

SR 2 Course of Fire – 10 May 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 – 200 yards Standing Kneeling & Prone

Position	Standing, Kneeling & Prone	Target	Fig 11	Time	1x90 second
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Start Standing and load 10 rounds on command. On appearance of the target engage as follows:-

3 rounds Standing Top Loophole

3 rounds Kneeling Middle Loophole

4 rounds Prone bottom Loophole

Practice 2 - 200 yard Close Quarter Snaps

Position	Standing	Target	Fig 11	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 – 200 yards Standing & Kneeling

Position	Standing / Kneeling	Target	Fig 11	Time	1x90 second
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Load up to 10 rounds & Adopt Standing Alert position

Shoot 5 shots standing then move to Kneeling and shoot the remaining 5 from the kneeling position.

Practice 4 - 100 yards sitting slow fire

Position	Sitting	Target	Fig 12	Time	90 Second
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Start in 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 5 - 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

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.