**Match 1: Application 300m**

Position: Prone

Target: Fig 11

Rounds: 10 plus 2 sighters

Time: 90 Seconds.

Procedure: Sighters first. Start in the prone position. When your target appears fire your 10 shots.

Max Score: 50

**Match 2: Snap 300m**

Position: Prone

Target: Fig 11

Rounds: 10

Time: 10 exposures of 4 seconds, approx 5 secs between exposures, 15 secs after 5th for reloading

Procedure: Start in the prone Position. When your target appears fire 1 shot per exposure.

Max Score: 50

**Match 3: Rapid 300m**

Position: Prone

Target: Fig 11

Rounds: 10

Time: 1 exposure of 60 secs.

Procedure: Start in standing alert position. When your target appears drop to the prone position and fire your 10 shots.

Max Score: 50

**Match 4: Agony Double Snap 300m**

Position: Prone

Target: Fig 11

Rounds: 10

Time: 5 exposures of 10 secs, varies 5 to 25 secs between exposures.

Procedure: Start in prone position. When your target appears fire 2 shots per exposure. There will be a pause after the 2nd and 4th exposure to reload.

Max Score: 50

**Match 5: 300 Walk Down 300m, 200m, 100m, 50m**

Position: Prone @ 300, Sitting @ 200, kneeling @ 100, Standing @50

Target: Fig 11:

Rounds: 20

Time: 4 exposures of 30 seconds.

Procedure: Start standing, then on command drop to the prone position and fire 5 rounds in 30 seconds. Once your rifle has been cleared, on the command from the RO move to 200 metres. On command drop to the sitting position and fire 5 rounds in 30 seconds. Once your rifle has been cleared, on the command from the RO move to the 100 metre position. On command drop to the kneeling or squatting position and fire 5 rounds in 30 seconds. Once your rifle has been cleared, on the command from the RO move to the 50 metre position. From the standing alert position, on command fire 5 rounds in 30 seconds.

Max Score: 100

**Match 6: Rapid 100m**

Position: Prone

Target: Fig 12

Rounds: 10 plus 2 sighters

Time: 60 Seconds.

Procedure: 2 sighters first. Start in the prone position. Upon the command fire your 10 shots.

Max Score: 50

**Match 7: Action M 100m**

Position: Standing, Prone, Kneeling/Sitting

Target: Fig 12.

Rounds: 10 in 2 stripper clips or magazines

Time: 75 secs.

Procedure: Start with a rifle loaded with 5 rounds, with the bolt closed on an empty chamber. Rifle placed on mat with the shooter standing at the rear of the mat. On command drop to prone and fire 2 rounds, stand and fire 2 rounds, drop to the sitting or kneeling position and fire 1 round, reload, then fire another round, then stand and fire 2 rounds, then prone and fire your last 2 rounds.

Max Score 50

**Match 8: Officer and Grunts 100m**

Position: Prone

Target: 1 shot gun clay and Fig 12

Rounds: 12 Max

Time: 60 secs.

Procedure: Start in the standing alert position with your rifle loaded. Upon command drop to the prone position and engage the clay first. After the clay has been knocked over, fire your remaining rounds on the figure 12. Clay scores a Vee bull. Up to 9 further hits on the fig 12 will count for score. Extra hits will be deducted high low.

Max Score: 50

**Match 9: Rapid 100m**

Position: Sitting

Target: Fig 12

Rounds: 10

Time: 60 Seconds.

Procedure: Start in the sitting position. Upon the command fire your 10 shots.

Max Score: 50

**Match 10: Trinity 100m**

Position: Standing, Sitting, Squatting or Kneeling, Prone

Target: Fig 12

Rounds: 15

Time: 3x1 exposure of 1 minute

Procedure: 5 shots standing, 5 shots sitting or keeling, 5 shots prone, 1 minute per position. Each position will be called, with time to reload.

Max Score: 75

**Match 11: Application 200m**

Position: Prone

Target: Fig 12:

Rounds: 10 plus 2 sighters

Time: 120 secs

Procedure: Start in the prone position. Upon the command fire your 10 shots

Max Score 50

**Match 12: Sitting application 200m**

Position: Sitting

Target: Fig 12.

Rounds: 10

Time: 120 seconds

Procedure: Start in the sitting position. Upon the command fire your 10 rounds.

Max Score 50

**Match 13: Sitting Snap 200m**

Position: Sitting

Target: Fig 12.

Rounds 10

Time: 10 X 4 second exposures

Procedure: Start in the sitting position. Upon the command fire your shot. There will be time to reload after the 5th exposure.

Max Score: 50

**Match 14: Officer and Grunts 200m**

Position: Prone

Target: 1 Shot Gun Clay at 100 metres and Fig 12 at 200 Yards.

Rounds 12 rounds

Time: 1 exposure of 60 secs.

Procedure: Start in the standing alert position with your rifle loaded. Upon command drop to the prone position and engage the clay first. After the clay has been knocked over, fire your remaining rounds on the figure 12. Clay scores a Vee bull. Up to 9 further hits on the fig 12 will count for score. Extra hits will be deducted high low.

Max Score: 50