

COURSE DESIGNER : POLLA

STAGE NAME: THIS IS MY HANDGUN...

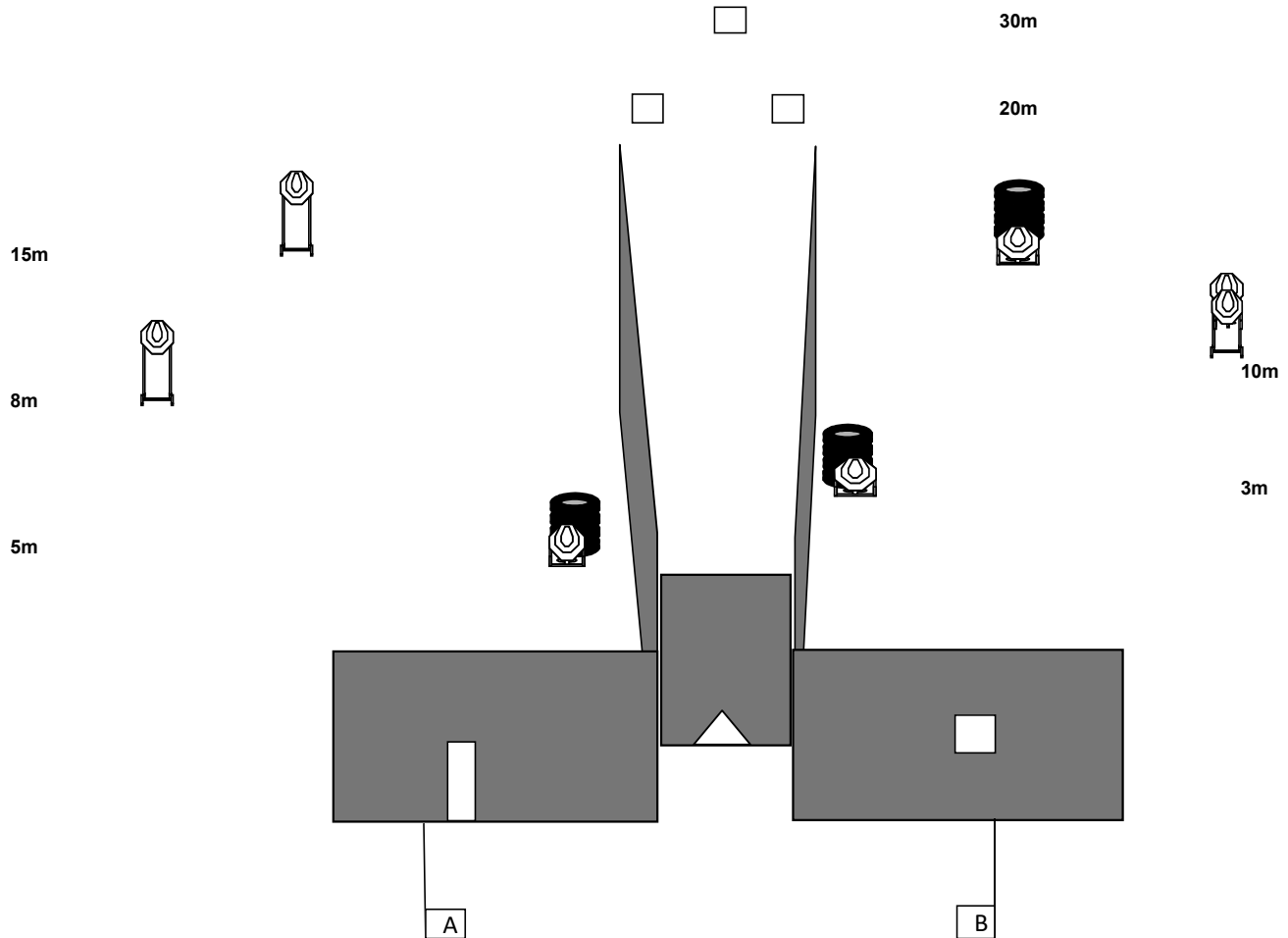
**MEDIUM COURSE**  
**HANDGUN STAGE 1**

Targets:	7 IPSC Targets	Minimum rounds:	17
IPSC Poppers:	0	Possible points:	85
Plates:	3 square 300mmx300mm	Distance:	5 -40m
No shoot targets:	4	Start:	On audible signal.

