



WRS WA70/60/50/40/30 + Individual Head 2 Head

Lisburn City Archery Club (720LCAC1)

Lisnagarvey High School, Warren Gardens, Lisburn BT28 1HN, 18-07-2026



18 Jul 2026, Saturday

09:50-10:05

2 Ends of Practice ABC Format

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
40m-1		40m-1	50m-1				50m-1				60m-1		70m-1	
Warm Up		Warm Up	Warm Up				Warm Up				Warm Up		Warm Up	
Complete (1 - 10 +X) 122 cm		Complete (1 - 10 +X) 122 cm	Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm				Complete (1 - 10 +X) 122 cm			

10:10-11:15

Qualification Rounds

Qualification- WA70/60/50/40/30

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
40m-1		40m-1	50m-1				50m-1				60m-1		70m-1	
Qualification Rounds		Qualification Rounds	Qualification Rounds				Qualification Rounds				Qualification Rounds		Qualification Rounds	
Complete (1 - 10 +X) 122 cm		Complete (1 - 10 +X) 122 cm	Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm				Complete (1 - 10 +X) 122 cm			

11:30-12:35

Qualification Rounds

Qualification- WA70/60/50/40/30

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
40m-2		40m-2	50m-2				50m-2				60m-2		70m-2	
Qualification Rounds		Qualification Rounds	Qualification Rounds				Qualification Rounds				Qualification Rounds		Qualification Rounds	
Complete (1 - 10 +X) 122 cm		Complete (1 - 10 +X) 122 cm	Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm				Complete (1 - 10 +X) 122 cm			

14:05-14:15

2 Ends of Warm-Up

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
40m						50m				60m				
40						C				60				
Warm Up						Warm Up				Warm Up				
						Complete (1 - 10 +X) 122 cm								

14:15-14:35

Individual Matches

5 ends of 3 arrows

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
40m						50m				60m				
40						50				60				
1/4						1/8				1/4				
						Complete (1 - 10 +X) 122 cm								

14:45-14:55

2 ends of warm-up

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
				50m								70m		
				50								70		
				Warm Up								Warm Up		
						Complete (1 - 10 +X) 122 cm								

14:55-15:15

Individual Matches

5 ends of 3 arrows

1	2	3	4	5	6	7	8	9	10	11	12	13	14	15	
			50m				50m							70m	
			50				C							70	
			1/4				1/4							1/4	
			Complete (1 - 10 +X) 122 cm				Reduced (5 - 10 +X) 80 cm							Complete (1 - 10 +X) 122 cm	
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