

SR 3 Course of Fire – 19 June 2016

Rounds Count Required – 52 to allow for two optional sighting shots

Additional Equipment Required – Bayonet **Note Bipods not allowed**

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 and 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 and reload with a further 5 rounds

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 yards firing from Cover

Fig.11 Target one exposure of 10 seconds and 3 exposures of 8 seconds

Competitors will start standing alert and load up to 10 rounds on the command of the range officer.

On the appearance of the targets competitors are to adopt the standing supported position round the right hand side of the barricade, make ready and fire 2 shots at the Fig.11.

The targets will make a further 3 exposures of 8 seconds at irregular intervals of between 5 and 10 seconds away.

Practice 3 – 200 – 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 – Standing / Sitting

Fig 11 and Fig 12 targets

On command Load 5 rounds

Adopt Standing Alert position

Engage Fig 11 target from the standing position

5 x 3 second exposure

Adopt the Sitting position

Reload with 5 rounds

Engage Fig 12 target

5 x 3 second exposure

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 unsupported position and load up to 10 rounds. Engage Target

1 x 60 second exposure of Fig 12 target.

Note

Bayonets will be removed under supervision before leaving the firing point

The use of a bayonet is optional but there is a 10 point deduction if not used

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) etc.