

ALASKA RIFLE CLUB – HIGH POWER BASICS

by Ron Fleischhacker February 7, 2006

Here is some info about High Power shooting. Knowing the course of fire and what to anticipate helps reduce anxiety so one can focus on the fundamentals. Simply observing and taking notes for an entire match will answer many questions.

Dress for the weather, and bring some food and water, as some matches can be 7-9 hours.

Two types of matches: CMP, which is fired with a service rifle--without sighters, and NRA, which typically has two categories (service & match rifle) and usually includes sighting shots.

Service rifle (M1, M14, M-16 or the civilian equivalents)

Match rifle semi-auto or bolt gun, provided they can hold a minimum of 5 rounds.

National Match course of fire: (50 rounds)

- 200 yards--Standing slow fire- 10 shots for record, one minute per shot
- 200 yards--Sitting Rapid- 10 shots for record, 60 seconds for the 10 shot string. (the 10 shots will be loaded in two magazines, 2 & 8) the magazine with 2 will be fired first, then the magazine with 8 rounds. Bolt guns loaded 5 & 5.
- 300 yards--Prone Rapid- 10 shots for record, 70 seconds for the 10 shot string. (the 10 shots will be loaded in two magazines, 2 & 8) the magazine with 2 will be fired first, then the magazine with 8 rounds. Bolt gun loaded 5 & 5.
- 600 yards--Prone Slow fire- 20 for record, one minute per shot

An 80 rd match simply includes an additional 10 shot string standing, sitting and prone rapid, making it 20 rounds per position.

Matches with sighters (which are most matches) you are given 2 min. for 2 sighters prior to each stage of fire. They can be taken in any position (but from the position you're about to shoot is encouraged.)

Both rapid-fire positions start from the standing position, with a magazine inserted. When targets appear, assume position close the action and fire.

If you have a malfunction during a rapid fire, it's like bulls-eye pistol. You shoot another string and get the low value shots....ie.. 5 shots away, they are scored and count. Another 10 shot string is shot and you get the low 5 shots.

The sling: for standing has to be in the parade position and not used. For other positions it has to be attached to the front swivel (rear attachment is optional).

Equipment: besides a rifle, a spotting scope, glove, mat, bag/stool for all equipment and coat are beneficial. Ear protection is required and eye protection recommended. **IF YOU DO NOT HAVE THE EQUIPMENT, OTHER SHOOTERS WILL SHARE... AND WE ALSO HAVE LOANER AR-15'S AND AMMO AVAILABLE.**

Targets (full distance)

200 yards- aiming black (9 ring) is 13" with a 7" 10 ring and 3" x ring.

300 yards- aiming black (8 ring) is 18" with a 7" 10 ring and 3" x ring

600 yards- aiming black (7 ring) is 36" with a 12" 10 ring and 6" x ring

The reduced course at 100 or 200 yards is proportionally the same.

SAFETY:

General rules:

Assume all weapons are always loaded

Never let the muzzle cover anything you are not willing to destroy

Keep your finger off the trigger until your sights are on the target

Be sure of your target, Know what it is, What is in line behind it

Keep weapons pointed down range

Keep the safety on and open bolt indicator installed until preparation time begins

WEAPONS AND EQUIPMENT:

Rifles---Service/Match

Magazines

Sling(s)

OCI- open chamber indicator

Notebook or Scorebooks

Ammunition

Eye & ear protection

Supplemental equipment

Scope

Glove

Mat

Stool

Coat

RANGE PROCEDURES:

Listen to the range commands

No Horseplay!

Eye and Ear protection

Calling a cease fire....anybody may—everyone stops firing

Situational awareness

SHOT PREPARATION:

Sight Alignment: alignment of front sight in rear sight

Sight Picture: aiming point

The first sight picture is normally the best one

Breathing Control: during exhale-hold breath and fire, 3-6 seconds optimally

Trigger Control:

Squeeze!!!!

Positive Controlled Squeeze

Follow Through: Continuing to fire the shot even after it is fired

CLASSIFICATIONS:

High Master
Master
Expert
SharpShooter
Marksman

Additional information and high power rifle rules are available at www.nra.org and www.odcmp.org