

RUNNING I



t7, t8, t9

t5, t6



box c

t3, t4



box b

t1, t2



box a

RUNNING I
STARTING IN BOX A HANDS RELAXED AT
SIDES. AT START SIGNAL ENGAGE T1, T2
AND T7 WITH 2 ROUNDS EA FROM THE BOX.
MOVE TO BOX B AND FROM THE BOX ENGAGE
T3, T4, AND T8 WITH 2 ROUNDS EACH. MOVE
TO BOX C AND FROM THE BOX ENGAGE T5, T6
AND T9 WITH TWO ROUNDS EACH. UNLIMITED
SHOTS, BEST TWO PER TARGET COUNT.