

ARQ DAY 1 HOLDS						
RANGE	DRILL	ROUNDS PER ITERATION	TIME (sec)	POSITION(S)	ITERATION	TOTAL ROUNDS
CONFIRMATION FIRE						
100	ZERO CONFIRMATION	5	60	PRONE	3	15
SHORT BAY						
25	HEAD SHOT	1	3	STANDING	3	3
25	FAILURE	3	5	STANDING	2	6
25	BOX	6	10	STANDING	1	6
25-15	FAILURE TO STOP/ MOVING	3	15	STANDING	1	3
100	HOLDS	5	60	SUPPORTED	3	15
100	MOVERS	2	8	STAND X 2, KNEE X2	4	8
LONG BAY						
200	HOLDS	5	60	SUPPORTED	3	15
200	MOVERS	2	8	STAND X 2, KNEE X2	4	8
300	HOLDS	5	60	SUPPORTED	3	15
500	HOLDS	5	60	SUPPORTED	3	15
NIGHT						
100	CONFIRMATION	5	60	STANDING	1	5
100	MOVERS	2	8	STAND X 2, KNEE X2	4	8
25	HEAD SHOT	2	3	STANDING	2	4
25	FAILURE TO STOP	3	5	STANDING	2	6
25	BOX	6	10	STANDING	1	6
25-15	FAILURE TO STOP/ MOVING	3	15	STANDING	1	3

TOTAL DAY 1=	141
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ARQ DAY 2/3 QUALIFICATION						
RANGE	DRILL	ROUNDS PER ITERATION	TIME (sec)	POSITION(S)	ITERATION	TOTAL ROUNDS
LONG BAY						
500	SUSTAINED FIRE	5	45	PRONE	8	40
300	CONTROLLED PAIR	2	15	STAND, KNEE OR PRONE	8	16
200	CONTROLLED PAIR	2	10	STAND, KNEE	6	12
200	MOVERS	2	8	STAND, KNEE	6	12
SHORT BAY						
100	CONTROLLED PAIR	2	8	STAND, KNEE	4	8
100	MOVERS	2	8	STAND, KNEE	4	8
25	HEAD SHOT	1	3	STANDING	3	3
25	FAILURE	3	5	STANDING	2	6
25	BOX	6	10	STANDING	2	12
25-15	FAILURE TO STOP/MOVING	3	15	STANDING	1	3
NIGHT						
100	CONTROLLED PAIR	2	8	STAND, KNEE	4	8
100	MOVERS	2	8	STAND, KNEE	4	8
25	HEAD SHOT	1	3	STANDING	3	3
25	FAILURE TO STOP	3	5	STANDING	2	6
25	BOX	6	10	STANDING	2	12
25-15	FAILURE TO STOP/MOVING	3	15	STANDING	1	3

TOTAL DAY 2/3=	160
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500	HOLDS	5	60	SUPPORTED	3	15
NIGHT						
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