The competitor starts standing relaxed facing downrange, with one foot on either A or B, hands at sides.

The handgun is loaded and holstered.

On signal engage targets as they become visible from within the demarcated area.



**Notes for Stage Builder**

Dimensions of shooting area: 1500mm x 6000mm

P1 should only be visible from the prone position.

**Notes for Range Officer**

COURSE DESIGNER : POLLA

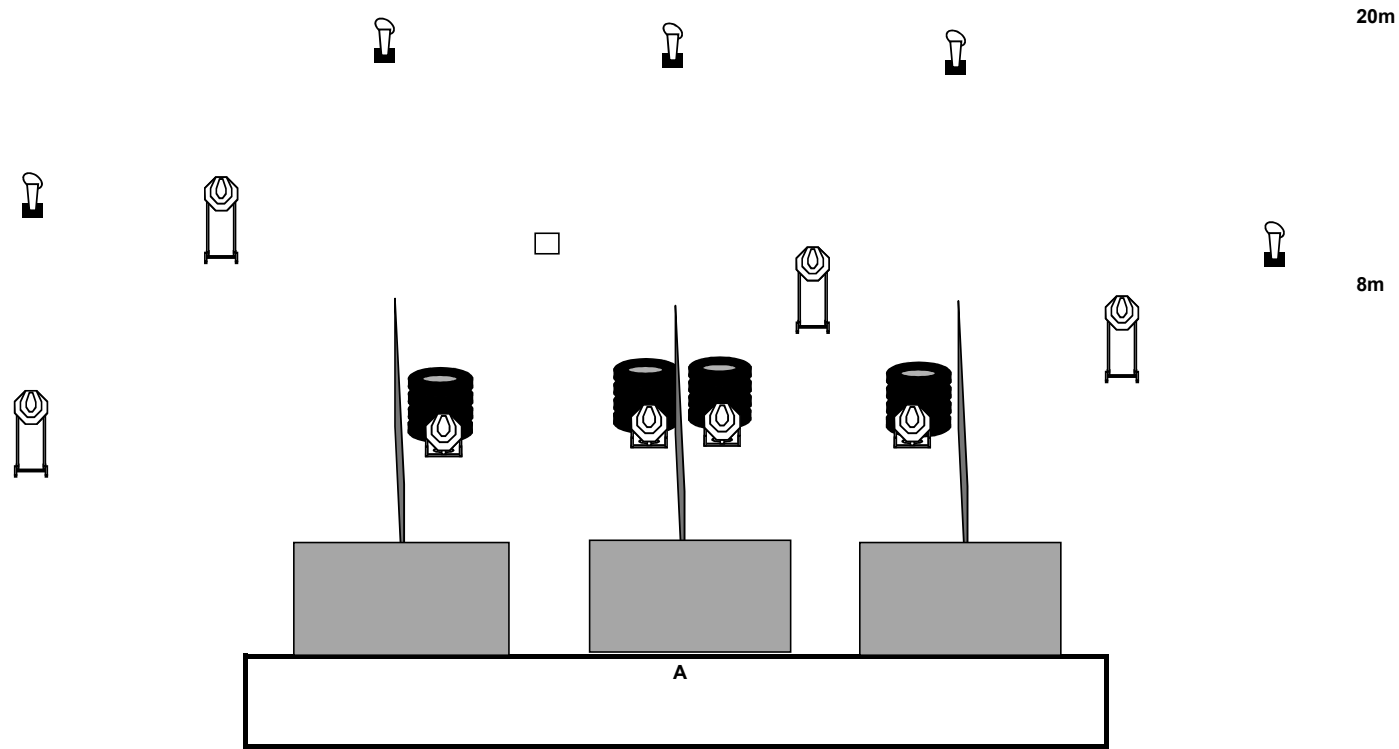
STAGE NAME: METALICCA

LONG COURSE

HANDGUN STAGE 2

Targets:	8	Minimum rounds:	22
IPSC Poppers:	5	Possible points:	110
Plates:	1 200mm square	Distance:	3 - 20m
No shoot targets:	0	Start:	On audible signal.

