## Long Metrics

Description: 3 dozen arrows at first distance and 3 dozen at second distance. Approximately 45 minutes practice, shot in ends shot in $6 s$ in 4 minutes

Venue:
Date:
Number of Targets:
Judges:

Face Size: 122 cm
Scoring: 10 zone scoring
Inner Ten: Inner 10 is scored as an X by all
Countdown Clock Settings: 10 secs, 220 secs, 250 secs

| PRACTICE |  | 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  |  | AB | CD | AB | CD | AB | CD | AB | CD | AB | CD |
| 2 | 10 sec |  |  |  |  |  |  |  |  |  |  |
| 1 | 4 min |  |  |  |  |  |  |  |  |  |  |
| 2 | 10 sec |  |  |  |  |  |  |  |  |  |  |
| 1 | 4 min |  |  |  |  |  |  |  |  |  |  |
| 3 |  |  |  |  |  |  |  |  |  |  |  |


| $\mathbf{1}^{\text {ST }}$ DISTANCE |  | 1 | 2 | 3 | 4 | 5 | 6 |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | AB | CD | AB | CD | AB | CD |  |
| $\mathbf{2}$ | $\mathbf{1 0} \mathbf{~ s e c}$ |  |  |  |  |  |  |
| $\mathbf{1}$ | $\mathbf{4} \mathbf{~ m i n}$ |  |  |  |  |  |  |
| $\mathbf{2}$ | $\mathbf{1 0} \mathbf{~ s e c}$ |  |  |  |  |  |  |
| $\mathbf{1}$ | $\mathbf{4} \mathbf{m i n}$ |  |  |  |  |  |  |
| $\mathbf{3}$ |  |  |  |  |  |  |  |


| $\mathbf{2}^{\text {ND }}$ DISTANCE | 7 | 8 | 9 | 10 | 11 | 12 |  |
| :---: | :---: | :---: | :---: | :---: | :---: | :---: | :---: |
|  | AB | CD | AB | CD | AB | CD |  |
| $\mathbf{2}$ | $\mathbf{1 0} \mathbf{~ s e c}$ |  |  |  |  |  |  |
| $\mathbf{1}$ | $\mathbf{4}$ min |  |  |  |  |  |  |
| $\mathbf{2}$ | $\mathbf{1 0} \mathbf{~ s e c}$ |  |  |  |  |  |  |
| $\mathbf{1}$ | $\mathbf{4} \mathbf{~ m i n}$ |  |  |  |  |  |  |
| $\mathbf{3}$ |  |  |  |  |  |  |  |

