance:	300 yards
Position:	Prone
No of shots:	2 sighting shots and 10 to count
Targets:	1x Fig 12 (sand/black PO & SO; white/black Iron & Historic)
Scoring:	5 and 4
Timing:	1 exposure of 60 seconds
HPS:	50

Procedure

1. Firers have 2 minutes for their sighting shots. After spotting discs have been shown, firers will be ordered to apply safety catches and stand up
2. On appearance of the targets for 60 seconds, firers are to adopt the prone position, release safety catches and open fire with ten rounds

Stage 2: 200x Bisley Bullet

Distance:	200 yards
Position:	Prone
No of shots:	10 to count
Targets:	1x Fig 14 window
Scoring:	5, 4 and 3
Timing:	10 exposures of 3 seconds
HPS:	50

Procedure

1. Firers are to be in the prone position with rifles loaded
2. Targets will make ten appearances of three seconds over a 2m frontage
3. On appearance of the target, competitors are to fire one round per exposure

Stage 3: 200x Sitting/Kneeling/Squatting

Distance:	200 yards
Position:	Sitting/kneeling/squatting
No of shots:	10 to count
Targets:	1x Fig 12 (sand/black PO & SO; white/black Iron & Historic)
Scoring:	5 and 4
Timing:	1 exposure of 40 seconds
HPS:	50

Procedure

1. Firers are to be in the standing alert position with rifles loaded and made ready, safety catches applied
2. On appearance of the target for 40 seconds firers are to adopt the sitting, kneeling or squatting position, release safety catches and fire 10 rounds

Stage 4: 100x Standing/Kneeling/Squatting

Distance:	100 yards
Position:	Standing, followed by kneeling or squatting
No of shots:	10 to count
Targets:	1x Fig 14 window
Scoring:	5, 4 and 3
Timing:	5 double exposures (see below)
HPS:	50

Procedure

1. Firers are to be in the standing alert position with rifles loaded and made ready
2. The target will make five double exposures of '3 seconds up, 2 seconds down, 3 seconds up' at irregular intervals over a period of 2 minutes
3. The first shot at each double exposure is to be fired from the standing position and the second shot from either the kneeling or squatting position. Firers must return to the standing alert position after each double exposure

Stage 5: 100x Sitting Snaps

Distance:	100 yards
Position:	Sitting
No of shots:	10 to count
Targets:	1x Fig 14 window
Scoring:	5, 4 and 3
Timing:	5 exposures of 4 seconds
HPS:	50

Procedure

1. Firers are to be in the Sitting position with rifles loaded, made ready with safety catches applied
2. Targets will make five appearances of four seconds. Two rounds to be fired at each exposure

Ties will be counted out in the order Stage 4, Stage 5, Stage 2, Stage 3, Stage 1.

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CSR Winter League Course of Fire – December

Long Range Rural Match (Amended) (13:15-16:00)

Stage 1: 500x Harassing Fire

Distance:	500 yards
Position:	Prone
No of shots:	2 sighting shots and 10 to count
Targets:	1x Triple Fig 11 (sand/black PO & SO; white/black Iron & Historic)
Scoring:	5 (shots on the central target inside the 300mm circle), 4 (elsewhere on the centre target), 2 (shots anywhere on the outer targets)
Timing:	1 exposure of 60 seconds
HPS:	50

Procedure

1. Firers will have 2 minutes for their sighting shots. After spotting discs have been shown, firers will be ordered to apply safety catches, stand up and adopt the standing alert position
2. On appearance of the target for 60 seconds, firers are to adopt the prone position, release safety catches and open fire

Stage 2: 500x – 300x Rundown

Distance:	500, 400 and 300 yards
Position:	Prone, sitting
No of shots:	10 to count
Targets:	1x Triple Fig 11 at 500x and 400x, 1x Fig 12 at 300x (sand/black PO & SO; white/black Iron & Historic)
Scoring:	500 and 400x: 5 (shots on the central target inside the 300mm circle), 4 (elsewhere on the centre target), 2 (shots anywhere on the outer targets). 300x: 5 and 4
Timing:	*See below*
HPS:	50

Procedure

1. Firers are to be in the standing alert position with rifles loaded, made ready with safety catches applied
2. On appearance of the targets for fifteen seconds, firers are to adopt the prone position, release safety catches and fire two rounds. Firers will then be ordered to Make Safe
3. The 1 second 'flash' of the targets will be the signal for firers to move to the 400x firing point, adopt the sitting position and make ready
4. 60 seconds after the flash, there will be two 6 second exposures of the Triple Fig 11 target. Firers are to fire two rounds per exposure. Firers will then be ordered to Make Safe
5. The 1 second 'flash' of the targets will be the signal for firers to move to the 300x firing point, adopt the prone position and make ready
6. 60 seconds after the flash, there will be two 6 second exposures of the Fig 12 target. Firers are to fire two rounds per exposure

Stage 3: 300x Wantage

Distance:	300 yards
Position:	Prone
No of shots:	10 to count
Targets:	1x Fig 12 (sand/black PO & SO; white/black Iron & Historic)
Scoring:	5 and 4
Timing:	10 exposures of 3 seconds
HPS:	50

Procedure

1. Firers are to be in the prone position with rifles loaded. Targets will make 10 three second exposures over a 2m frontage
2. On appearance of the targets, firers are to fire one round per exposure

Ties will be counted out in the order Stage 2, Stage 3, Stage 1.