The competitor starts standing relaxed facing downrange hands on marks at A. The handgun is unloaded and holstered. On signal engage targets as they become visible from within the demarcated area.



Notes for Stage Builder

Notes for Range Officer

COURSE DESIGNER : POLLA

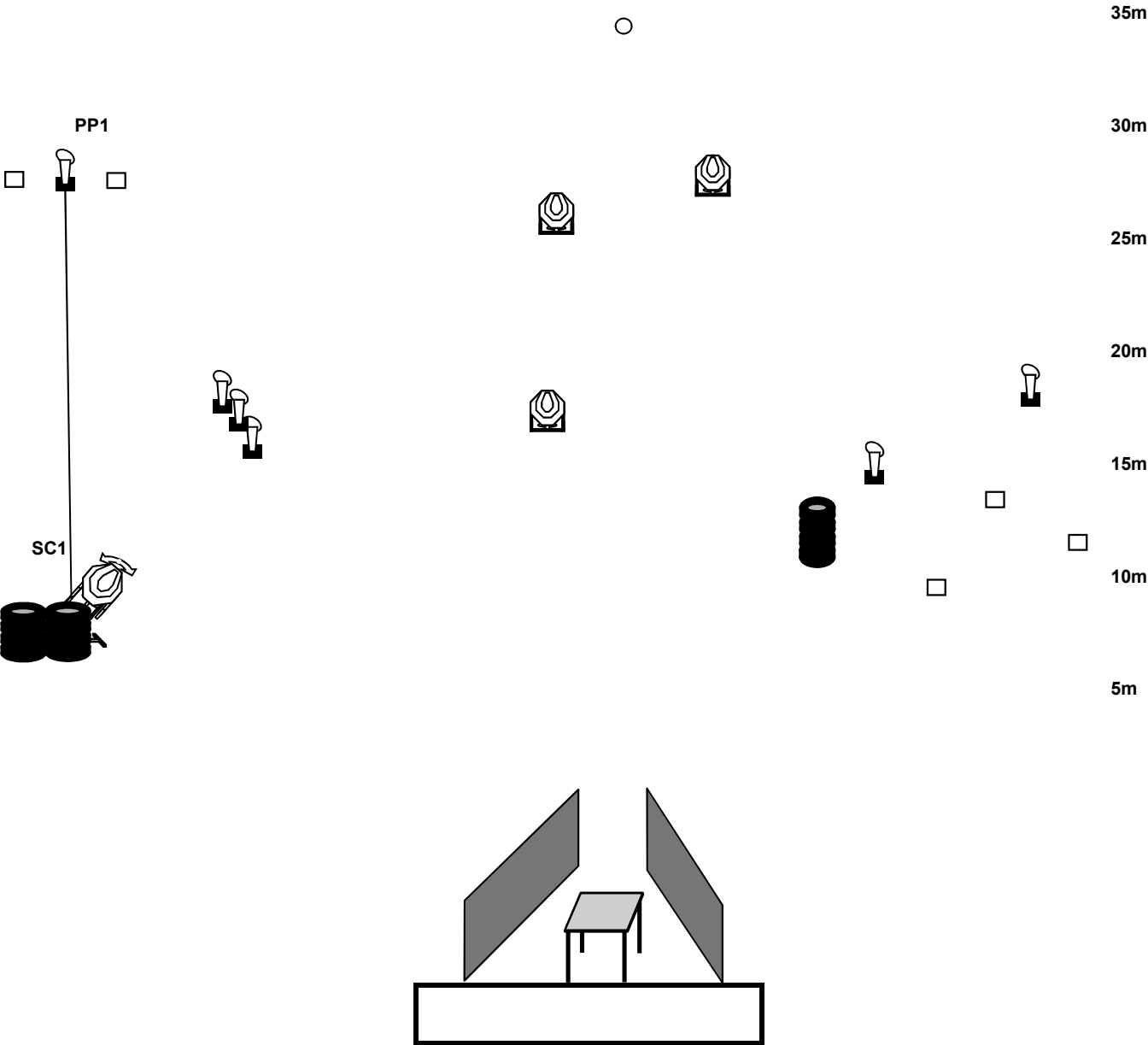
STAGE NAME: MIXED UP

MEDIUM COURSE

HANDGUN STAGE 3

Targets:	IPSC	Minimum rounds:	20
IPSC Poppers:	6	Possible points:	100
Plates:	5 square plates (300 x 300mm)	Distance:	9-35m
	1 round plates of 200mm	Start:	On audible signal.

