

RUN ARCHERY SHORT TRACK CHALLENGE



PRINCIPLE:

“Short Track” is an adapted version of Run-archery, to discover and get fun in all clubs with no specific needs. Participant must be able to run up to 400m in a race.

Shooting affects the distance to run: each missed zone means a penalty loop.
Using “compound” target face (80cm 6 zones) enable to have 3 levels of races :

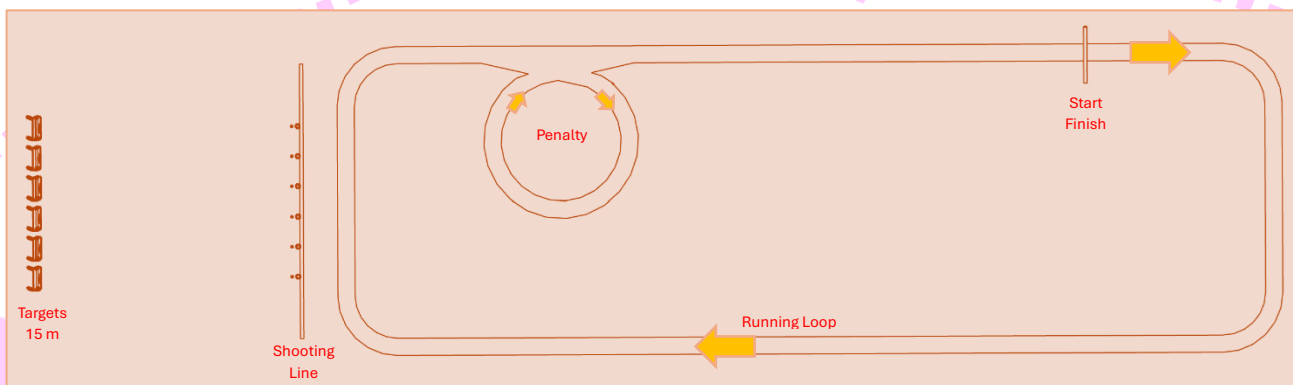
- BLUE: the “hit” zone is in blue, red or yellow
- RED: the “hit” zone in in red or yellow
- GOLD : the “hit” zone is the yellow

EQUIPMENT:

For setting up the loops: a 140m rope and a 20m rope
Easy to draw the circuits with placing the ropes on the ground

For the shooting range: buttresses (1,5m to 2,0m center to center)
Number depends on the club’s usual equipment and field’s width
80 cm 6 zones target faces (center at 1m from the ground)
Shooting line at 15m

Participant: Barebow or recurve bow (without stabilizer) - No compound bow - 6 arrows



Example for a 80m x 20m Field

RACE:

Targets are assigned for each participant (for example, if there are 5 targets, there will be 5 participants in the race), arrows are at the shooting line.

The participant carries the bow by hand

- starts to run the running loop to go at the shooting range
- shoots 3 arrows in the standing position
- runs eventual penalty loops (one by arrow which missed the zone to hit)
- runs the running loop
- shoots 3 arrows in the kneeling position (one knee on the ground)
- runs eventual penalty loops (1 by arrow which missed the zone to hit)
- runs to the finish line

LIVE AND SHOW YOUR EXPERIENCE of the **RUN ARCHERY SHORT TRACK CHALLENGE**:

The races can be recorded and shared on socials with **#RunArcheryChallenge**