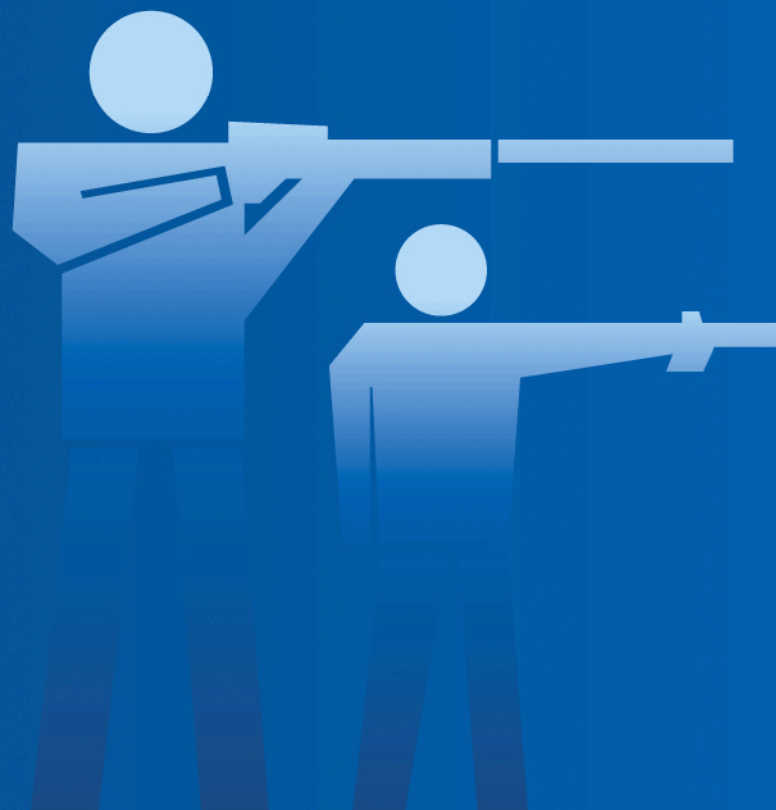




**11th
ISSF CHAMPIONSHIP ORGANIZERS WORKSHOP
MUNICH 2013**

ISSF TARGET SPRINT





ISSF ISSF TARGET SPRINT



Target Sprint - Sport for All



- Accessible for everybody
- Suitable for both genders of all Age
- Easily affordable
- Strongly encouraged by the IOC





What is Target Sprint?

- Combination of air rifle target shooting and middle distance running
- Challenging and fun sport
- Requires physical fitness and accurate rifle shooting skills
- Targets and Single-Shot Air Rifles provided by organizer





Shooting Positions



- Prone Unsupported (for younger Juniors)
- Standing Unsupported (for older juniors and seniors)





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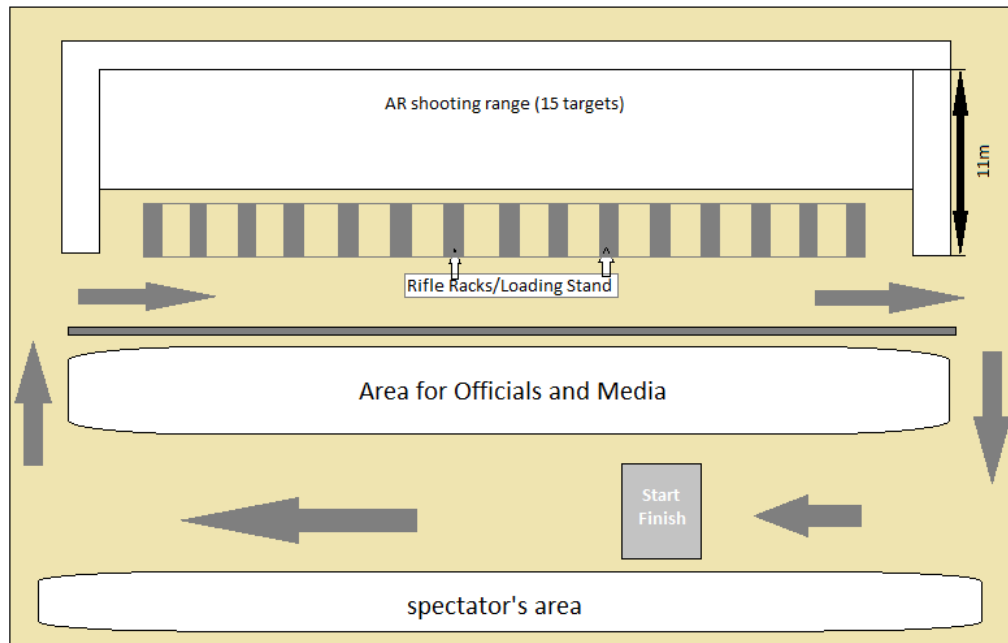


Successful Test Events

- World Cup Munich 2013
- Junior Championship Suhl GER 2012 and 2013
- Many athletes participated from all age groups and gender
- Appealing sport, not only for shooters, but also for athletes from other sports



Venue



Venue:

- Area with running track or path
- Space for Air rifle shooting range
- Safety for participants & spectators
- Min 10 / max 20 air rifle firing points

- 5 stages
- Running (400m)
- Shooting (take rifle from rack, shoot 5 falling targets from standing or prone position (all targets must be hit), place rifle back in rack)
- Running (400m)
- Shooting. Repeat stage 2
- Running until the finish line, total time is final result.



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Targets



- „Knock-down“ biathlon-type targets
- 35 mm hit zone
- Athletes must hit all five targets before running again



Target Sprint Rules



- Federations & Organizers are invited to use the rules as presented
- These can be adapted to local circumstances
- Encourage as many people as possible to participate in order to make the sport more popular



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Target Sprint Promotion

- 2 events scheduled in 2014 (Ft. Benning and Munich)
- Federations are encouraged to conduct Target Sprints events if they have the possibilities to do so