The competitor starts standing relaxed facing uprange, hands hanging at sides, anywhere in shooting area. The handgun is loaded with magazine in and chamber empty, and placed on the table with all mags to be used. Engage targets as they become visible from within the demarcated area. PP1 will activate S1 which will remain visible and carry mis penalties.



Notes for Stage Builder

The round plates should be spiders.

AT THE TRIO OF POPPERS, SHOTGUN SHOULD BE ABLE TO SHOOT AT LEAST TWO DOWN WITH ONE SHOT.

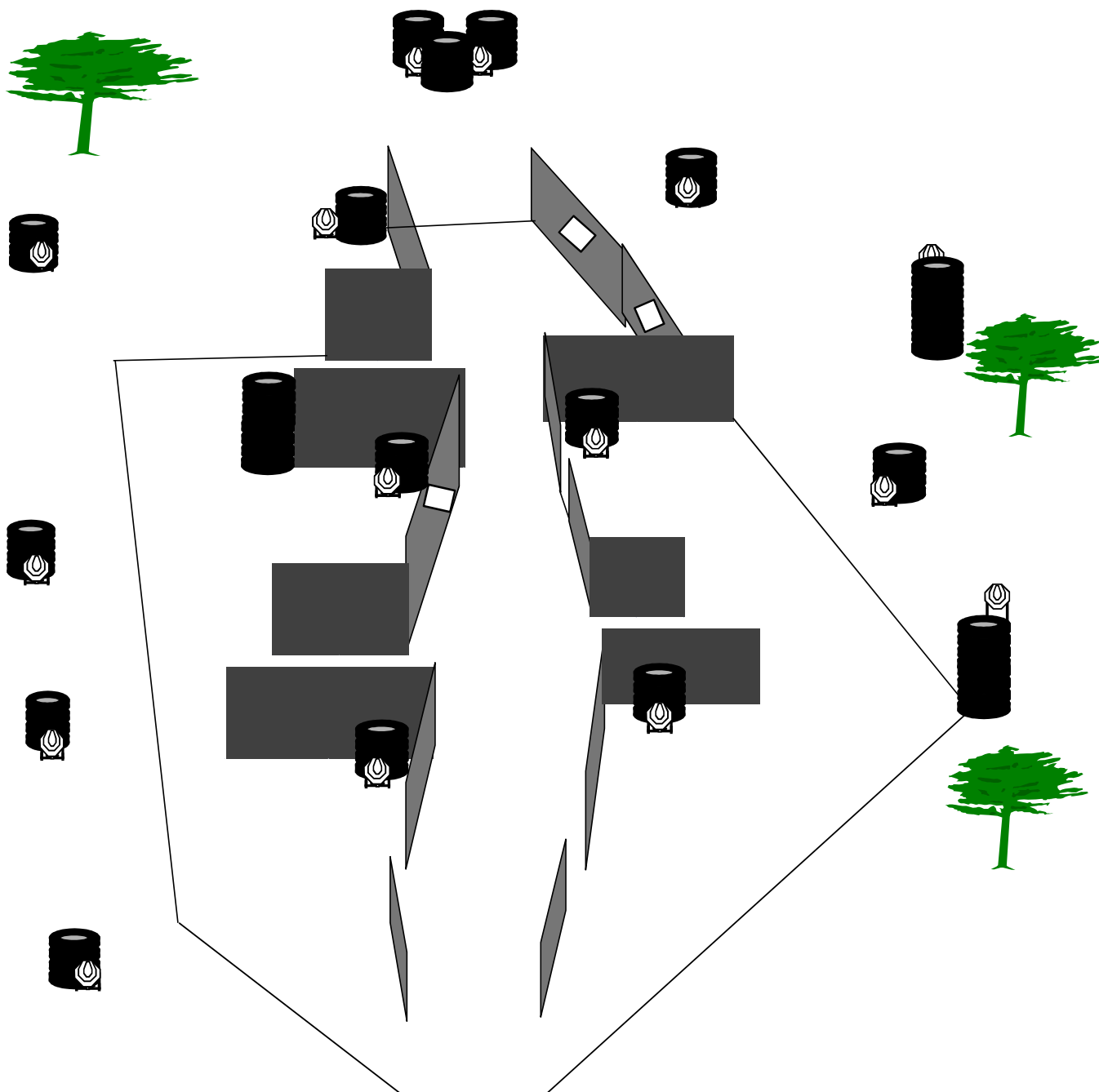
Notes for Range Officer

Loaded guns must be placed on the table, SAFETY ON.

