



The Port Coquitlam District Hunting and Fishing Club (PCDHFC) WIPL/ISSF Committee offers pistol shooting practice and matches under the rules of the International Shooting Sport Federation (ISSF). We shoot locally in the Western International Pistol League (WIPL), and in ISSF-sanctioned BC and Canadian championships. This is a precision-oriented, non-tactical discipline, with round targets. The Summer Olympics include two ISSF pistol events.

We alternate between two ISSF courses of fire: **Standard Pistol** (aka STD) and **Center Fire** (aka CFP) / **Sport Pistol** (aka SP). Occasionally, we also shoot two other challenging disciplines, Olympic Rapid Fire (5 shots in 8, 6 and 4 seconds), and Free Pistol (slow shooting at 50 meters or 20 yards with scale down targets).

Currently we practice and compete on Saturday afternoons at PCDHFC. Our events, usually at Range 4, appear as "WIPL" on the Club calendar. Our members are also welcome at WIPL shoots held at the Langley Rod & Gun Club indoor range (\$8 range fee applies and \$2 for targets if needed) and possibly at other ranges in the future.



Our range rules are simple but safety first including Acting Range Officer (ARO) supervision and the use of chamber flags during cease fires. Adult shooters must hold a valid RPAL. Any Junior shooter must be supervised by a parent or legal guardian who must hold a valid RPAL, **AND** the owner of the registered pistol if it is not owned by the parent/guardian. PCDHFC Members do not have to be RUC-certified or holster qualified. All shooters must be approved by the supervising member of WIPL/ISSF event before participating.

There is no range fee for PCDHFC members to join the events. Non-members pay \$10 for each event to the range (cash only, collected by the supervising member of WIPL at the event) for the day card. Targets are available for \$2 a set.

Regular shooters are expected to join WIPL seasonal competition with a fee payable to WIPL, which is \$5 for each course (STD, CFP, SP) for the whole season and submit their scores to the league. A shooter needs to submit minimum 5 scores each course to have a final score and ranking.



To get on target in WIPL, all you need is a 22LR handgun (Semi-auto only for Standard Pistol; semi-auto or revolver for Sports Pistol) that can place five rounds onto a 14-inch round target at 20 yards free-standing and single-handed. To participate the Centre Fire events, any centre-fire handgun that discharges non-magnum ammunition (either a semi-auto or a revolver) with open sights can be used, where .32 Smith Wesson Long Wad Cutter being the most popular choice followed by .38 Special Wad Cutter among seasoned competitors. The use of 9mm and .45 ACP semi-auto pistols is permitted in WIPL to encourage new shooters, but they are generally not allowed in sanctioned matches. Regular match shooters often use target pistols with an adjustable match trigger, adjustable sights, and an anatomical grip. Optical sights such as red dot sights or scope are not permitted.

We try to accommodate all shooters but owing to space limitations at Range 4, we ask that you contact us in advance to schedule your attendance. Drop ins might not be able to shoot a full match depending on the available space and equipment.



# Technical corner

## STANDARD PISTOL (STD)

Equipment control	Match shooter	Recreational Shooter
<b>Pistol</b>	.22LR semi-auto pistol	.22LR semi-auto pistol
<b>Ammunition</b>	.22LR, pure lead only	.22LR
<b>Trigger pull weight</b>	>1000g	Not enforced
<b>Sight</b>	According to ISSF rule book	Open sight including fiber optic front sight
<b>Size/Weight</b>	According to ISSF rule book	Not enforced
<b>Apparels/eyewear</b>	According to ISSF rule book	Not enforced

The event programme is 60 MATCH shots divided into 3 stages of 20 shots each. Each stage consists of 4 series of 5 shots:

Stage	Number of series and shots	Time limit for each series
1	four(4) series of five(5) shots	150 sec.
2	four(4) series of five(5) shots	20 sec.
3	four(4) series of five(5) shots	10 sec.

