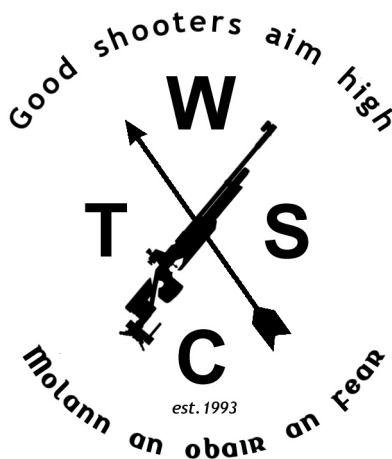


WTSC Shooting Diary



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Version 1.1 (20.11.11)

©2011 Wilkinstown Target Shooting Club

Matt Fox, Geoff Cooney, Mark Dennehy

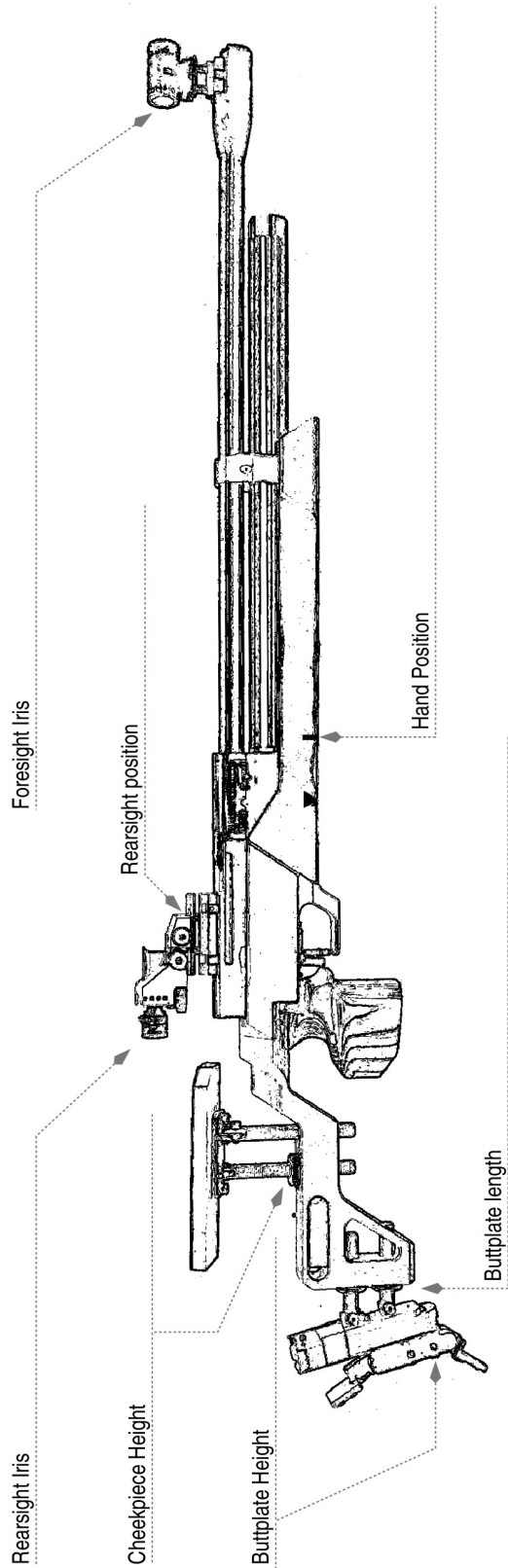
Contents

Competition scores summary	3
Match Wisdom	4
Rifle configuration data	5
Range notes	8
Match/Training data	14

Competition scores summary

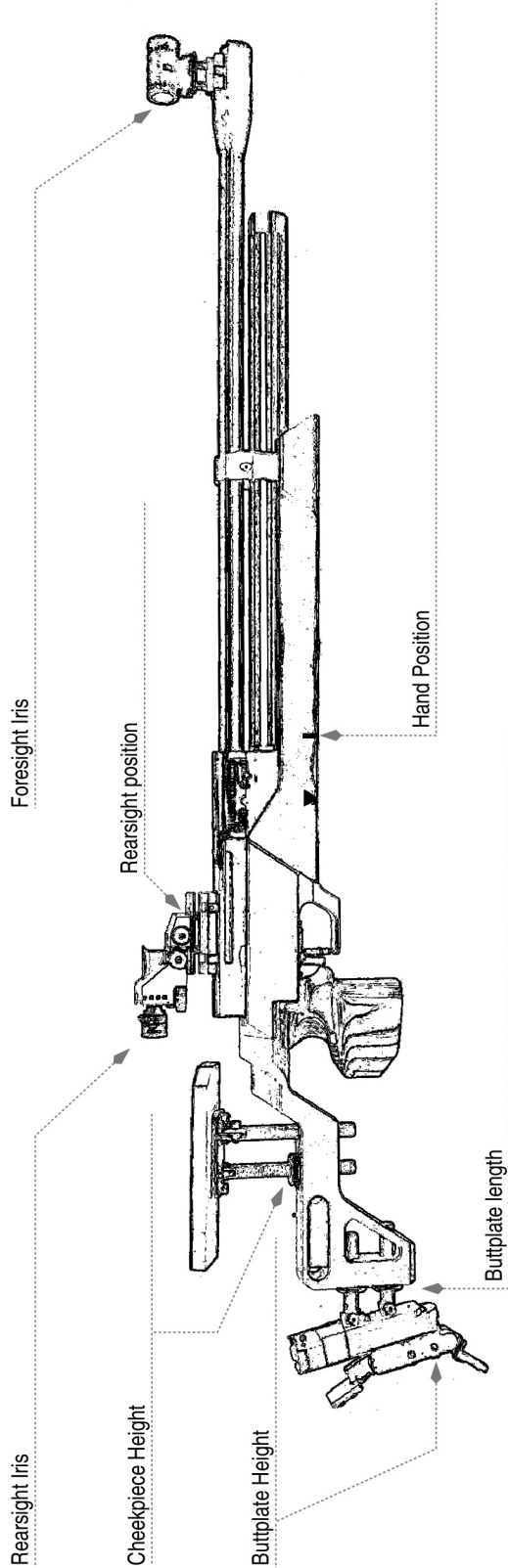
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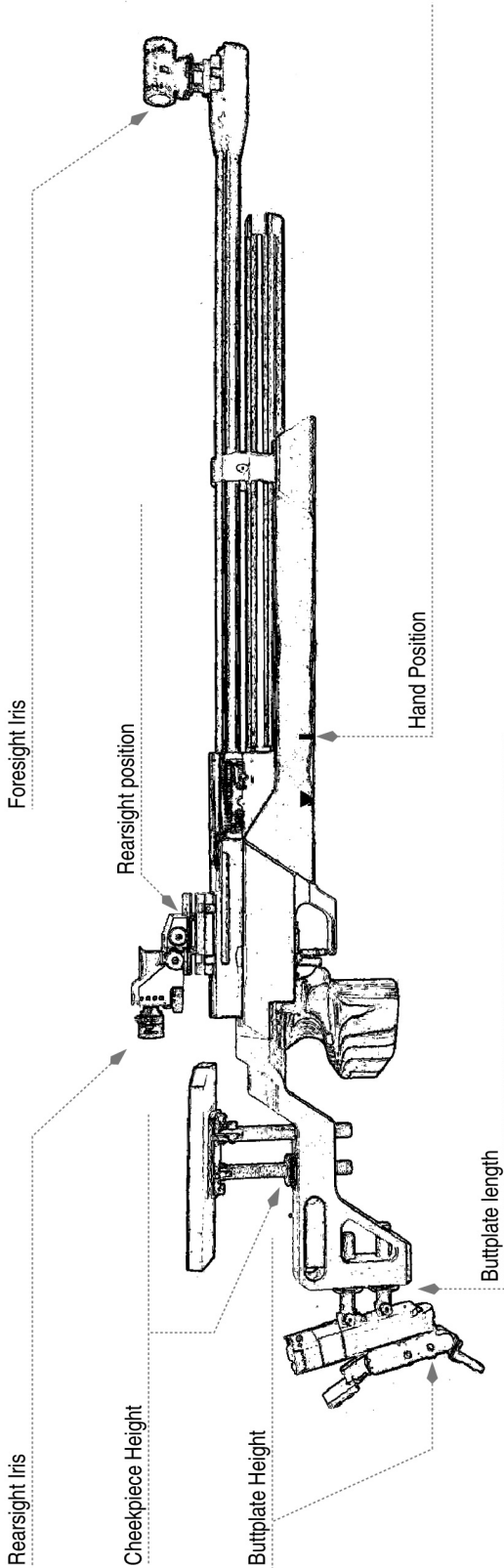
Pellet Make/Model/Diameter