**COURSE DESIGNER : POLLA      RANGE NAME: RUNNER**  
**LONG COURSE**  
**HANDGUN STAGE 4**

Targets:	15 IPSC Targets	Minimum rounds:	30
Poppers:	0	Possible points:	150
No shoot targets:	0	Distance:	5 - 15m
		Time start:	Audible signal

The competitor starts standing relaxed facing downrange, anywhere in the demarcated area. Hands surrender.  
The handgun is loaded and holstered.  
On signal engage targets as they become visible from within the demarcated area.



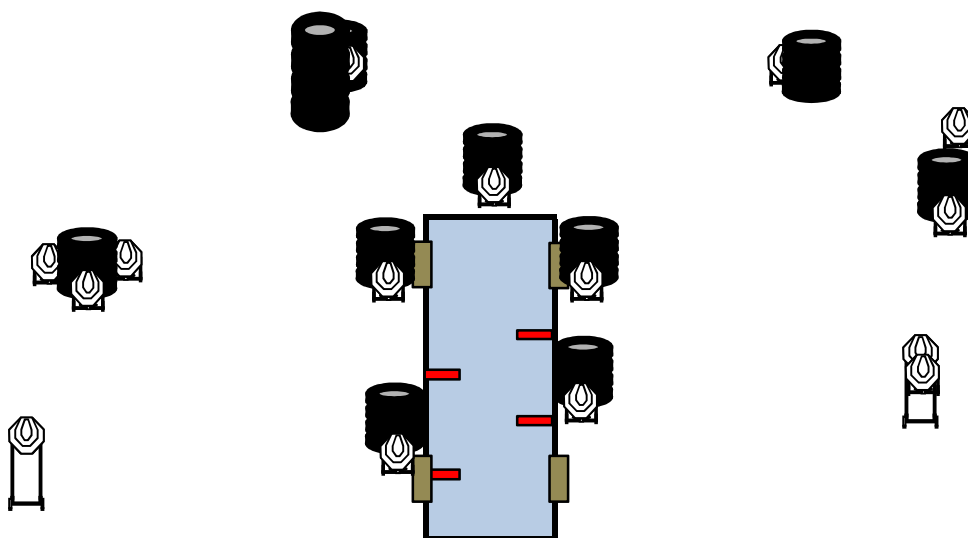
Notes for stage builder

Notes for Range Officer

**COURSE DESIGNER : POLLA                      STAGE NAME: BUS-Y**  
**LONG COURSE**  
**HANDGUN STAGE 5**

Targets:	15 IPSC Targets	Minimum rounds:	30
IPSC Poppers:	0	Possible points:	150
No shoot targets:	0	Distance:	5 - 15m
		Start:	On audible signal.

The competitor starts standing relaxed facing downrange, anywhere inside the bus, hands on head.  
The handgun is loaded and holstered.  
On signal engage targets as they become visible from within the bus.



