

## PCAWA TETRATHLON - SHOOTING PHASE - COACHING NOTES - 2012

PCAWA Tetrathlon events involve competition in four phases over two days: running, shooting, swimming and riding.

These notes are intended to help entrants prepare to compete in the Shooting Phase of PCAWA Tetrathlon events. The advice offered here is in amplification of the PCAWA's "RULES FOR TETRATHLON".

These notes will also be of assistance to shooting clubs and others involved with coaching PCAWA Tetrathlon entrants.

### **Rules**

Entrants and coaches need to read and understand the rules for the Shooting Phase, particularly each Competitor's Responsibility, the Method of competition shooting, and the rules for Scoring.

*Tetrathlon Rule 36 (b) states: The Shooting Steward can eliminate a competitor from the Shooting Phase if their conduct, in the opinion of the Shooting Steward, represents a threat or potential threat to the safe conduct of the competition. Should this occur then the competitor will score 0 for the Shooting Phase.*

*Tetrathlon Rule 37 (d) states that it is the competitor's responsibility to obey the instructions given by the Shooting Steward and the Firing Point Assistants.*

Current firearms regulations allow Tetrathlon entrants of any age to lawfully participate in the Shooting Phase, using the firearms licensed in the name of the Shooting Steward, provided this occurs in his/her presence and under his/her direct supervision.

In the area of the shooting competition range, the Shooting Steward will strictly enforce a safety rule requiring everybody present (competitors and spectators) to position themselves well back **BEHIND THE FIRING POINT**. No person may approach the firing point or move forward of it except when the Shooting Steward has clearly directed that person to do so.

### **The Rifles**

Five identical, open sighted, bolt action, single shot (no magazine), .22 rifles will be used in the competition. This is one of the five identical rifles:-



The rifles are Stirlings, model 14P. Entrants will fire in "details" of five at a time. A Perth gunsmith has checked the five rifles for safety, wear and efficient operation. He has also "zeroed" the sights on each rifle, i.e. he checked and adjusted the alignment of the sights with the barrel of each rifle for short range shooting accuracy.

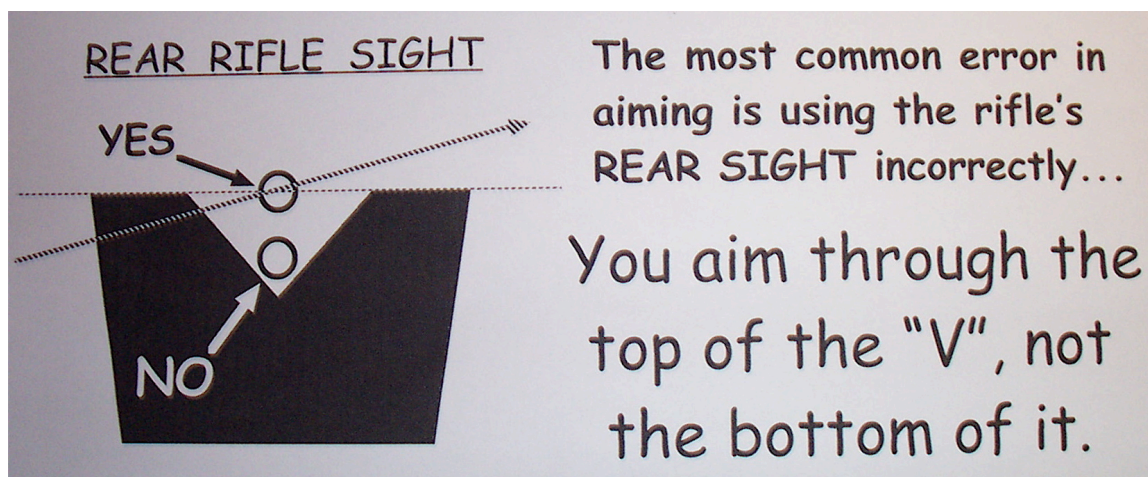
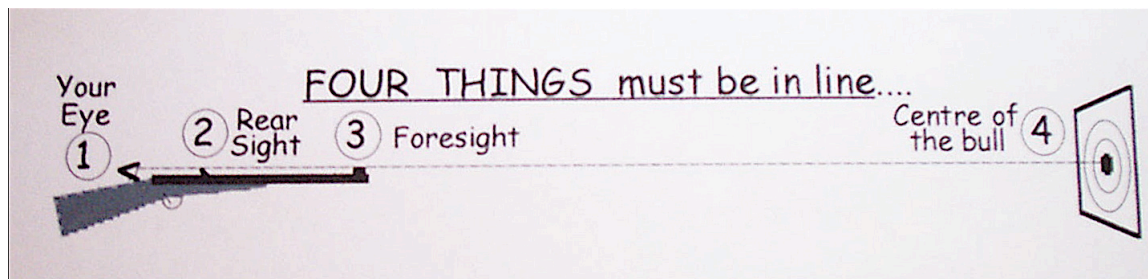
Now, as the licence holder of the competition rifles and the Tetrathlon competition's Shooting Steward, I offer you the following information and suggestions to help you prepare to compete.