Other Notes



Pellet Make/Model/Diameter

Other Notes



Pellet Make/Model/Diameter

Other Notes

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Range:

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Event: _____

Range conditions: _____

Physical Condition& Stress Level: _____

Objective/Goal: _____

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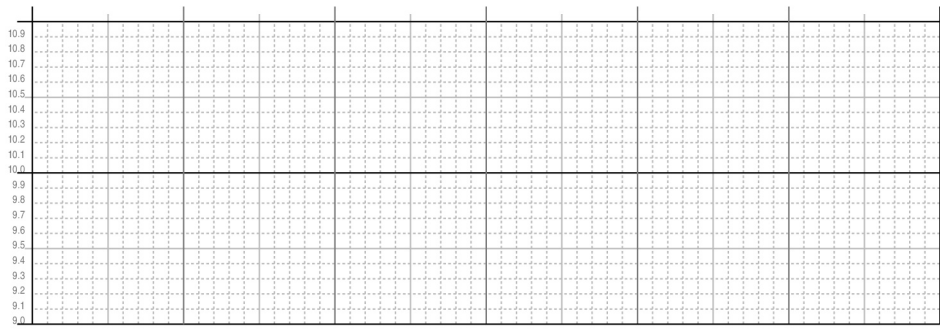
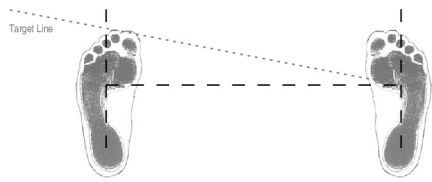
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Things that worked

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Things that could be Improved