Notes for Stage Builder

Notes for Range Officer

COURSE DESIGNER : POLLA

STAGE NAME: BOB AND WEAVE

MEDIUM COURSE

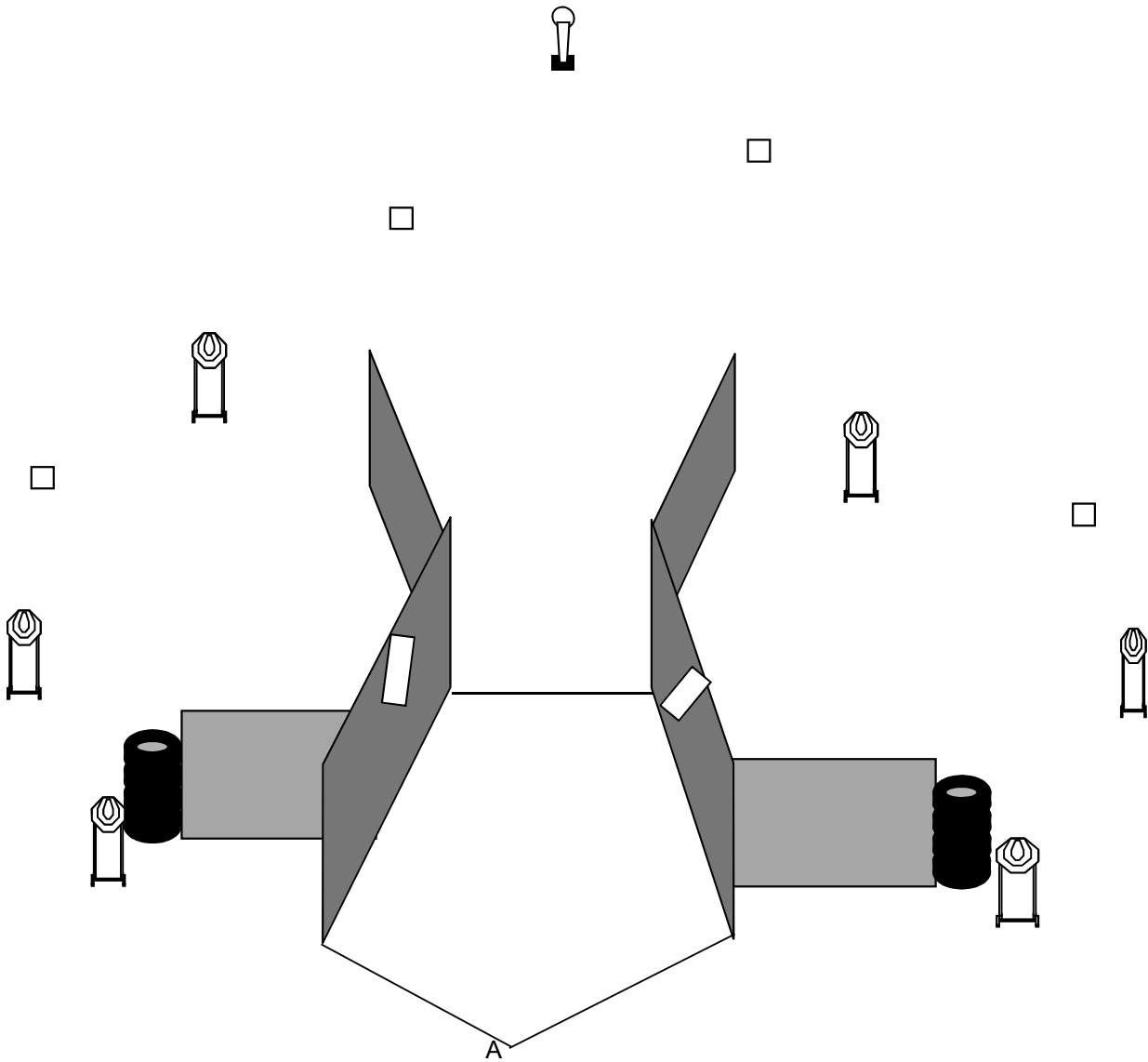
HANDGUN STAGE 6

Targets:	6	Minimum rounds:	17
IPSC Poppers:	1	Possible points:	85
Plates:	4 square 200mm	Distance:	7-25m
No shoot targets:	0	Start:	On audible signal.

The competitor starts standing relaxed facing downrange with one heel touching at A. Hands at sides.

The handgun is loaded and holstered

On signal engage targets as they become visible from within the demarcated area.