## The Target

PCAWA Tetrathlons use a standard, purpose-designed "TETRATHLON TARGET" of which the "2012 Revision" is the current version. The target is easily reproduced on A4 paper by photocopying from originals available from PCAWA or myself (see contact details below). Photocopies need to be produced sharp and black (not grey) on bright white paper of 90 gsm minimum thickness.

## Aiming Theory

Because of the human factor (we are all different), two skilled shooters using the same rifle and the same point of aim will rarely hit the same spot on the target. This applies regardless of the accuracy of the rifle's zeroing.



The rules of this competition require that every entrant must use a rifle provided by the organisers. You may not bring and use your own rifle. So you cannot preset the sights of your competition rifle to suit your particular aiming technique. It is for this reason that each entrant begins their PCAWA Tetrathlon competition shooting with two "sighter" shots.

## The Sighter Shots

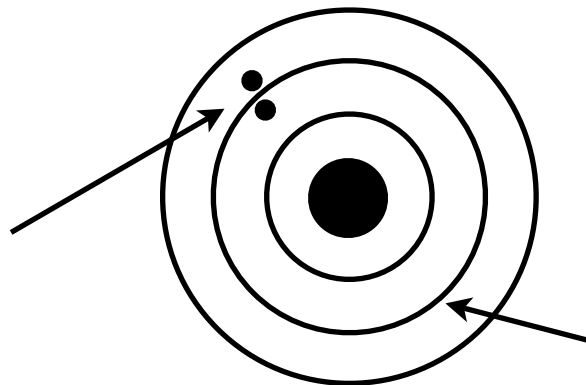
The purpose of the two sighter shots is to enable you to find out where the rifle allocated to you will hit, when you use your particular aiming technique. When you fire the two sighters, your point of aim (i.e. the spot on the target that you aim at) for BOTH shots MUST be the centre of the BULL. At the very short range of this competition (approx. 30 metres), even a poorly zeroed rifle will put those two shots SOMEWHERE onto the target. If you have skill and have put in some time in practice, your two sighters will hit the target CLOSE TOGETHER, i.e. close to each other.

You are permitted (and encouraged) to bring and use your own binoculars or 'scope to see where on the target those first two sighter shots have hit. Alternatively the Firing Point Assistant who is supervising you will tell you where your two sighters have hit.

## Adjusting your Point of Aim

Now you alter your point of aim accordingly. For example, if your two sighters both fell say, 6cm above the bull and to the left, then your new point of aim for your remaining five shots will be a point on the target that is 6cm below the bull and to the right. This diagram illustrates the technique:-

If, when you aimed at the centre of the bull, your two sighter shots fell here...



Then, for your remaining five shots, you would change your point of aim to here.

Now provided you are skilled, practised and confident, your five remaining shots will all fall into the bull - even though you may not be actually AIMING at the bull when you fire them.

