1. Stage #1: opp og ned

Scoring	Points	Par-time	150.00 sec
Info	10 pts & 10 rounds	Par-time factor	-
CoF			
Target-info			
Equipment	Alt utstyr		
Penalties	As per current edition of rules		
Safety	L/R		
Setup			

2. Stage #2: hit og dit

Scoring	Points	Par-time	150.00 sec
Info	10 pts & 10 rounds	Par-time factor	-
CoF			
Target-info			
Equipment	Alt utstyr		
Penalties	As per current edition of rules		
Safety	L/R		
Setup			

3. Stage #3

Scoring	Points	Par-time	150.00 sec
Info	9 pts & 9 rounds	Par-time factor	-
CoF			
Target-info			
Equipment	Alt utstyr tillatt		
Penalties	As per current edition of rules		
Safety	L/R		
Setup			

4. Stage #4

Scoring	Points & tie-breaker time	Par-time	120.00 sec
Info	10 pts & 10 rounds	Par-time factor	-
CoF			
Target-info			
Equipment	Alt utstyr tillat		
Penalties	As per current edition of rules		
Safety	L/R		
Setup			

5. Stage #5

Scoring	Points	Par-time	150.00 sec
Info	9 pts & 9 rounds	Par-time factor	-
CoF			
Target-info			
Equipment	Alt utstyr tillatt		
Penalties	As per current edition of rules		
Safety	L/R		
Setup			