

Virginia 4-H Adaptation of ISSF Target Sprint™

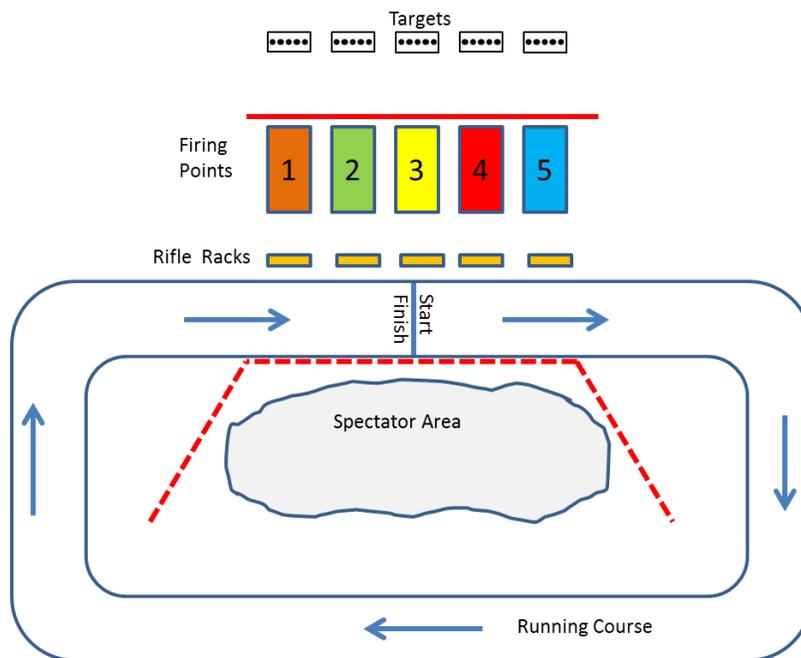
Target Sprint™ is an exciting combination of air rifle target shooting and middle distance running/walking that requires participants to develop accurate rifle shooting skills and physical fitness.

Target Sprint™ participants are assigned to relays and begin each relay with a fixed distance run. At the end of the first run, they stop at a 10-meter air rifle shooting range where they must shoot at and hit five knockdown targets from the standing or prone position. The best athletes do this in a shorter period of time and start their second running stage as soon as all targets are down. More than five shots are often required, but that adds to the shooting time and to the Elapsed Time. At the end of the second run, participants must shoot another five targets before beginning the third and final running stage. The winner is the person who completes the three running stages and two shooting stages first (including any penalties).

The emphasis is not on winning, but on participating to develop the fitness and skill needed to complete the competition. **Target Sprint™** participants are normally divided into categories according to age. The rifle targets are simple, mechanical biathlon-type targets. The low-cost, single shot 4.5mm air rifles used are safe, accurate and easy to learn how to fire accurately. **Target Sprint™** is a challenging 'fire and ice' combination of physically exhausting runs and fast-moving target shooting that is made more difficult by loss of breath and a racing heartbeat. Everyone who completes a **Target Sprint™** event goes home with a real sense of accomplishment.

1.0 Target Sprint™ Venue

Target Sprint™ events are organized on a venue that has a combination of a running/walking course and an air rifle range.



2.0 Target Sprint™ Competition Format

Events should be organized so that all participants complete the following stages:

Stage	Activity	Description
1	Running/walking	Running/walking distances vary by 4-H age groups.
2	Shooting	Athletes take rifles from the rifle rack, carry them to their firing points and fire at five (5) falling targets
3	Running/walking	After shooting, rifles are replaced in the rifle rack and running continues.
4	Shooting	Athletes repeat Stage 2 by firing at their five targets
5	Running/walking	After shooting, rifles are replaced in the rifle rack and running continues until the athlete reaches the finish line. The sum of Elapsed Time and Penalty Time equal Total Time. The competitor with the lowest Total Time wins.

VA 4-H 2.1 Running/walking Distance and Rifle Type:

4-H Juniors (9-13) 200 meters Air Rifle

4-H Seniors (14 to 19) 400 meters Air Rifle

VA 4-H 2.2 Shooting Position:

4-H Juniors (9-13) Prone

4-H Seniors (14 to 19) Standing

VA 4-H 2.3 Timing: The clock starts at the Start Line and runs until the Finish Line (Elapsed Time).

VA 4-H 2.3.1 Timing Option 1. Each shooting period is unlimited in time; however, only 8 pellets may be taken to the firing point and only 8 pellets may be fired for each shooting stage.

