

FIELD HANDOUT

FOUNDATION STANDARD

How to set up and run the CADRE Foundation Standard on your own range. Five events, each worth 20 points, for a total of 100. This is the same standard shot in every CADRE in-person course.

THE STANDARD AT A GLANCE

What it is. A five-event benchmark, scored the same way every time. It gives you a measured number out of 100 - not a feeling or an opinion.

The purpose. It shows where your foundation is solid, where the holes are, and what you are ready to train next after a level-one or foundational class.

GEAR REQUIRED - CHECK EACH ITEM

☐ Precision rifle with mounted optic☐ Bipod☐ Support bag☐ Two magazines☐ 100 rounds of ammunition☐ Timer☐ Laser rangefinder☐ Ballistic solver / Kestrel / card☐ Zero target☐ CADRE Chaos target☐ Foundation scorecard☐ Note-taking gear

RECOMMENDED - NOT REQUIRED

☐ Chronograph (true velocity)☐ Arm board with dope card☐ Tripod (steady optic while ranging)

Targets and the scorecard are available free at thecadretraining.com.

EVENT 1 - 20 POINTS

RIFLE ZERO

What it is. A confirmed mechanical zero at 100 yards, verified with a three-round group while turrets are floated to zero. Running solo, remove and remount the optic to confirm return to zero.

Purpose. Everything else is built on your zero. If it is not honest, nothing after it means anything.

WHAT YOU NEED

☐ Rifle and mounted optic☐ Scope tools / torque wrench☐ At least 20 rounds☐ MOA-grid zero target☐ Rear bag☐ Chronograph (optional)

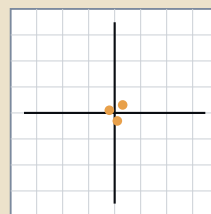
STANDARD AND PAR TIME

PAR TIME	15 minutes
GROUP	Three-round group under 0.75 MOA
ZERO	Center within 0.1-0.5 MOA of aim; turrets floated to zero
SCORING	20 points under 20 rounds and under time; every round past 20 costs 1 point

ZERO CONFIRMATION

CONFIRM. FLOAT. VERIFY.

1. Build a stable prone position and fire a three-round group. 2. Measure the group and correct the optic. 3. Float the turrets to zero, then fire a final confirmation group.



100 YARDS / MOA GRID

EVENT 2 - 20 POINTS

BUILD AND DEPLOY

What it is. Four timed drills at 100 yards on the CADRE Chaos target. This evaluates your ability to drive the rifle before gravity, drag, and wind enter the problem - mechanics up close, with nowhere to hide.

THE FOUR DRILLS

01 NO BAG BUILD AND BREAK

From prone, connect and put one round on the far-left T. No bag. 5 reps; 10-second par each.

02 STANDING TO PRONE

Rifle grounded. Stand, drop to prone, and put one round on the middle T. 5 reps; 15-second par each.

03 FULL RIFLE DEPLOYMENT

Rifle in hand, bipod stowed, bag in hand. Deploy, build prone, fire one round. 5 reps; 25-second par each.

04 DEPLOYMENT + MAG CHANGE

Full deploy. Engage 1 MOA CADRE hexagons C, A, D; reload; engage R, E. 60-second total par.

WHAT YOU NEED

- | | | |
|---|------------------------------------|---|
| ☐ Zeroed rifle | ☐ Rear bag | ☐ Two magazines |
| ☐ CADRE Chaos target | ☐ 20 rounds | ☐ Timer with start delay |

SCORING	Hit or miss; 1 point per round; line break counts as a hit
DRILLS 1-3	5 rounds each at 10s / 15s / 25s par; 3 MOA T targets
DRILL 4	CADRE sequence in 60 seconds; 1 MOA hexagons

EVENTS 3-5 - READ FIRST

ENGAGEMENT AND SCORING

Each distance event is scored the same way. Every target is worth 4 points. You get up to three shots to land the first impact; any impact within those three is followed by a follow-up shot to confirm the result down range.

1ST ROUND	3 points
2ND ROUND	2 points
3RD ROUND	1 point
FOLLOW-UP	+1 point

Maximum per target: 4 points. A first-round impact plus an effective follow-up. Up to 20 rounds per event; a clean run is 10 rounds.

At a CADRE course: instructors shoot first and establish the baseline for the day's conditions. Running solo, score the published standard as written.

WHY THE FOLLOW-UP MATTERS

Competitors: use the follow-up to bring the next impact back to center and prove the correction. **Hunters and military personnel:** continue the follow-up until the desired result down range is achieved. The purpose changes with the shooter; accountability does not.

WHY UP TO THREE SHOTS

Range and wind conditions change what a strong score looks like. Three shots give the shooter room to read the condition, correct honestly, and still be accountable to the standard.

