

LERA SA SHOOTING EXERCISE



Shooting Exercise	Cabin Fever Challenge
Distance	100m
Target	8" Circle
Round Count	20 total – Sighters allowed
Team Exercise	2 People
Timed Yes/No	Yes
Time	
Venue	

Shooting Exercise

RO Calls “Shooters at the ready?” –

Standing

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

“Timers Time On START”

Kneeling

Immediate transition to kneeling stance & reloads 5 rounds

Prone

Immediate transition to prone stance & reloads 5 rounds

Seated

Immediate transition to seated position & reloads 5 rounds

Shooter calls “done” when the 5th seated round is shot

Timer checks rifle for safety. Shooter laydown rifle and steps back



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Scoring

$$\left(\frac{\text{hits} * 5}{\text{seconds}} \right) * 100 = \text{Score}$$

Each hit within the 8" circle counts 1 point. No other score allowed

Target

