## **Long Metrics**

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

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

PRACTICE		1	2	3	4	5	6	7	8	9	10
	ACTICE	AB	CD								
2	<b>10 sec</b>										
1	4 min										
2	<b>10 sec</b>										
1	4 min										
3											

1 <sup>ST</sup> DISTANCE		1	2	3	4	5	6
		AB	CD	AB	CD	AB	CD
2	<b>10 sec</b>						
1	4 min						
2	<b>10 sec</b>						
1	4 min						
3							

2 <sup>ND</sup> DISTANCE		7	8	9	10	11	12
		AB	CD	AB	CD	AB	CD
2	<b>10 sec</b>						
1	4 min						
2	<b>10 sec</b>						
1	4 min						
3							