Notes for Stage Builder

Notes for Range Officer

**COURSE DESIGNER : POLLA**

**STAGE NAME: RUN FORREST RUN**

**MEDIUM COURSE**

**HANDGUN STAGE 7**

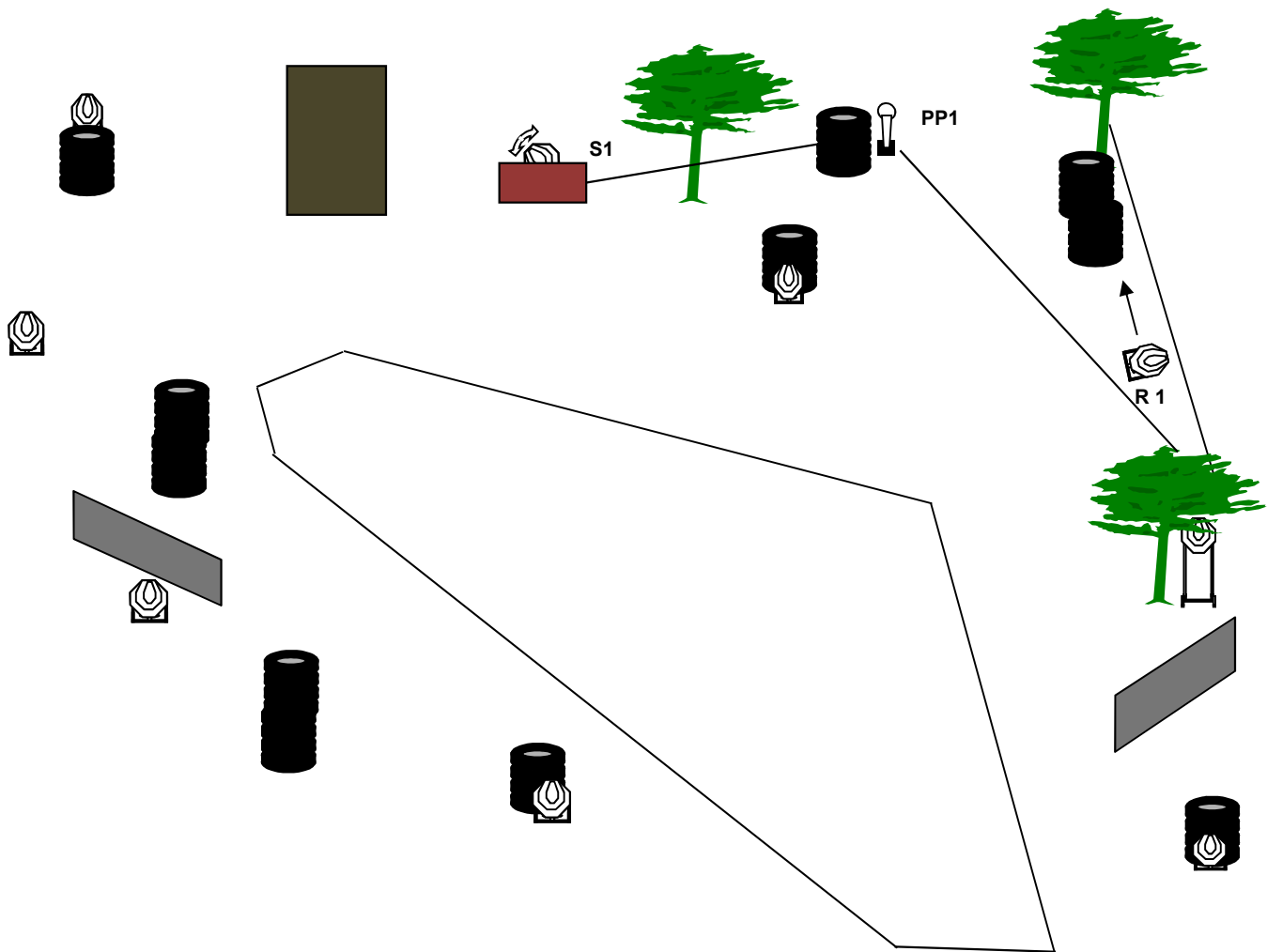
Targets:	9 IPSC Targets	Minimum rounds:	19
IPSC Poppers:	1	Possible points:	95
No shoot targets:	0	Distance:	6 - 15m
		Start:	On audible signal.

The competitor starts standing relaxed with one heel touching A, hands at sides.

The handgun is loaded and holstered.

On signal engage all targets from within the demarcated area.

PP1 will activate moving targets R1 and S1 which will remain visible.



Notes for Stage Builder

Notes for Range Officer

COURSE DESIGNER : POLLA

COURSE NAME: VIETNAM!

