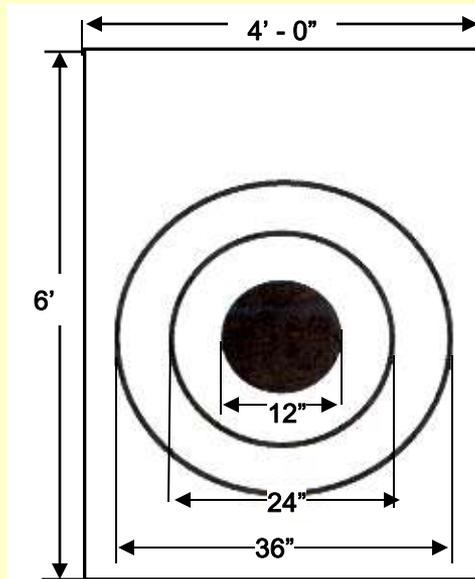
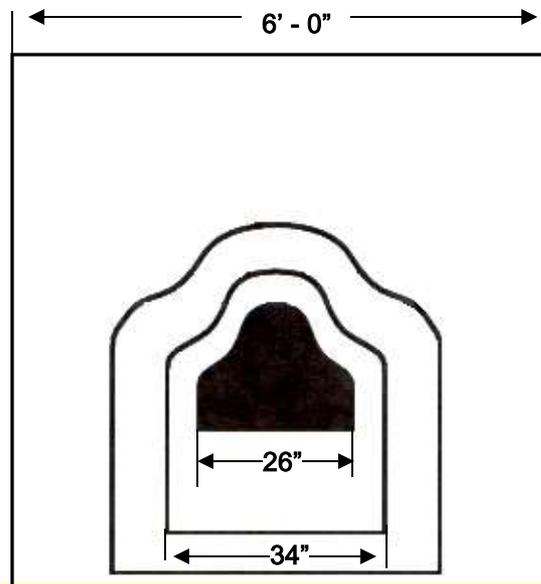


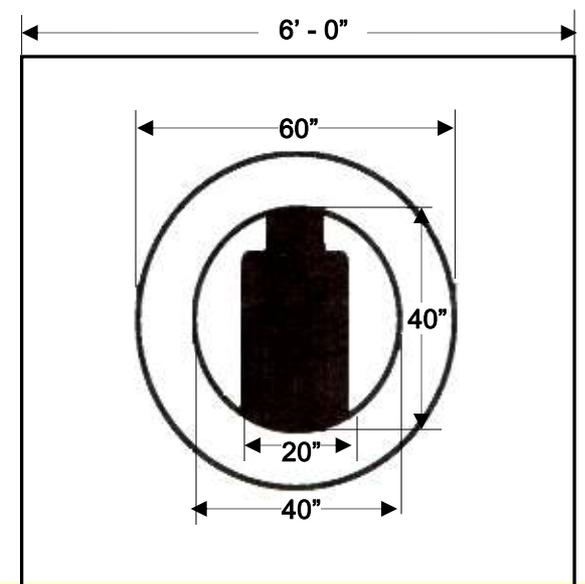
TABLE 1 TARGETS



"A" TARGET



"D" TARGET



"B" MODIFIED TARGET

TABLE 1 – TRAINING DAYS

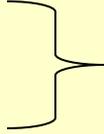
	DISTANCE	TARGET	TIME LIMIT	NUMBER OF ROUNDS/ ITERATIONS	POSITION
Tri-fire	200 yards	“A”	10 min	10	Sitting
Stage One	200 yards	“A”	25 min		Sitting
	200 yards				Kneeling
	200 yards				Standing
	200 yards				‘Choice’
Stage Two	200 yards	“D”-MOD	60 sec	10 (2 times)	Standing to Sitting
Stage Three	300 yards	“A”	5 min	5	Sitting
Stage Four	300 yards	“D”-MOD	60 sec	10 (2 times)	Standing to Prone
Stage Five	500 yards	“B”-MOD	15 min	15	Prone

TABLE 1 – QUALIFICATION

	DISTANCE	TARGET	TIME LIMIT	NUMBER OF ROUNDS/ ITERATIONS	POSITION
Stage One	200 yards	"A"	20 min	5	Sitting
	200 yards				Kneeling
	200 yards				Standing
Stage Two	200 yards	"D"-MOD	60 sec	10	Standing to Sitting
Stage Three	300 yards	"A"	5 min	5	Sitting
Stage Four	300 yards	"D"-MOD	60 sec	10	Standing to Prone
Stage Five	500 yards	"B"-MOD	10 min	10	Prone