



# Additional Warm Up or Practice Sessions

Pass Name: .....

PRACTICE		1	2	3	4	5	6
		AB	CD	AB	CD	AB	CD
<b>2</b>	<b>10 sec</b>						
<b>1</b>	<b>2 min</b>						
<b>3</b>							

Pass Name: .....

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		AB	CD	AB	CD	AB	CD
<b>2</b>	<b>10 sec</b>						
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		AB	CD	AB	CD	AB	CD
<b>2</b>	<b>10 sec</b>						
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<b>2</b>	<b>10 sec</b>						
<b>1</b>	<b>2 min</b>						
<b>3</b>							

# Five Ends of 3 Arrows

**Description:** 5 End of 3 arrows, shot in 2 minutes. The highest score wins

**Ties:** One arrow, shot in 40 seconds (20 seconds is alternating shooting), the highest score wins. If still tied the arrow nearest the middle wins

Pass Name: .....

3 ARROW ENDS		1	2	3	4	5	TIE 1
2	10 sec						
1	2 min						
3							

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3 ARROW ENDS		1	2	3	4	5	TIE 1
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1	2 min						
3							

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2	10 sec						
1	2 min						
3							