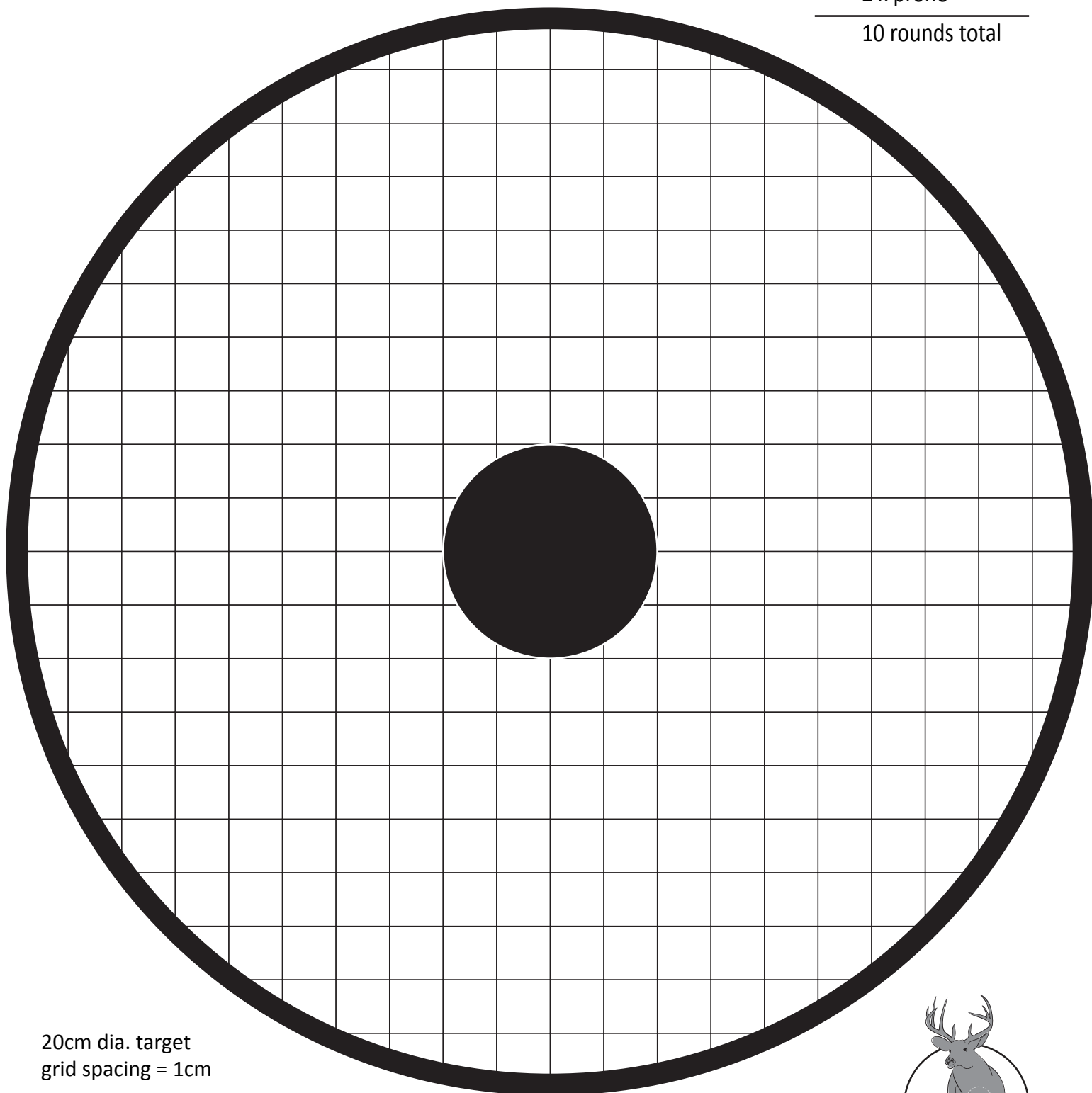


# Reference Target

100 meter Protocol: 2 x standing  
2 x kneeling  
2 x sitting unsupported  
2 x sitting supported  
2 x prone

---

10 rounds total



20cm dia. target  
grid spacing = 1cm

Hits in Circle: \_\_\_\_\_

Total Time (s): \_\_\_\_\_



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