

# LERA SA SHOOTING EXERCISE



<b>Shooting Exercise</b>	Three Distance Challenge
<b>Distance</b>	300, 200 & 100m
<b>Target</b>	Fig 12
<b>Round Count</b>	15 total – Sighters allowed
<b>Team Exercise</b>	Single
<b>Timed Yes/No</b>	TBC
<b>Time</b>	
<b>Venue</b>	

## Shooting Exercise

This is not a continuous exercise between positions. The RO will instruct the shooter accordingly.

- RO will give instruction to start, horn blows once
- Horn will blow twice to stop

### **100m - Standing**

Standing with rifle pointed 45° down, loaded with 5 rounds, at the ready,  
discharge 5 rounds

### **200m - Kneeling/Seated**

Shooter still in standing position, receives instruction to take kneeling/seated position

Reload with 5 rounds, only when in kneeling/seated position.

### **300m - Prone**

Shooter still in kneeling/seated position, receives instruction to take prone position

Reload with 5 rounds, only when in prone position.



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## Scoring

Inner Bull (Inside Dashed Block) = 5.1

2<sup>nd</sup> Block = 5

3<sup>rd</sup> Block = 4

Rest of Black Man Figure = 3

Rest of Yellow Outer Target = 0

## Target



FIG 12