

SR 1 Course of Fire – 1 February 2026

Rounds Count Required – 52 (allow for two optional sighting shots)

Sighting Shots

2 sighting shots from the prone position Figure 11 individually marked

Practice 1 – 100 yards Standing & Kneeling

Position	Stand/Kneeling	Target	Fig 11	Time	1x90 second
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Start Standing on command load 5 rounds

On appearance of the target engage with 5 rounds

Adopt Kneeling position Reload

Engage with the remaining 5 rounds

Practice 2 - 100 yard Close Quarter Snaps

Position	Standing	Target	Fig 12	Time	1 flash 5 exposures of 7 seconds
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Adopt Standing position as directed by the RCO

Magazines Loaded but no round in the chamber.

At the sight of the single flash exposure competitors may chamber a round

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

Practice 3 - 100 yards - Mad Minute

Position	Prone	Target	Fig 12	Time	1x60 Second
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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

Practice 4 - - 200 – Barricade Firing from Cover - Rapid

Position	Kneeling / optional	Target	Fig 11	Time	2 x 30 Second
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Start Standing Alert. On the appearance of the targets first exposure competitors are to 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 30 seconds each with a 20 second interval between exposures.

Competitors will fire 5 shots during first 30 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 5 – 200 - 200 yards Advance Barricade Firing from Cover

Position	Varied	Target	Fig 11	Time	2 x 30 Second
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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 barricade, adopt 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 round

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.