Two more rules are relevant here:-

1. While firing your five shots (after the two sighters), the assistant at your firing point is not permitted to give you any further information about where on the target your shots are falling. You are not permitted to use your own binoculars between your third and seventh shots either.
2. In working out your score, the scorers will count your five best shots, regardless of whether those five include one or both of your sighters!

I trust that it is now clear to you that it is very poor shooting simply to aim every shot at the bull, regardless of where the early ones fall. Anyone who does that **DESERVES** a low score, and can hardly blame the rifle.

**This additional information may help you to prepare suitably:-**

*I am strict about enforcing Rule 38's requirements for holding the rifle: ".....In the prone position, the competitor must lie flat on his/her stomach. Both elbows must be on the ground, with both hands supporting the rifle. One hand must hold the pistol grip of the rifle. The other hand must hold the stock of the rifle - forward of the trigger guard. The butt of the rifle must be held into the shoulder - NOT in the armpit underneath the shoulder....."*

*Loading and reloading will be done for you by your Firing Point Assistant if you wish.*

*A rifle barrel support is provided. It has support points at varying heights to suit different competitors. There is no compulsion to use the support but unless you are VERY skilled you are likely to gain a higher score if you DO use it. I have a design drawing of the type and measurements of the support used in the Tetrathlon and I am happy to mail or email out copies on request – see contact details below.*



*The ammunition used in the competition is called "Winchester T22 LR" (or an equivalent). It is specially manufactured for short range target shooting. It is of lower velocity than most .22 ammunition. It has negligible recoil and is much quieter. It would be wise to arrange to use this type of ammunition in practice for the event.*

*When looking along the sights to aim the rifle, some competitors find it difficult to hold their non aiming eye closed. It is best to learn to do this but for those who cannot, it is permitted to cover one eye with a patch or with one taped lens on a pair of spectacles or spectacle frames. Any technique involving competitors having both eyes open when they are aiming is, in my view, unsuitable for competition rifle shooting.*

*In firing your seven shots, TAKE YOUR TIME. Nobody minds if you are the last of your group of five to finish shooting. The others may have raced through theirs because they are inexperienced, poorly coached, excited and/or nervous. The assistant at your firing point will wait patiently for as long as you like, so that you can perform at your best. I will be in charge of the shooting competition on the day and I too will be doing all in my power to see that you are given a fair opportunity to compete to the best of your ability within the rules.*

*Be very careful to see that you aim every one of your shots at your own target - and not that of the firer next to you! (If you put a scoring shot on someone else's target, THEY get those points!)*

*On the day of the shooting phase of the Tetrathlon, rumours sometimes get around about supposed differences in performance of our five competition rifles. You may hear comments like: "Rifle number # doesn't shoot straight" or "Rifle number # is the best one". DON'T BELIEVE THEM! Our five identical rifles perform equally. Different scores result from user differences, not rifle differences.*

**REMEMBER, if you come to the event without skill, practice, and proven success in identical conditions (including the pressure of competition), DON'T BLAME THE RIFLE!**

*It is a requirement that your **TEAM MANAGER IS PRESENT** with you at the range when you shoot in the Tetrathlon. It is your Team Manager's duty to view the scoring of your target immediately after you have shot. Your Team Manager then signs off on your target to acknowledge agreement that the shooting score awarded to you is correct.*

I am happy to make myself available to assist clubs with coaching sessions to help competitors prepare for Tetrathlon shooting. I make no charge for my time but I do require reimbursement for the ammunition used, and a mileage allowance of 50c per km to cover my travel costs. A club wanting such a coaching session would need to prearrange access to a suitable, approved shooting range on a mutually acceptable date. See contact details below.

I look forward to meeting you at the Tetrathlon. In the meantime, you are welcome to contact me (see below) if there is any matter regarding Tetrathlon shooting that you would like to ask about or discuss.

**Bernard Arrantash**

*Shooting Steward*

*Home Phone: 9291 6601*

*Email: [bernard.arrantash@bigpond.com](mailto:bernard.arrantash@bigpond.com)*