

AST Competition Course

Course of fire. All stages, except those starting from the guard position, will start standing with the weapon holstered and snapped, hand clear of weapon. The first round of every series will be fired double action. (No extra time or alibis will be allowed for malfunctions in semi-automatics –the shooter must clear any malfunction and complete the stage within the allotted time.)

Stage 1--2 yards --3 rounds --3 seconds --PERFORM TWICE

From the guard position, fire two rounds center mass followed by one round to the head.

Stage 2--7 yards --3 rounds --5 seconds --PERFORM TWICE

From the holster, fire two rounds center mass followed by one round to the head. Score and tape target. Head shots outside "A" zone count only one point for stages 1 and 2.

Stage 3 --25 yards --12 rounds --45 seconds

From the holster, fire six rounds kneeling, weapon hand, strong side of barricade; reload; then fire six rounds, support hand, support hand side of the barricade. The barricade may be used for support.

Stage 4 --25 yards --12 rounds --45 seconds

From the holster, fire six rounds standing; reload; then fire six rounds. The barricade may not be used for support.

Stage 5 --10 yards --12 rounds --35 seconds

Fire six rounds with weapon hand unsupported; reload; fire six rounds with support hand unsupported.

Stage 6--7 yards --2 rounds --3 seconds --PERFORM THREE TIMES

From the holster, fire two rounds center mass.

Stage 7--2 yards --2 rounds --2.5 seconds --PERFORM THREE TIMES

From the holster, fire two rounds center mass.

C. Scoring. Maximum: 600

1. Points awarded for hits in labeled areas:

X = 10

A = 10

A (head) = 10 (Stages 1&2 only)

A (head) = 8

B = 1 (Stages 1&2 only)

B = 8

C = 8

D = 1

2. Ties shall be broken by comparing the number of hits in each zone in the following sequence: X, A, C, D, A (head), B.

3. Hits cutting the line between areas will be scored as the higher of the two point values.