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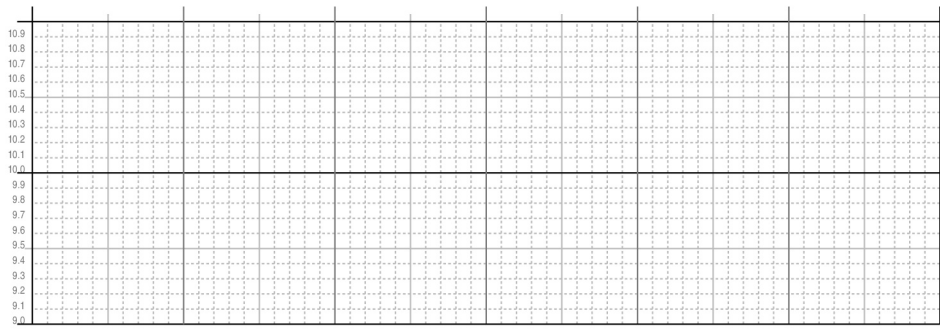
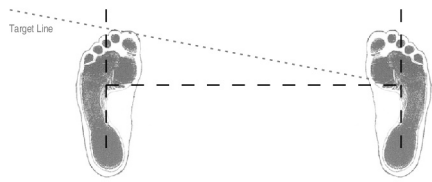
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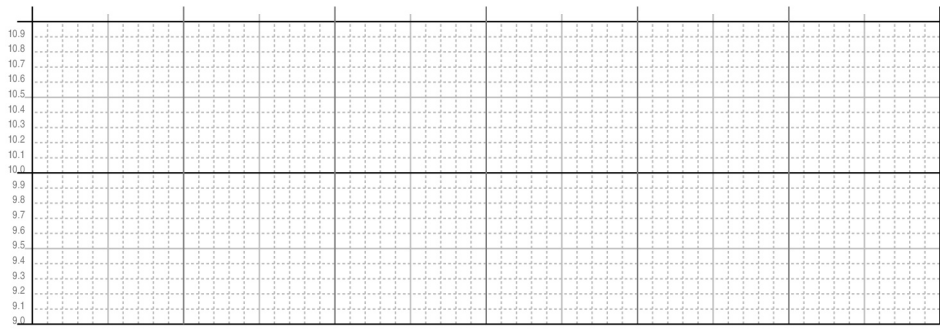
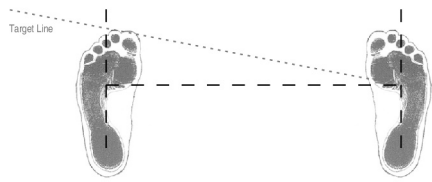
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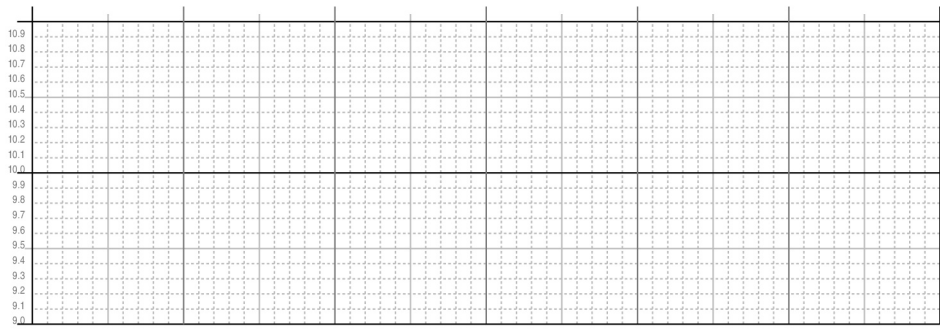
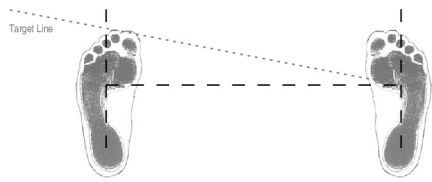
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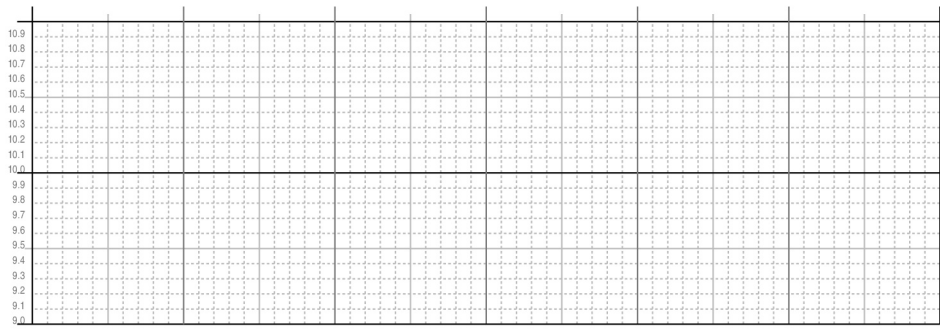
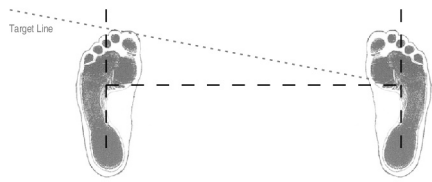
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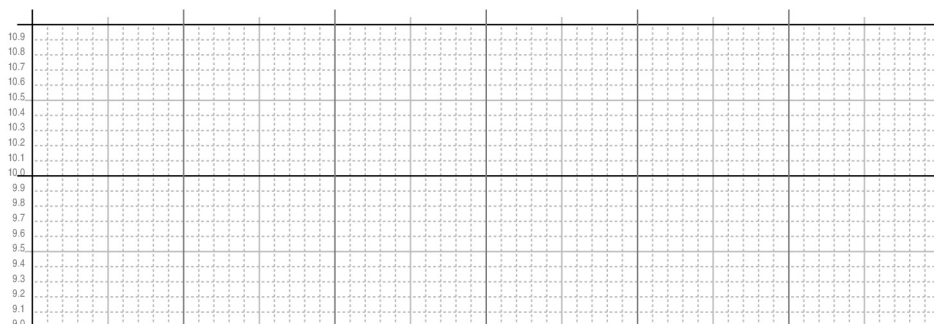
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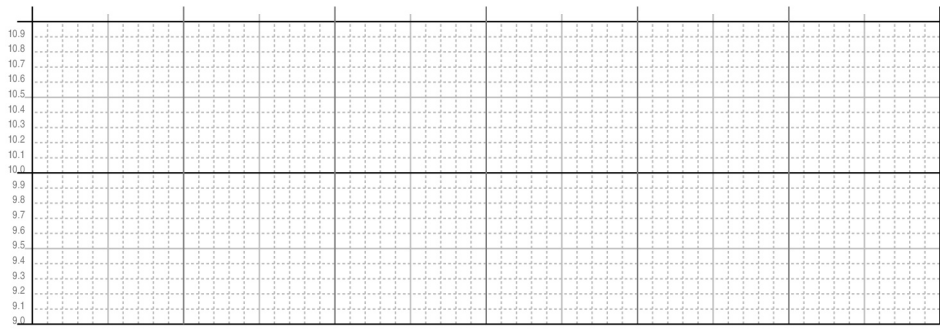
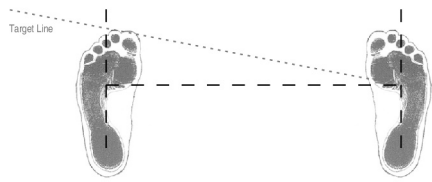
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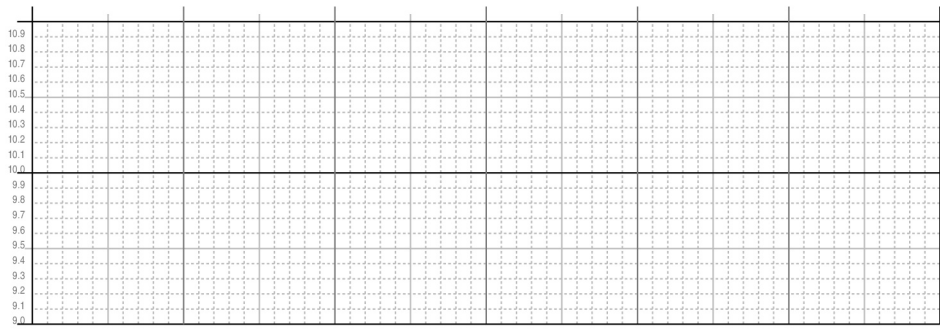
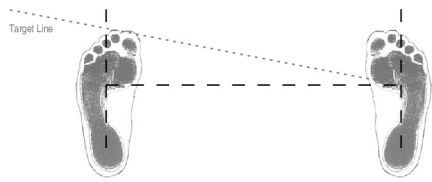
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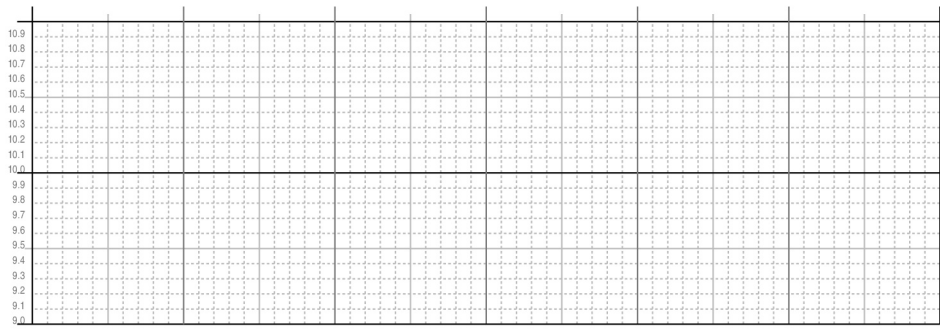
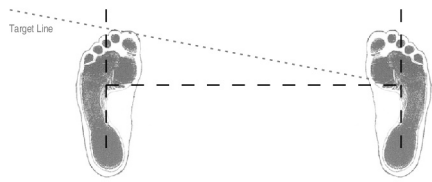
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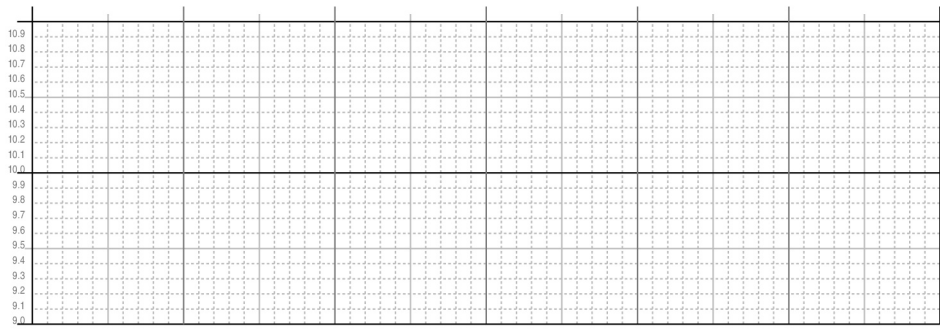
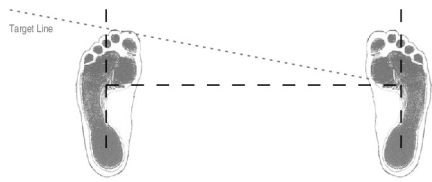
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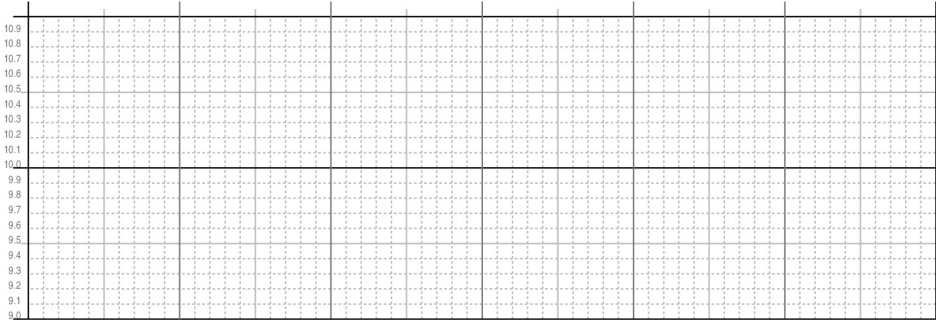
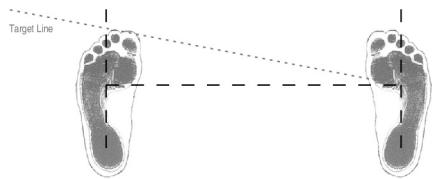
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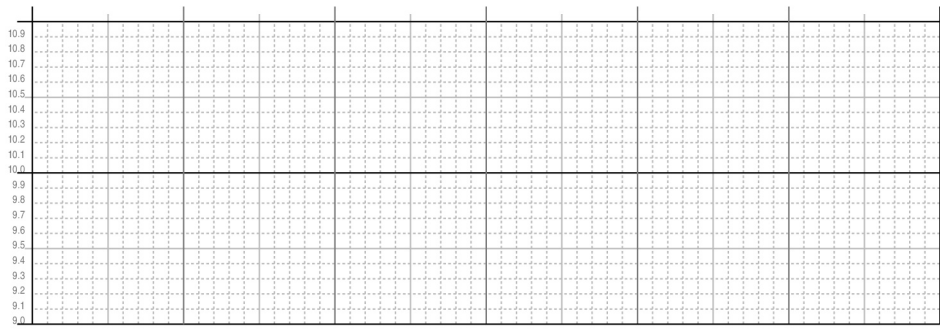
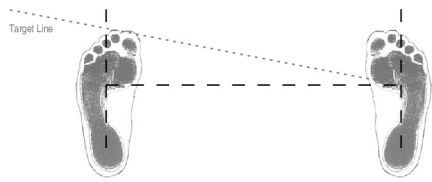
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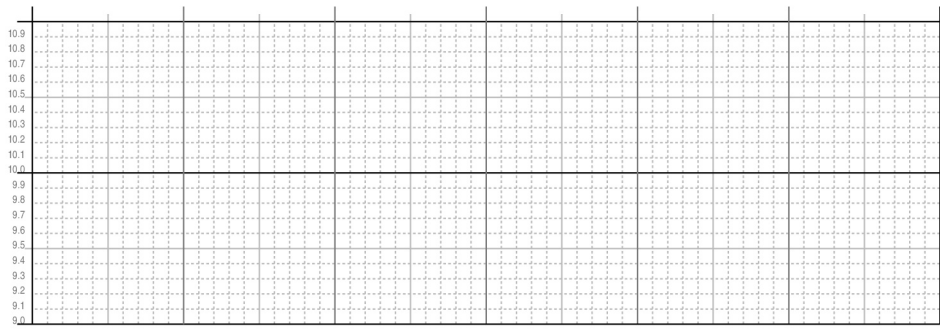
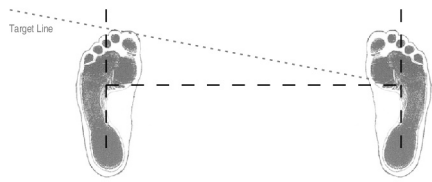
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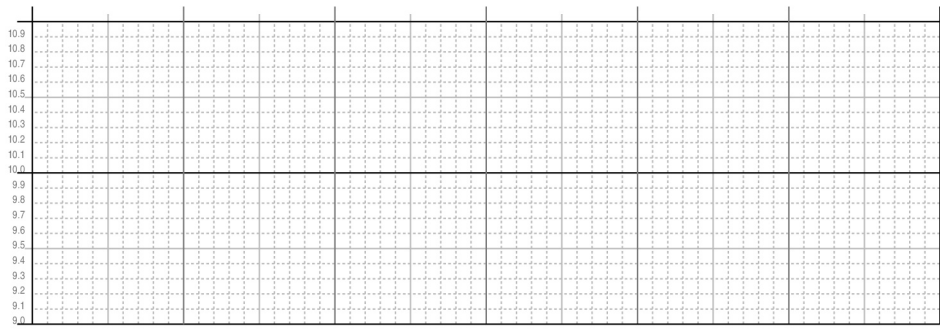
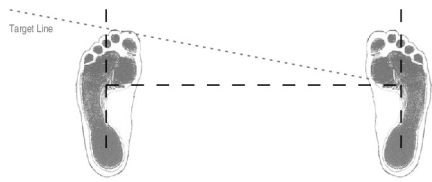
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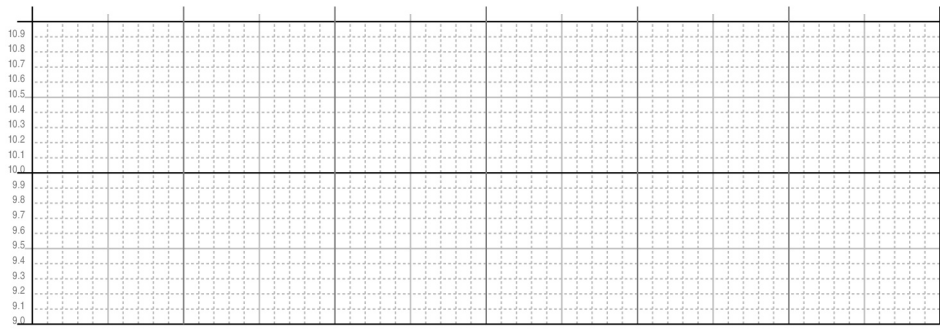
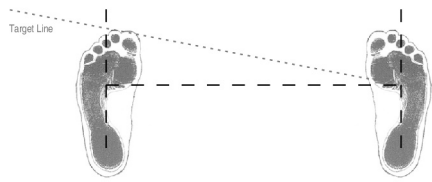
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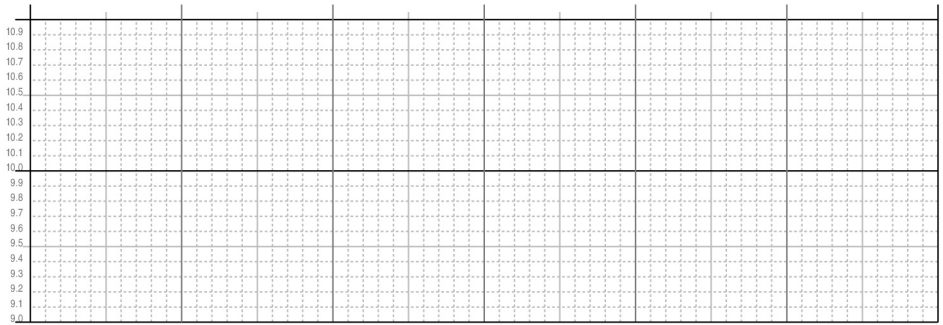
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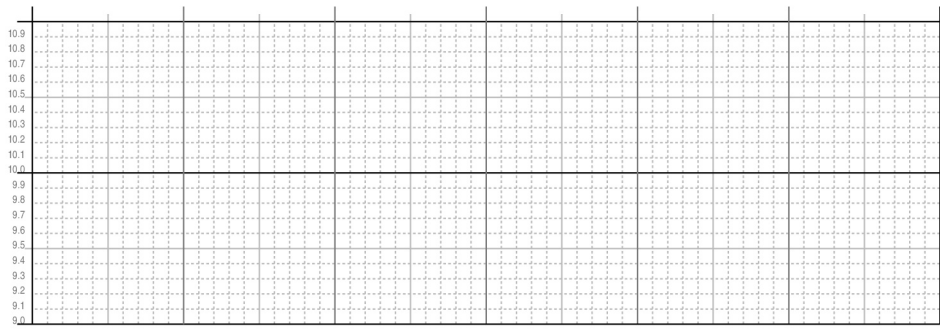
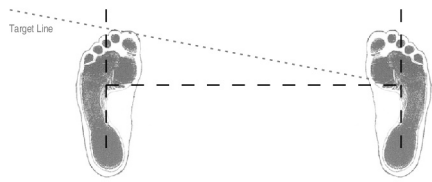
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Outer Position	1	2	3 4 5
Inner Position	1	2	3 4 5
Mounting the Rifle	1	2	3 4 5
Zero Point	1	2	3 4 5
Breathing	1	2	3 4 5
Hold	1	2	3 4 5
Aiming	1	2	3 4 5
Trigger Control	1	2	3 4 5
Follow-through	1	2	3 4 5
Recoil	1	2	3 4 5
Shot Plan	1	2	3 4 5
Mental State	1	2	3 4 5
Physical condition	1	2	3 4 5



