

SR 3 Course of Fire – 5 July 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 Double Snaps Prone

Position	Prone	Target	Fig 11	Time	5x6 second
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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
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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 – 200 yards Varied Exposure Snaps

Position	Prone	Target	Fig 11	Time	4 exposures Varied
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Load up to 10 rounds & Adopt Prone position

4 Exposures of 9, 8, 7 & 6 seconds with a minimum interval of 7 seconds

Competitors may decide on the how many shots to take per exposure

Practice 4 - 100 yards standing slow fire

Position	Standing	Target	Fig 12	Time	1 x 90 Second
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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 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.