





Distance:	25m and 15m	Position:	kneeling and standing		
Ammo Req'd:	40 (5 x 8rd mags)	Time Limit:	3 x 20 second exposures		
			8 x 3 second exposures		
			1 x 12 second exposure		
Rules:	 At the 25m point, pistols are loaded, readied and safety catches applied. 				
	2. On each of the first three 20 second exposures competitors will adopt kneeling pos and fire one 8 rnd mag at the Fig				
	11/59 target, with a 20 sec pause between each exp. After each exp on command by RO - RELOAD, READY.				
	After a 20 second pause com	petitors will fire at the Fig 11/2	59 target with one shot at each of 8 exposures of 3 seconds		
	each, with 7 to 10 seconds between exposures. This is followed by a pause of 20 seconds.				
	During the 20 second pause t	e 20 second pause the competitors will (under command by RO) move forward to 15m point, RELOAD,			
	READY, and ADOPT STANDI	NG ALERT POSITION.			
	After 20 sec pause and when all competitors have reloaded, fire 8 rounds at Fig 12c/59 during a 12 sec exposure.				
	Competitors will move forward.	rd with pistols at LOAD posit	ion.		
	Competitors will adopt follow	ving positions:			
	25m rapid	- kneeling 25m snap - stand	ing 15m - standing		

Place:			
Date:		Time:	Tgt:
Pistol:	Ammn:		Sun:
Weather:		Temp:	
Rain:	Cloud:	Sun:	
Bright:	Dull:	Clear:	
	x5 = x4 = x3 = x2 =	Fig 12c/59	x5 = x4 = nt Total:
Wind	KPH:	Remarks:	