Things that worked

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Things that could be Improved

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Future Plans

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Long-Term Goal: _____

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Range conditions: _____

Physical Condition& Stress Level: _____

Objective/Goal: _____

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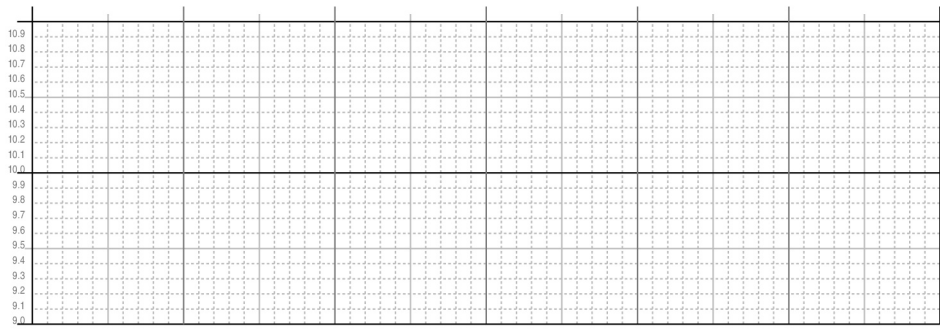
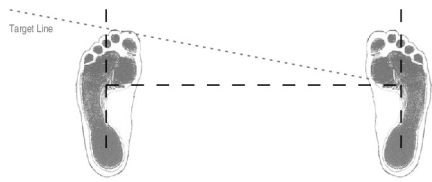
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Things that worked