EVENT 3 - 20 POINTS

PRONE KNOWN DISTANCE

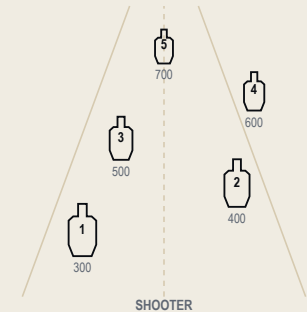
What it is. Five targets from 300 to 700 yards, prone, engaged near to far. This tests dialing, bolt manipulation, re-engagement, and repeatable prone mechanics.

PAR TIME	Under 3 minutes
DISTANCE	300-700 yards*; near to far
TARGET	Use available target sizes; impacts held to 2 MOA
SCORING	CADRE system; 20 points

WHAT YOU NEED

Rifle + rear bag + 2 mags / 20 rounds / Timer / 5 IPSC-style targets

COURSE OF FIRE



EVENT 4 - 20 POINTS

PRONE LONG KNOWN DISTANCE

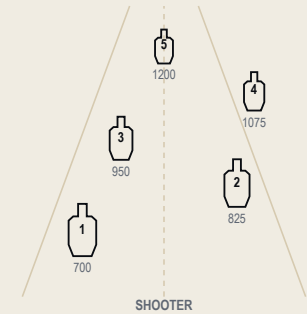
What it is. The same near-to-far course stretched to distance. This tests how well you know your data and drag curve; the dope has to be honest.

PAR TIME	Under 4 minutes
DISTANCE	700-1,200 yards*; near to far
TARGET	Use available target sizes; impacts held to 2 MOA
SCORING	CADRE system; 20 points

WHAT YOU NEED

Rifle + rear bag + 2 mags / 20 rounds / Timer / Confirmed drag curve

COURSE OF FIRE



EVENT 5 - 20 POINTS

PRONE UNKNOWN DISTANCE

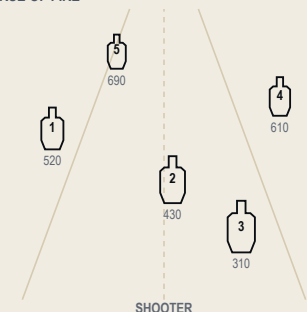
What it is. Five targets at mixed depths, with ranges withheld and engagement order randomized (for example 1, 3, 5, 4, 2). Range, solve, dial, and deliver.

PAR TIME	Under 5 minutes
DISTANCE	300-700 yards*; randomized order
TARGET	Use available target sizes; impacts held to 2 MOA
SCORING	CADRE system; 20 points

WHAT YOU NEED

Rifle + rear bag + 2 mags / 20 rounds / Timer / Rangefinder + tripod

COURSE OF FIRE



* Push the course to whatever distance your range safely allows.

FOUNDATION STANDARDS CARD

SCORING SHEET / PRECISION THROUGH CHAOS



DATE	SHOOTER NAME	RIFLE	
_____	_____	_____	
OPTIC	CARTRIDGE	BULLET	VELOCITY
_____	_____	_____	_____

EVENT 1 - RIFLE ZERO

EVENT	PAR TIME	YOUR TIME	POINTS
Rifle Zero	15 minutes		/ 20

EVENT 2 - BUILD AND DEPLOY

DRILL	PAR TIME	YOUR TIME	POINTS
1 No Bag Build and Break (5x)	10s each		/ 5
2 Standing to Prone Build and Break (5x)	15s each		/ 5
3 Full Rifle Deployment, 3 MOA (5x)	25s each		/ 5
4 Deployment + Mag Change, 1 MOA	60s total		/ 5

EVENT 3 - PRONE KNOWN DISTANCE

TARGET	DIST. (YDS)	SOLUTION	WIND 1	WIND 2	WIND 3	RESULT	PTS	NOTES
T1						3 2 1 F		
T2						3 2 1 F		
T3						3 2 1 F		
T4						3 2 1 F		
T5						3 2 1 F		
EVENT TOTAL							/ 20	

EVENT 4 - PRONE LONG KNOWN DISTANCE

TARGET	DIST. (YDS)	SOLUTION	WIND 1	WIND 2	WIND 3	RESULT	PTS	NOTES
T1						3 2 1 F		
T2						3 2 1 F		
T3						3 2 1 F		
T4						3 2 1 F		
T5						3 2 1 F		
EVENT TOTAL							/ 20	

EVENT 5 - PRONE UNKNOWN DISTANCE

TARGET	DIST. (YDS)	SOLUTION	WIND 1	WIND 2	WIND 3	RESULT	PTS	NOTES
T1						3 2 1 F		
T2						3 2 1 F		
T3						3 2 1 F		
T4						3 2 1 F		
T5						3 2 1 F		
EVENT TOTAL							/ 20	

FOUNDATION CARD TOTAL

/ 100