Course of Fire	Shots per series	Strings of fire	Time and position per series	Target
Sighting series	5	1	150 seconds for 5 shots from any position	Precision target
Slow Fire series (SF)	5	4	150 seconds for 5 shots from any position	Precision target
Timed fire series (TF)	5	4	20 seconds for 5 shots from "Ready" position	Precision target
Rapid Fire series (RF)	5	4	10 seconds for 5 shots from "Ready" position	Precision target

Total shots: 5 sighting shots plus 60 match shots = 65

### **CENTRE-FIRE (CFP)/SPORT PISTOL (SP)**

Equipment Control	Match shooter	Recreational Shooter
<b>Pistol</b>	Semi or Revolver. CFP: Center Fire Pistol < .38 cal. SP: .22LR pistol.	Semi or Revolver. CFP: Center Fire Pistol < .45 cal. SP: .22LR pistol.
<b>Ammunition</b>	High power/High Velocity/Magnum prohibited. Pure lead bullet only	High power/High Velocity/Magnum prohibited. Jacketed bullet allowed
<b>Trigger pull weight</b>	> 1000g	Not enforced
<b>Sight</b>	According to ISSF rule book	Open sight including fiber optic front sight
<b>Size/Weight</b>	According to ISSF rule book	Not enforced
<b>Apparels/eyewear</b>	According to ISSF rule book	Not enforced

The programme for each event is 60 MATCH shots divided into two (2) stages of 30 shots each:

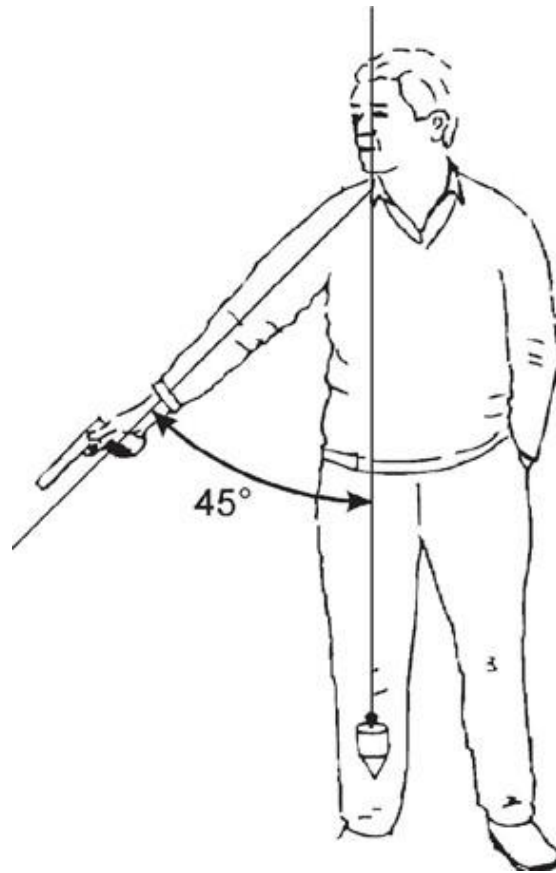
Stage	Number of series and shots	Time limit for each Sighting or MATCH series
Precision Stage	six (6) series of five (5) shots	five (5) minutes
Rapid-fire Stage	six (6) series of five (5) shots	see below

Course of Fire	Shots per series	Strings of fire	Time and position per series	Target used
Sighting series for Precision Stage	5	1	5 minutes for 5 shots from any position	Precision target
Precision series (PF)	5	6	5 minutes for 5 shots from any position	Precision target
Sighting series for Rapid Fire Stage	5	1	3 seconds each shot from "Ready" position then lower to "Ready" position for next shot	Rapid target
Rapid Fire series (RF)	5	6	3 seconds each shot from	Rapid target

		"Ready" position then lower to "Ready" position for next shot	
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Total shots: 5 + 5 sighting shots plus 60 match shots = 70

"Ready" Position – shooting arm needs to be 45 degrees or less to the vertical line.





The journey of Olympics and the World Championship pistol shooting for you and juniors starts here.

For more information and to arrange attendance, contact:

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