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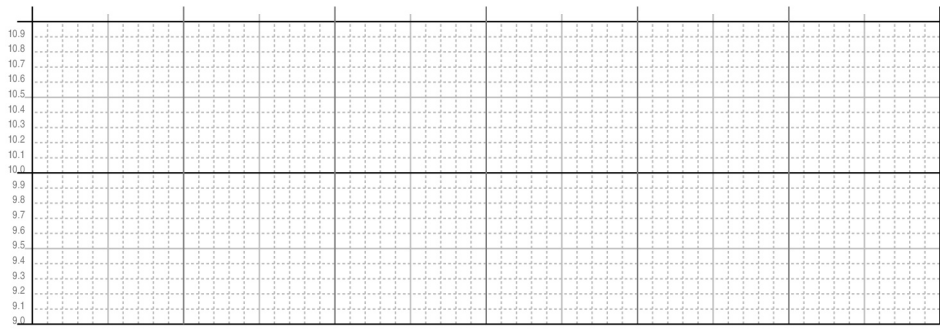
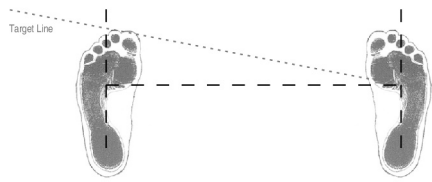
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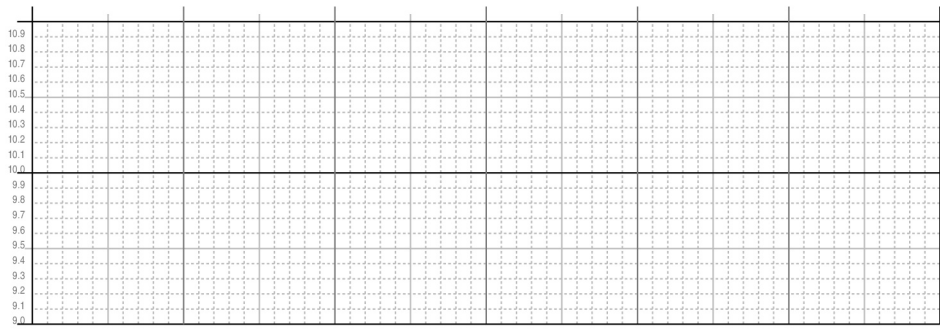
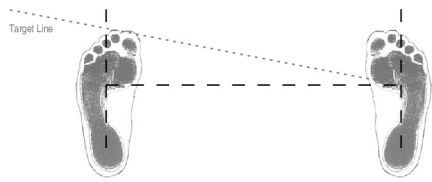
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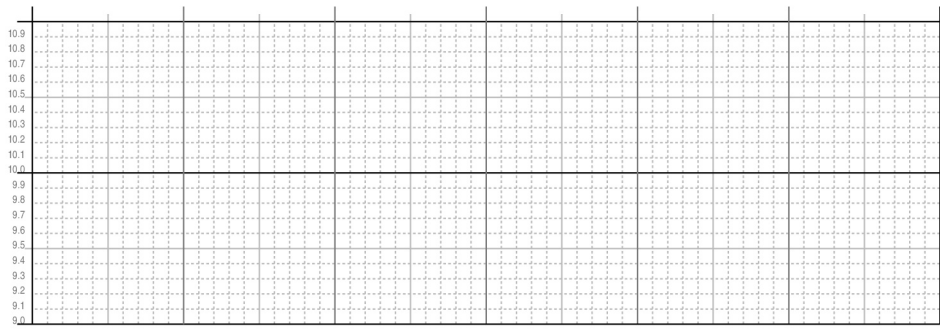
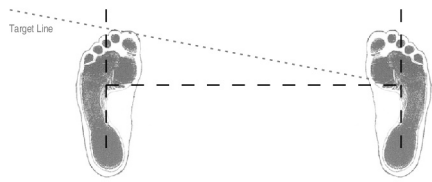
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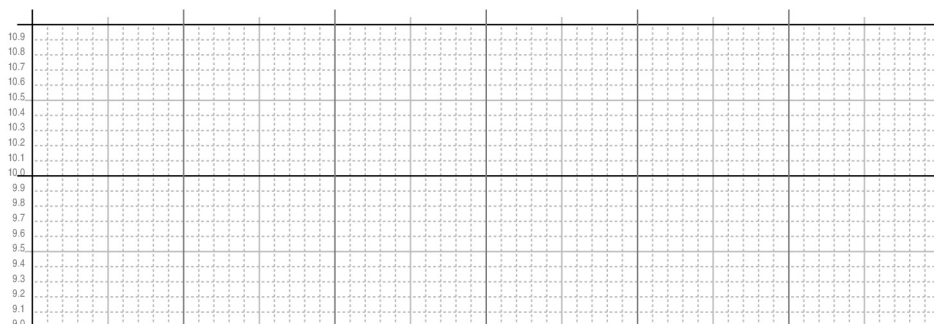
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Objective/Goal: _____

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Long-Term Goal: _____

Date: _____ Time: _____ Location: _____

Event: _____

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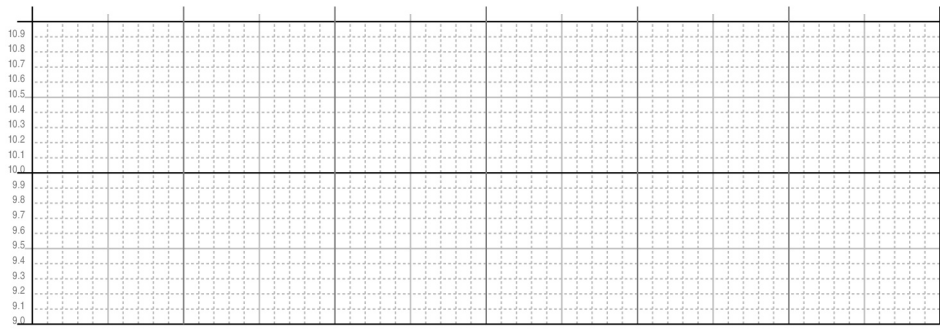
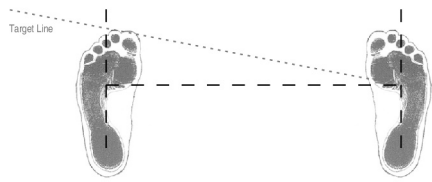
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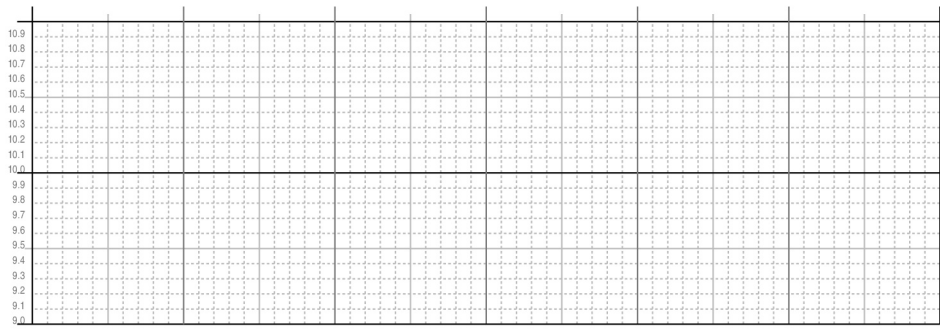
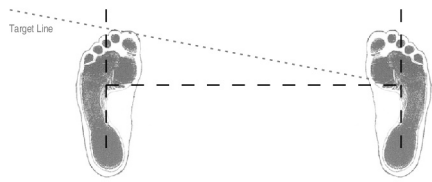
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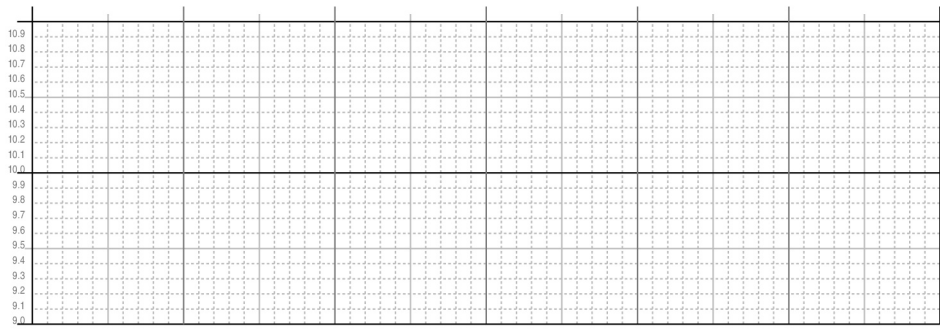
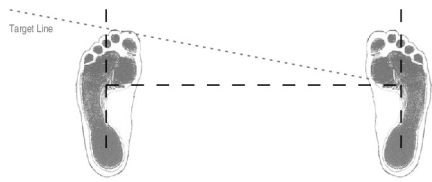
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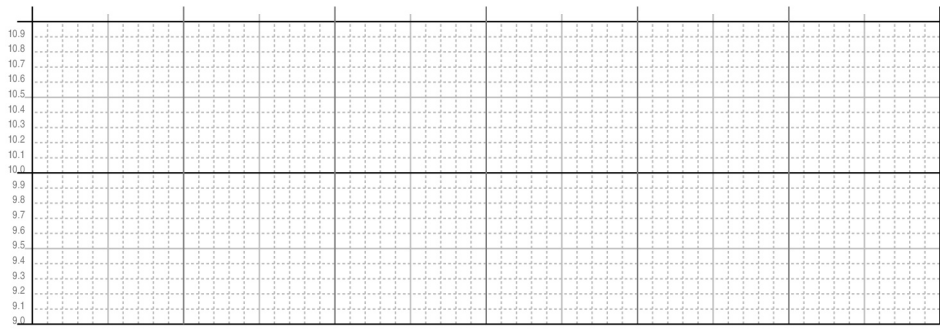
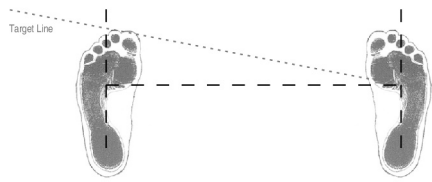
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Things that worked

