

## District 11 4H Shooting Distances

Division	Distance	number of arrows	target (cm)	comment
Junior (8-10)	9 meters	30	recurve 60 compound 40	graduates to 60 arrows at 250 score
Advanced Junior (8-10)	9 meters	60	recurve 60 compound 40	option to shoot as advanced intermediate at 18 meters
Intermediate (11-13)	9 meters	60	recurve 60 compound 40	graduates to 18 m at 500 score
Advanced Intermediate (11-13)	18 meters	60	recurve 60 compound 40	
Senior 1 (14-15)	18 meters	60	recurve 40 compound 40	
Senior 2 (16-18)	18 meters	60	recurve 40 compound 40	

### **Discussion**

Based on many, many years of coaching youth archery, USA Archery Regional Coaches Gene Kacir and Tom Barker recommend the above shooting protocols for indoor 4H archery.

All Juniors (8-10) year olds should shoot the entire season at 9 meters. If the 250 30 arrow score is reached the juniors then graduate to Advanced Juniors, who then shoot 60 arrows at 9 meters. Junior recurves will shoot the 60 cm target and the compounds the 40 cm target.

Intermediates (11-13) will shoot 60 arrow matches at 9 meters. Once they shoot a 500 score at 9 meters, they graduate to 60 arrows at 18 meters in the Advanced Intermediate division. If you have really good juniors they always have the option of shooting up against the Advanced Intermediate archers. Recurves will shoot the 60 cm target and compounds the 40 cm target.

Senior 1 and 2 archers (14 -19) will shoot 60 arrow matches at 18 meters all on the 40 cm target.

All archers will score the outer 10 ring to avoid confusion.

Ties are broken per WAF rules which is 10's, 9's, 8's ...

The purpose of these recommendations is that it is not appropriate to force beginner 11-13 year old archers to shoot 18 meters when many do not have the skill set nor the bow cast to reach 18 meters. We end up running kids off who get very frustrated with the large number of misses they have. Moreover, almost all of the junior archers would be better served shooting at 9 meters the entire year. This avoids the sandbagging we see every year when some juniors shoot poorly on the last end so they will NOT graduate to 18 meters.