**LONG COURSE**

**HANDGUN STAGE 8**

Targets:	19 IPSC Targets
IPSC Poppers:	0
Plates:	0
No shoot targets:	

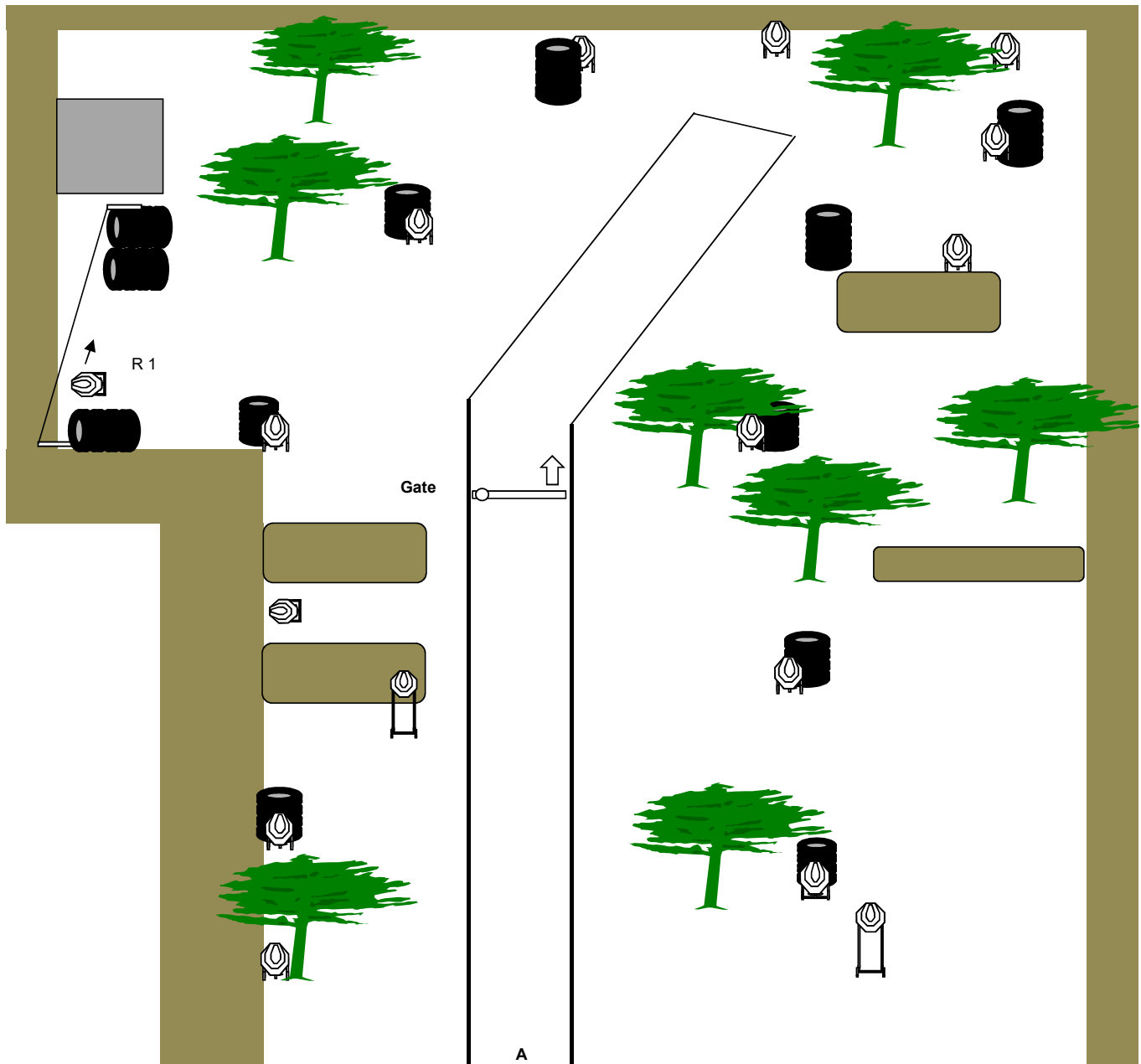
Minimum rounds:	32
Possible points:	160
Distance:	5 - 18m
Start:	On audible signal.

The competitor starts standing with one heel touching A.

The handgun is loaded holstered.

On signal engage targets as they become visible from within the demarcated area.

Moving through the gate will activate moving target R1 which will disappear.



Notes for stage builder

Notes for Range Officer