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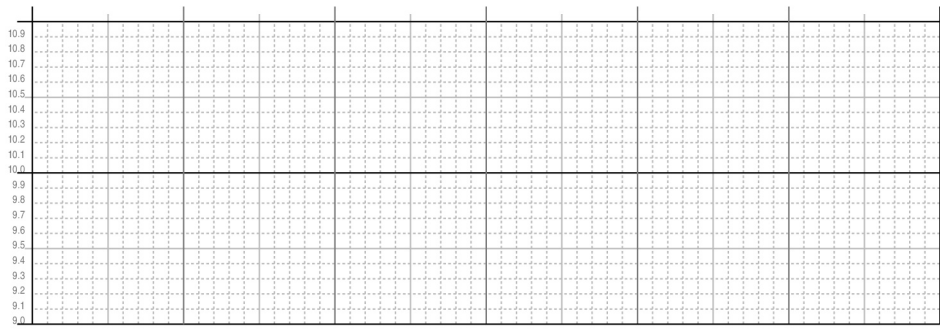
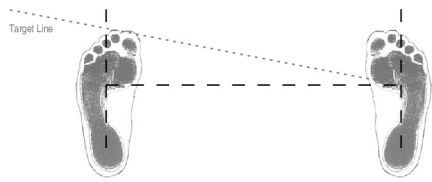
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Things that worked

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Things that could be Improved

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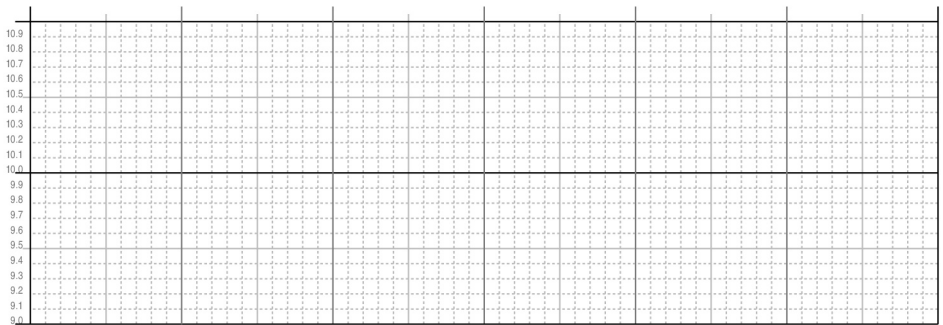
Event: _____

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Physical Condition& Stress Level: _____

