

1. Øvelse 1

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CoF	NROF - Medium	Points	100 p
Targets	6 paper, Total 6 targets	Min rounds	12
Firearm	Handgun	Match-%	33.33%

Procedure	Engasjer alle mål så fort de blir synlige.
Starting position	Fri start innen skyteområdet.
Firearm ready condition	Ladd, hylstret
Start on	Audible signal
Stop on	Last shot
Penalties	As per current edition of rules
Safety angles	L/R
Setup notes	

2. Øvelse 2

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CoF	NROF - Long	Points	100 p
Targets	15 paper, 4 plates, Total 19 targets	Min rounds	34
Firearm	Handgun	Match-%	33.33%

Procedure	Engasjer alle målene så fort de blir synlige.
Starting position	Fri start i skyteområdet.
Firearm ready condition	Ladd/hylstret
Start on	Audible signal
Stop on	Last shot
Penalties	As per current edition of rules
Safety angles	L/R
Setup notes	

3. Øvelse 3

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CoF	NROF - Long	Points	100 p
Targets	10 paper, 2 popper, Total 12 targets	Min rounds	22
Firearm	Handgun	Match-%	33.33%

Procedure	Engasjer alle målene så fort de blir synlige,
Starting position	Fri start innen skyteområdet.
Firearm ready condition	Ladd og hylstret.
Start on	Audible signal
Stop on	Last shot
Penalties	As per current edition of rules
Safety angles	L/R
Setup notes	