

## Air Pistol

The Air Pistol match uses a compressed gas (either carbon dioxide or oxygen) or spring operated pistol to fire a .177 cal. lead pellet at a target. The focus of this match is precision and excellence. One appealing factor of this match is that it is accessible to a wide audience since the event doesn't use a conventional firearm. Practising can take place virtually anywhere and, after initial outlay for equipment, the costs of participation (i.e. ammunition and gas) are relatively low. The Olympics have included air pistol events for both men and women since 1988. Air pistol is also a Paralympic event.

<b>Sex:</b>	Female	<b>Distance:</b>	10m
<b>Total Time:</b>	1hr, 15min.	<b>Prep. Time:</b>	10 min.
<b>Total Shots:</b>	40	<b>Shots/Comp. Target:</b>	1 (Paper targets only)
<b>Sections:</b>	1	<b>Series:</b>	non-applicable
<b>Perfect Score:</b>	400 (509 with Finals)	<b>World Class Score:</b>	385 (481.5 with Finals)
<b>Total Sighter Shots:</b>	unlimited prior to record shots	<b>Shots/Sighter Target:</b>	4 (Paper targets only)
<b>Scoring &amp; Patching:</b>	in the classification office		
<b>Pistol Weight:</b>	1500 g	<b>Trigger Weight:</b>	500 g
<b>Barrel Length:</b>	Box size only	<b>Sight Radius:</b>	Box size only
<b>Measuring Box (mm):</b>	420 x 200 x 50		

### Grips:

No part of the grip or accessories may touch any part of the wrist. The heel rest must extend at an angle of not less than 90 degrees to the grip. Any upward curvature of the heel and/or thumb rest and/or a downward curvature of the side opposite the thumb is prohibited. The thumb rest must allow free upward movement of the thumb. The grip must not encircle the hand. Curved surfaces on the grips or frame, including the heel and/or thumb rest, in the longitudinal direction of the pistol are permitted.

### Other Specifications:

May only be loaded with one (1) pellet. Ported barrels and perforated barrel attachments are allowed.

### Special Training Considerations:

The primary difference between air pistol and all other forms of pistol events is the muzzle velocity. Most air pistols are in the 350 - 450 feet per second (fps) range; whereas, .22 calibre handguns reach well over 1100 fps. The result of this difference is lock time: from when the trigger releases the shot until the pellet leaves the muzzle. Essentially, the pellet moves through the barrel slower. As a result, the shooter can affect the pellet's point of impact over a longer period of time. When the shooter's delivery is good, increased barrel time doesn't have an impact. However, if there are problems with the shooter's technique, then these errors can be magnified when firing an air pistol.

#### Keep in mind:

1. A smooth trigger release is essential to success in air pistol due to lock time. Any trigger related problem (snatching, jerking, pushing, etc.) will deflect the shot from your intended point of impact. Consider increasing the amount of time it takes to squeeze the trigger, to get the desired smooth action necessary.
2. Due to the relatively short distance between the shooter and the target (10 metres, as opposed to 25 or 50 metres), errors in sight alignment are less of a problem than in other precision events (i.e. free pistol). Take care with your sights, but not at the expense of good trigger control.
3. Once again, due to the increase in lock time, you must follow through on every shot. Relaxation of the wrist, elbow and/or shoulder can have disastrous effects on your delivery. You must maintain your stance well after you sense the shot breaking, for a second or two, and then prepare for the next shot. By following through longer, you reduce the chance of relaxing subconsciously prior to the pellet leaving the barrel.