Objective/Goal: _____

Plan: _____

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Long-Term Goal: _____

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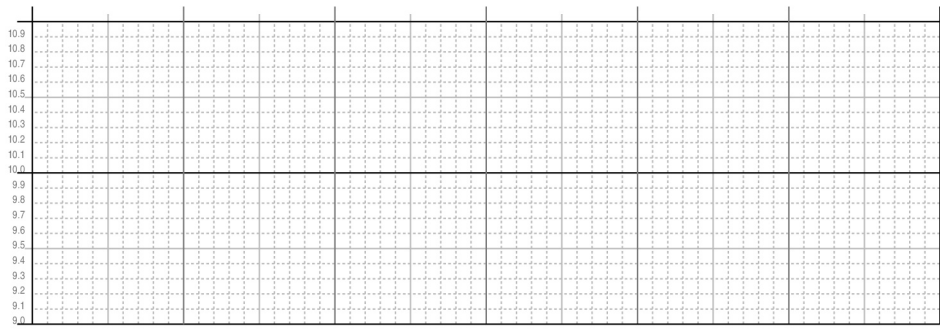
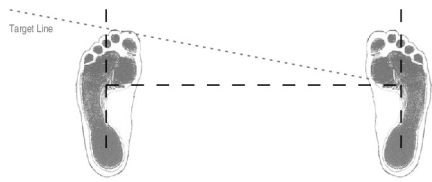
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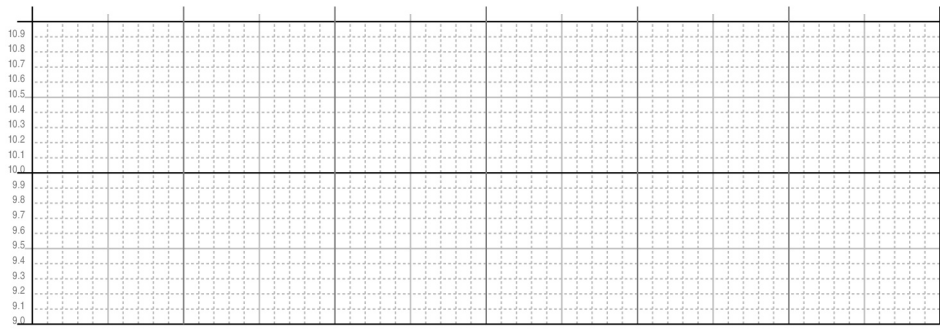
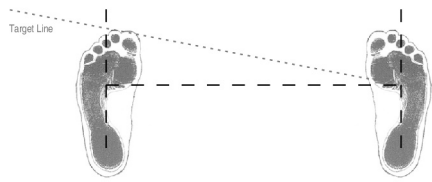
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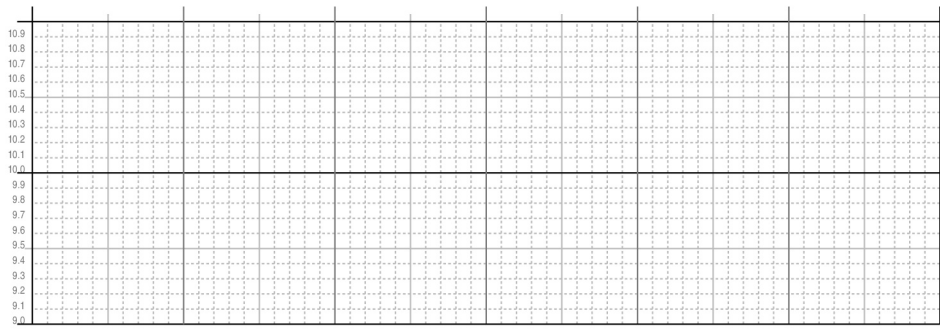
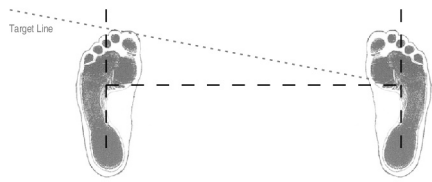
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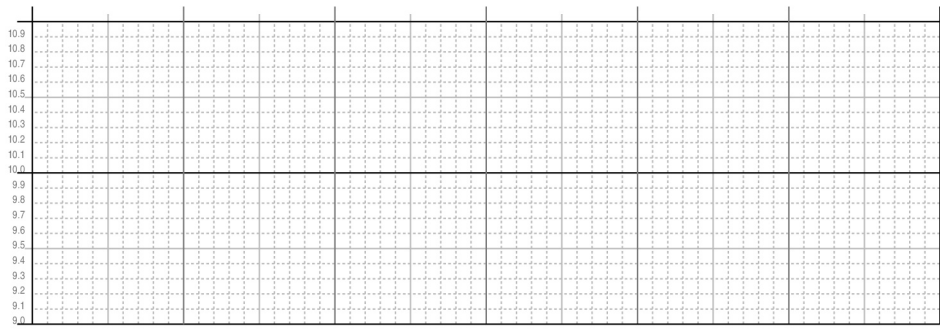
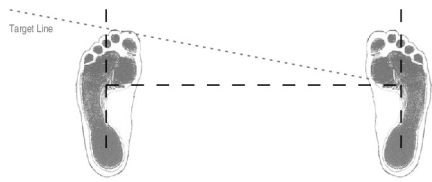
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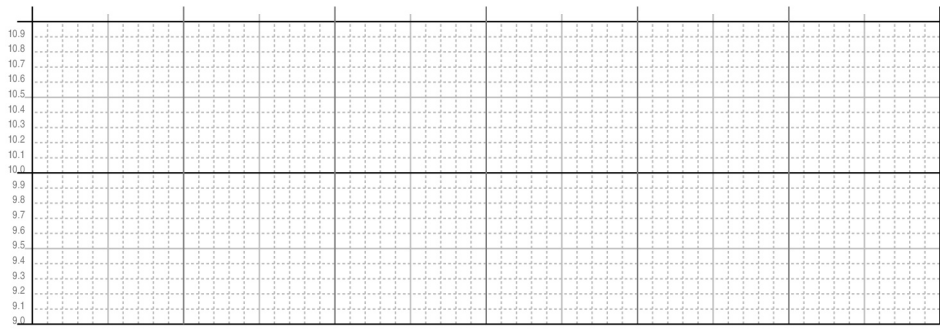
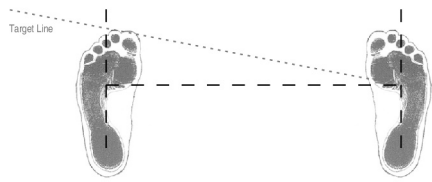
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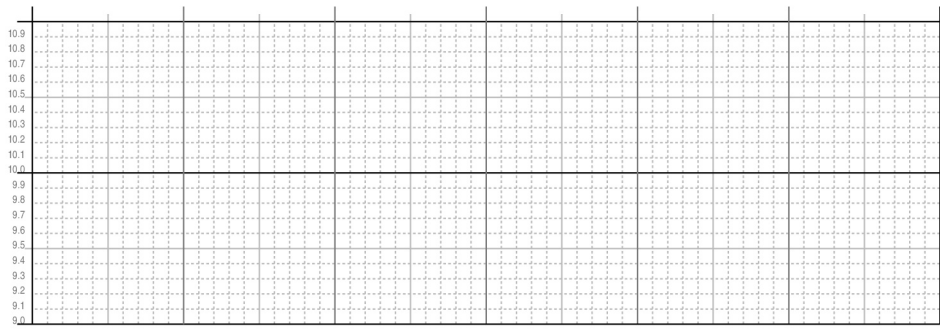
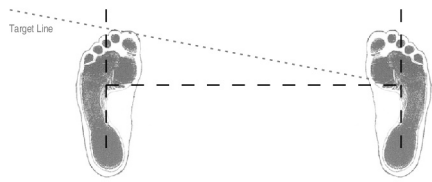
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Mental State	1	2	3 4 5
Physical condition	1	2	3 4 5



Things that worked

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Things that could be Improved

