

Tab 1



## **GENERAL SAFETY RULES**

- Cold range. Chamber flags required in all rifles.
  - No mags in firearms until instructed. Pistols remain holstered.
  - Breaking 180° = Match DQ.
  - AD/ND = Match DQ.
  - Shooting any prop = Match DQ.
  - Not staying to judge is a DNF for the stage
  - Shooting green tip ammo will result in a match DQ
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## **STAGE 1: E.T. Row Home – 100 pts**

**Bay:** 1 | **Type:** Points | **Cap:** 17 mins/16 min individuals

**Loadout:** Rifle and Pistol - 4X8

**Gear:** Full TTG kit

**Firing Sequence:** Rifle from Prone, Pistol standing freestyle. **Drawing your pistol before the charge line will result in a stage DQ. At least one foot must be touching the red furring strip when shooting pistol.**

### **Stage Description:**

- Athletes will start in a waterfall format (e.g., A1 begins, then A2 follows after a set interval)
- Set Interval:
  - 1-minute max effort bike
  - 1-minute Shoot Rifle – Firing Sequence #1 (FS#1)
  - 1-minute max effort row
  - 1-minute Pistol – Firing Sequence #1 (FS#1)

Flow for Each Athlete:

- As soon as A1 finishes the bike and begins shooting Rifle FS#1, A2 starts their 1-minute bike effort.
- A2 then follows the same sequence: Bike → Rifle FS#1 → Row → Pistol FS#1.



- If you finish a physical effort (bike/row) before the 1-minute timer ends, you may stand behind your shooting position and wait for the RO's command to proceed. Only one athlete allowed in the shooting area at a time.
- You may not load your weapon until instructed by the Range Officer (RO).
- Any rounds remaining in the magazine after the allowed shooting time will not be used in subsequent rounds.

## Individuals

- 1-minute max effort bike
- 1-minute Shoot Rifle – Firing Sequence #1 (FS#1)
- 1-minute max effort row
- 1-minute Pistol – Firing Sequence #1 (FS#1)
- Repeat x6 more rounds



## **STAGE 2: Chuck Wagon Relay – 100 pts**

**Bay:** 2 | **Type:** Time Plus | **Cap:** 60 mins

**Loadout:** N/A | **Gear:** Ruck

### **Stage Description:**

- A1 will run the course → Pass off their ruck to A2 → A2 runs the course → Time Stops when A2 runs across the finish line.
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### **Individuals**

- Athlete will run the course out and back. Time stops when they cross the finish line.



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- 

## **STAGE 3: – Dusty Stickers - 100 pts**

**Bay:** 3 | **Type:** Time Plus | **Cap:** 15 Mins

**Loadout:** Rifle - 3x10, Pistol - 3x10

**Gear:** Full TTG Kit

**Firing Sequence:** Rifle from TTG 2.0 Barricade, All 90° ports. Pistol standing freestyle.

A1 shoots their rifle and pistol Firing Sequence, then A2 will shoot their rifle and pistol Firing Sequence

### **Stage Description:**

- On the call of GO athletes will perform 6 reps bag over bar → FS#1 → Perform penalty work, HR burpees over box → 6 reps bag over bar → Repeat 2 more rounds.
- Each miss on steel teams have, will incur a penalty rep.
- Time stops after FS#3 when both athletes touch their yoke.
- Teams may split up penalty work however they choose to.

### **Weights**

- Elite Team: 200
  - Elite COED: 200/150
- Tactical Team: 150
  - Tactical COED: 150/100
- Masters Team: 150
  - Masters COED: 100/80
- Women's Team: 100



- Intermediate Team: 80
- Intermediate Individual Men's: 80
- Intermediate Individual Women's: 80

### **Penalties**

- Bag reps not complete: 30 sec
- Rounds not fired: 10 Sec
- Penalty work not complete: 10 sec

## **Individuals**

- On the call of GO athlete will perform 6 reps bag over bar → then FS#1 → Perform penalty work (HR burpees over box) → 6 reps bag over bar → Repeat x2 more rounds.
- Each miss on steel will incur a penalty rep.
- Time stops after FS#3 when athlete touches their yoke.



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  - Shooting any prop = Match DQ.
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  - Shooting green tip ammo will result in a match DQ
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## **STAGE 4: Razzle Dazzle – 50 pts**

**Bay:** 4 | **Type:** Points | **Cap:** 120 sec / 60 sec

**Loadout:** Rifle and Pistol 3x2 each

**Gear:** Full TTG Kit

### **Stage Description:**

- A1 starts standing in one of the back rifle boxes of choice engage that side rifle target with 2 shots to the headbox. Move between the two boxes, engage the center target with 2 shots to the headbox and from the opposite box engage that side target with 2 shots to the headbox.
- Show clear, and proceed to the pistol box on the same side you started rifle with and engage that side target with 2 torso shots. Move between the two boxes engage the center target with 2 torso shots and from the last box engage that side target with 2 torso shots.
- A1 runs back hands A2 their rifle mag and A2 shoots the same sequence. Time stops on the last shot fired.

