

### **SR 3 Course of Fire – 6 June 2025**

Rounds Count Required – 42 (allow for two optional sighting shots)

#### **Sighting Shots**

2 sighting shots from the prone position Figure 11 individually marked

#### **Practice 1 – 200 yards Double Snaps Prone**

Position	Prone	Target	Fig 11	Time	5x6 second
----------	-------	--------	--------	------	------------

Adopt prone position as directed by the RCO

On command Load up to 10 rounds

On appearance of the target engage as follows:-

5 x 6 second exposure two shots per exposure

#### **Practice 2 - 200 yard Sitting Slow-fire**

Position	Sitting	Target	Fig 11	Time	1 x 90 Second
----------	---------	--------	--------	------	---------------

Adopt the Sitting position as directed by the RCO

On command load 5 rounds

On appearance of the target engage with 5 rounds

Reload

Engage with the remaining 5 rounds

#### **Practice 3 - 100 yards standing slow fire**

Position	Standing	Target	Fig 12	Time	1 x 90 Second
----------	----------	--------	--------	------	---------------

Start in the Standing 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 - Mad Minute**

Position	Prone	Target	Fig 12	Time	1x60 Second
----------	-------	--------	--------	------	-------------

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

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.