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Future Plans

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Long-Term Goal: _____

Date: _____ Time: _____ Location: _____

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Range conditions: _____

Physical Condition& Stress Level: _____

Objective/Goal: _____

Plan: _____

Results

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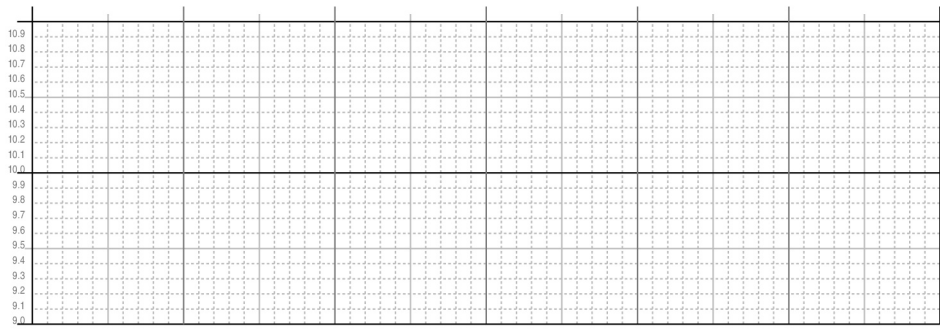
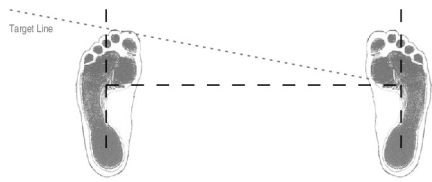
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Outer Position	1	2	3 4 5
Inner Position	1	2	3 4 5
Mounting the Rifle	1	2	3 4 5
Zero Point	1	2	3 4 5
Breathing	1	2	3 4 5
Hold	1	2	3 4 5
Aiming	1	2	3 4 5
Trigger Control	1	2	3 4 5
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Recoil	1	2	3 4 5
Shot Plan	1	2	3 4 5
Mental State	1	2	3 4 5
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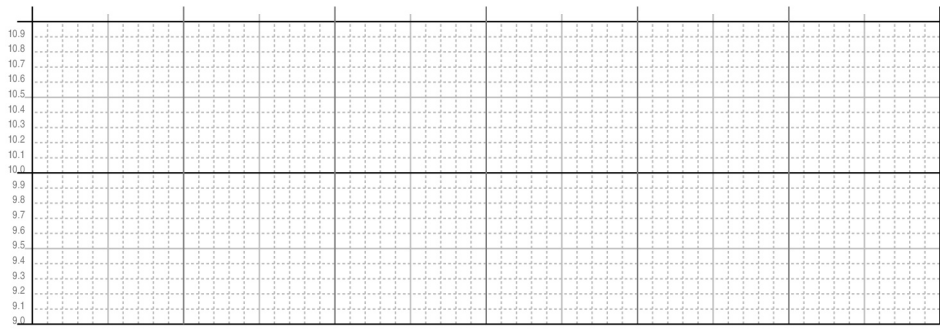
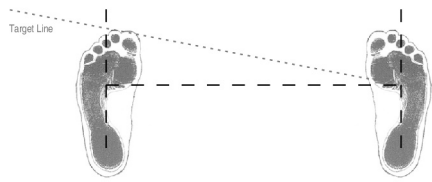
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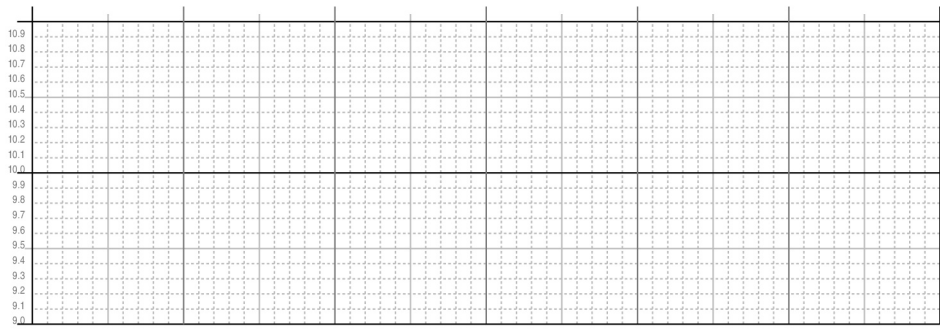
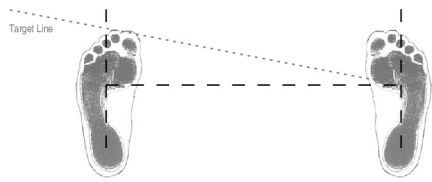
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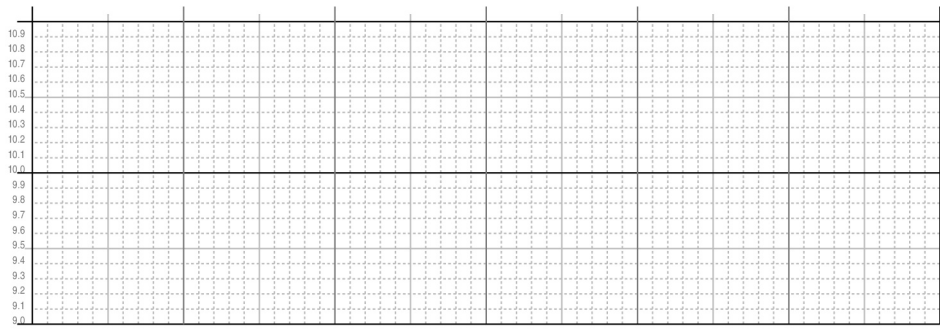
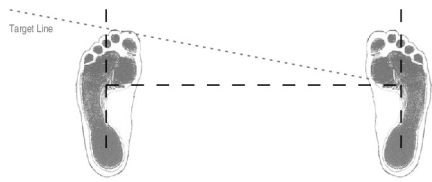
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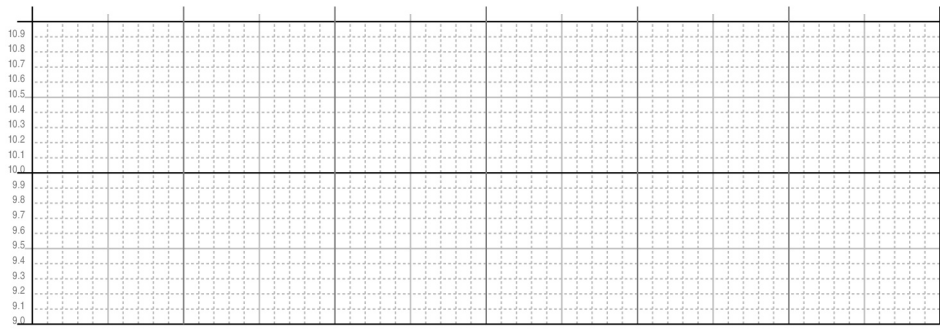
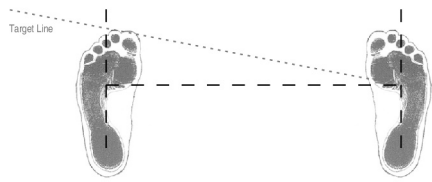
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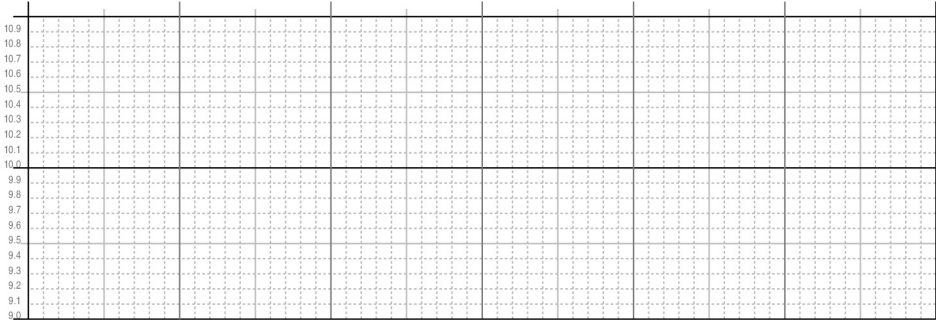
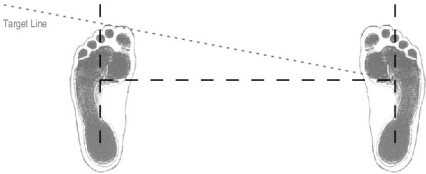
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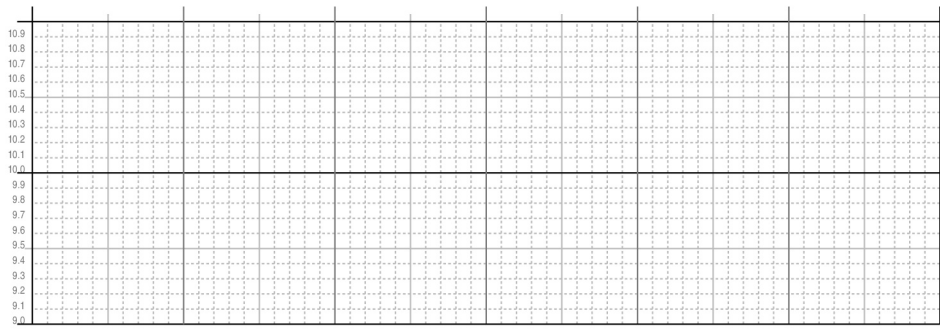
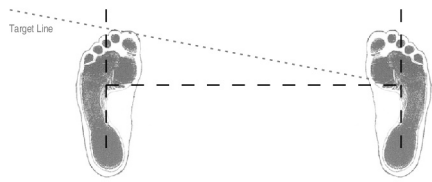
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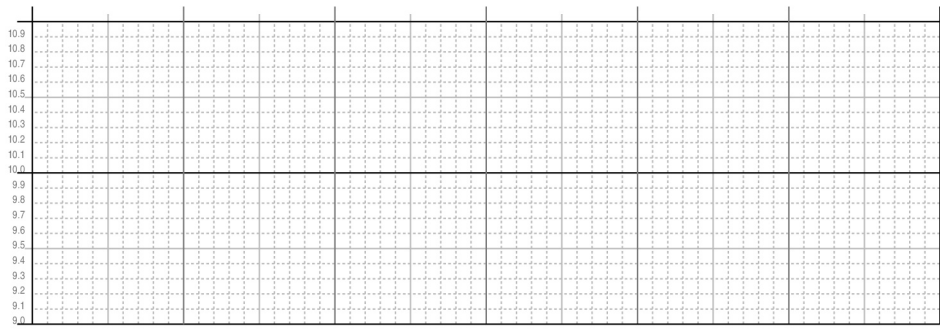
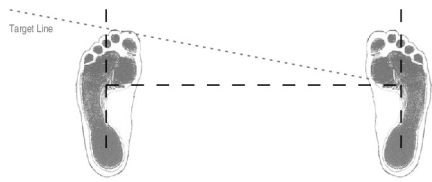
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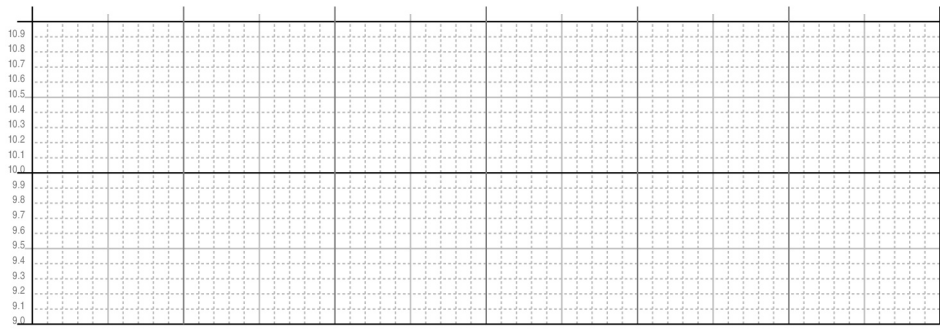
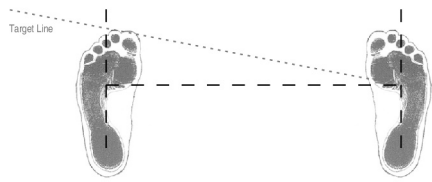
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