VA 4-H 2.3.3 Penalty Time: If a competitor still has targets showing at the end of the shooting period, a Penalty Time will be assessed:

1 target 2 minutes

2 targets 4 minutes

3 targets 6 minutes

4 targets 8 minutes

5 targets 10 minutes

VA 4-H 2.3.4 Maximum Relay Time: The Match Director can specify a Maximum Relay Time for each match; unique requirements will be specified in the match bulletin. Maximum Relay Time will be used as required to prevent extraordinarily slow competitors from delaying the start of the next relay. Upon being notified that the relay has ended, a competitor on the running track will clear the way for the next relay; a competitor still shooting will Stop and Unload, insert a CBI, and put the rifle in the rifle case.

VA 4-H 3.1 Competition Categories: The following Categories will be used: 4-H Juniors (9-13), 4-H Seniors (14 to 19)

VA 4-H 4.3 c. Sighting: Paper sighting targets will be in place beside each competition target. On a time-available basis, competitors can shoot sighting shots at a paper target before the first relay or between relays if time permits. Relays will start on time; competitors shooting sighting shots will not delay a relay. Shooting sighting shots during a relay is prohibited; all shots fired during a relay are record shots.

VA 4-H 5.4.1 Firing Distance: Air Rifle 10 meters.

VA 4-H 5.4.2 Coaching: For air rifle, coaches/spotters with scopes are allowed forward of the spectator rope, but can only approach the firing line when summoned by the Range Officer; these coaches may shout suggestions to the shooter.

VA 4-H 5.7 Targets: Specially constructed biathlon style targets will be used for Air Rifle. Air Rifle targets will be 1 3/8".

VA 4-H 5.7.1 Height of Competition Targets: Competition targets will be placed at a height appropriate for prone (19.5") or standing (55").

VA 4-H 6.1 Rifles: Any .177" air rifle normally used in 4-H competitions (less than 600 feet per second) with iron sights is permitted. Air Rifles will conform to the latest rules published by the National 3P Air Rifle Council. Bright orange or red clear-barrel-indicators (CBI) will be inserted at all times except when actually firing the rifle. The CBI must be visible at the muzzle and the action.

VA 4-H 6.4 Clothing and Shoes: Shoes or boots are required at all times. The same pair of shoes or boots must be worn throughout the relay. Open-toed shoes are prohibited. Special shooting clothing is prohibited. Competitors, coaches, and spectators must adhere to the 4-H dress code specified for the event. Athletic shoes, shorts, shirts, etc. may be worn if permitted by the 4-H dress code.

VA 4-H 6.5 Other Equipment Permitted: Prone mats may be used for the prone position and offhand stands may be used for the standing position.

VA 4-H 6.6 Electronic Devices: Electronic timers and mobile phones used exclusively as timers are the only electronic devices permitted on the running course and firing line. Electronic devices used for communication or entertainment purposes are prohibited, including any devices inserted into or on the ears. Match Directors may approve other devices, but the competitor must request permission at least one hour before the start of the competitor's relay (e.g. GoPro camera).

VA 4-H 7.3 Rifle Actions Open: When air rifles are brought to the venue, rifle actions must be open with bright orange or red clear-barrel-indicators (CBI) inserted in the barrels. CBIs must remain in the rifles at all times except when the rifles are being used on the firing points during a shooting stage. Rifle actions may only be closed when competitors load rifles on the firing line. The CBI must be visible at the muzzle and the action of Air Rifles.

VA 4-H 7.4.1 Rifle Handling During Race with Rifle Racks: Athletes must place their rifles in the rifle rack no later than five (5) minutes before their relay starts. When approaching the rifle range for a shooting stage, competitors must take the rifle out of the rifle rack themselves, holding the rifle by the barrel or at the fore-end and carrying it to their firing point. The rifle barrel must always point upwards. After shooting, the rifle is returned to the gun rack again in the same way. CBIs must remain in the rifles at all times except when the rifles are being used on the firing points during a shooting stage. The CBI must be visible at the muzzle and the action of Air Rifles. A Range Officer must inspect each rifle, to ensure it is unloaded, before it is removed from the range.

7.5 Loading and Unloading

Loading an air rifle may only be done on the firing point when a Range Officer is present. When loading and unloading the rifle, the barrel must always point towards the targets.

VA 4-H 7.6 Eye Protection: Eye protection is mandatory for all individuals forward of the spectator barrier. Competitors will don their eye protection at the rifle rack before they touch their rifle and wear them continuously until they return the rifle to the rack. Competitors must return their eye protection to the rifle rack before returning to the running course.