### **Penalties**

- 2.5 sec per missed shot
  - 5 sec per procedural
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## Individuals

- Athlete starts standing in one of the back rifle boxes of choice engage that side rifle target with 2 shots to the headbox. Move between the two boxes, engage the center target with 2 shots to the headbox and from the opposite box engage that side target with 2 shots to the headbox.
- Show clear, and proceed to the pistol box on the same side you started rifle with and engage that side target with 2 torso shots. Move between the two boxes engage the center target with 2 torso shots and from the last box engage that side target with 2 torso shots.
- Time stops on the last shot fired.

## **GENERAL SAFETY RULES**



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- No mags in firearms until instructed. Pistols remain holstered.
- Breaking 180° = Match DQ.
- AD/ND = Match DQ.
- Shooting any prop = Match DQ.
- Not staying to judge is a DNF for the stage
- Shooting green tip ammo will result in a match DQ

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## **Stage 5: Sand to the Beach – 100 pts**

**Bay:** 5 | **Type:** Time Plus | **Time Cap:** 15 mins

**Loadout:** Rifle 3x12, Pistol 3x10

**Gear:** Full TTG Kit

**Firing Sequence:** Rifle from the TTG 1.0 barricade. You go-I-go, 45° ports and top V.

Pistol, Standing free style, alternate strong hand weak hand.

### **Stage Description:**

- Start rifles in rifle box behind the Start Finish line, all mags retained. On Go athletes will partner carry their Yeti cooler and bucket through the course → Shoot FS#1 → Repeat x2 more rounds.

### **Weights**

- Elite Team: 250/50
  - Elite COED: 200/50/35
- Tactical Team: 150/50
  - Tactical COED: 100/50/35
- Masters Team: 150/50
  - Master COED: 100/50/35
- Women's Team: 100/35
- Intermediate Team: 100/35
- Intermediate Individual Mens: 50/50 buckets only
- Intermediate Individual Womens: 35/35 buckets only

### **Penalties**



- Miss: 10 sec
- Course not complete: 120 sec
- Half course: 60 sec

## Individuals

**Firing Sequence:** Rifle from the TTG 1.0 barricade, both 45° ports and top V.

Pistol, Standing free style, alternate strong hand weak hand.

### **Stage Description:**

- Start rifles in rifle box behind the Start Finish line, all mags retained. On Go athlete will carry their Yeti buckets through the course → Shoot FS#1 → Repeat x2 more rounds.



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  - AD/ND = Match DQ.
  - Shooting any prop = Match DQ.
  - Not staying to judge is a DNF for the stage
  - Shooting green tip ammo will result in a match DQ
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## **STAGE 6: H.E.R. Gunplay – 100 pts**

**Bay:** 6 | **Type:** Time Plus | **Time Cap:** 180 sec

**Loadout:** As Desired

**Gear:** Full TTG Kit

### **Stage Description:**

- A1 will shoot pistol array → A2 will shoot 2nd pistol array → Both athletes will shoot in a You Go I Go fashion for the rifle array until all targets are cleared or time cap.

### **Penalties**

- Miss: 5 sec
  - FTN: 2.5 sec
  - HVT: 10 sec
  - Spinner: 30 sec
  - No Shoot: 5 sec
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## **Individuals**

- Athlete will shoot both pistol arrays and rifle array. Time stops on last shot fired.



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  - Shooting any prop = Match DQ.
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  - Shooting green tip ammo will result in a match DQ
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## **STAGE 7 Cowboy Up – 100 pts**

**Bay:** 7 | **Type:** Points | **Time Cap:** 15 min

**Loadout:** Rifle & Pistol 5x8

**Gear:** Full TTG Kit

**Firing Sequence:** Athletes will shoot rifle you go-I-go from prone, Pistol simultaneously but may not be drawn until at least one foot is in contact with the red furring strip. **Drawing pistol prior to being in contact with red furring strip will result in a stage DQ**

- Odd Rounds: Rifle from prone
- Even Rounds: Pistol standing freestyle

### **Stage Description**

- Grab bags → bag body over crossmembers → over wall → FS → return under wall and crossmembers → repeat
- After FS#10: Continue for bonus points (1 pt per traversal)
- Both athletes and bags must cross the SF line before proceeding back through the course.

### **Weights**

- Elite Team: 100/80
- Tactical Team: 80/60
- Masters Team: 80/60
- Women's Team: 60/40
- Intermediate Team: 60/40



- Intermediate Individual Men's: 60
- Intermediate Individual Women's: 40

## Individuals

**Firing Sequence:** Rifle from prone, Pistol standing freestyle. **Drawing pistol prior to being in contact with red furring strip will result in a stage DQ**

- Grab bags → bag body over crossmembers → over wall → FS → return under wall and crossmembers → repeat
- After FS#10: Continue for bonus points (1 pt per traversal)
- Body and bag must cross the SF line before proceeding back through the course.



## **Stage 8: Duffle Shuffle – 50 pts**

**Bay:** 8 | **Type:** Time Plus | **Time Cap:** 90 sec

**Gear:** Plate Carrier

**Stage Description:** Accumulate as many reps as possible in 90 sec.

### **Bar Height:**

- Men's Elite: High bar (may not step on bags)
- All other divisions: Low bar

### **Weights:**

- Elite Team: 100/80
  - Tactical Team: 80/60
  - Masters Team: 60/40
  - Women's Team: 60/40
  - Intermediate Team: 60/40
  - Intermediate Individual Men's: 60
  - Intermediate Individual Women's: 40
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