PSE ARCHERY AUSTRALIA

PSE ARCHERY 50 YEARS 1970-2020

MARCH 2020

# ON THE LINE MAGAZINE

BENCHMARK 3D SHOOTERS ASSOCIATION

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## EASTON AUSTRALIAN OPEN
PSE CLEAN SWEEP

## BUILDING STRONGARM
MEET VAUGHAN ARMSTRONG

## PSE TECH
SETTING UP YOUR BOW: PART 1

## BENCHMARK 3D
TOURNAMENT UPDATE

PHOTO: ARCHERY AUSTRALIA

PSE CONTINGENCY FOR THE BENCHMARK 3D KNOWN DISTANCE TOURNAMENT!

EVERYONE PLEASE STAY SAFE AND ISOLATE COVID-19 AWARENESS

SERIES 01

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CHAPTER 1

# ON THE LINE
# MARCH 2020

#PSEARCHERYOZ
EASTON
EASTON

# WELCOME TO PSE ARCHERY AUSTRALIA

Hello and welcome to the March Issue of On The Line Magazine.

What a disjointed beginning to March it has been with the world wide pandemic Coronavirus or COVID-19 affecting local, National and International archery. Due to the lack of archery being conducted so far this month, content for the month is down. Hopefully it will pick up for April with a great competition launch, stay tuned.

Usually we see major world wide events like this affecting other nations and we are usually left untouched in our little bronzed nation, but not this time. Unfortunately numerous archery events here in Australia have been cancelled or postponed including the 2020 Para and Vision Impaired National Championships and the postponement of the Youth National Championships. I received an email from my local club stating that as of today, March 18 2020 the club will be closed until further notification.

Many of us are left to our own devices for training and flinging a few sticks down range, some have home ranges or enough room down a hallway to achieve our goals.

At the time of writing this, the IOC issued this statement. "This is an unprecedented situation for the whole world, and our thoughts are with all those affected by this crisis. We are in solidarity with the whole of society to do everything to contain the virus.

The situation around the COVID-19 virus is also impacting the preparations for the Olympic Games Tokyo 2020, and is changing day by day. The IOC remains fully committed to the Olympic Games Tokyo 2020, and with more than four months to go before the Games there is no need for any drastic decisions at this stage; and any speculation at this moment would be counter-productive".

The whole statement can be seen on the IOC website www.olympic.org.

Since then, the IOC has postponed the 2020 Olympic Games to 2021.

This year's RUT is gearing up and many archers are experiencing it for the first time, for others it's nothing new, however the thrill of the hunt, the excitement of the chase and the social side is what brings people together for this yearly event. Im sure there will be some big trophies harvested this year, good luck!

Registration is open for the Benchmark 3D open tournament to be held in August. Apart from prize money and trophies, PSE have announced that there will be PSE Contingency prize money available for those PSE Archers out there. More info on this will be announced closer to the event.

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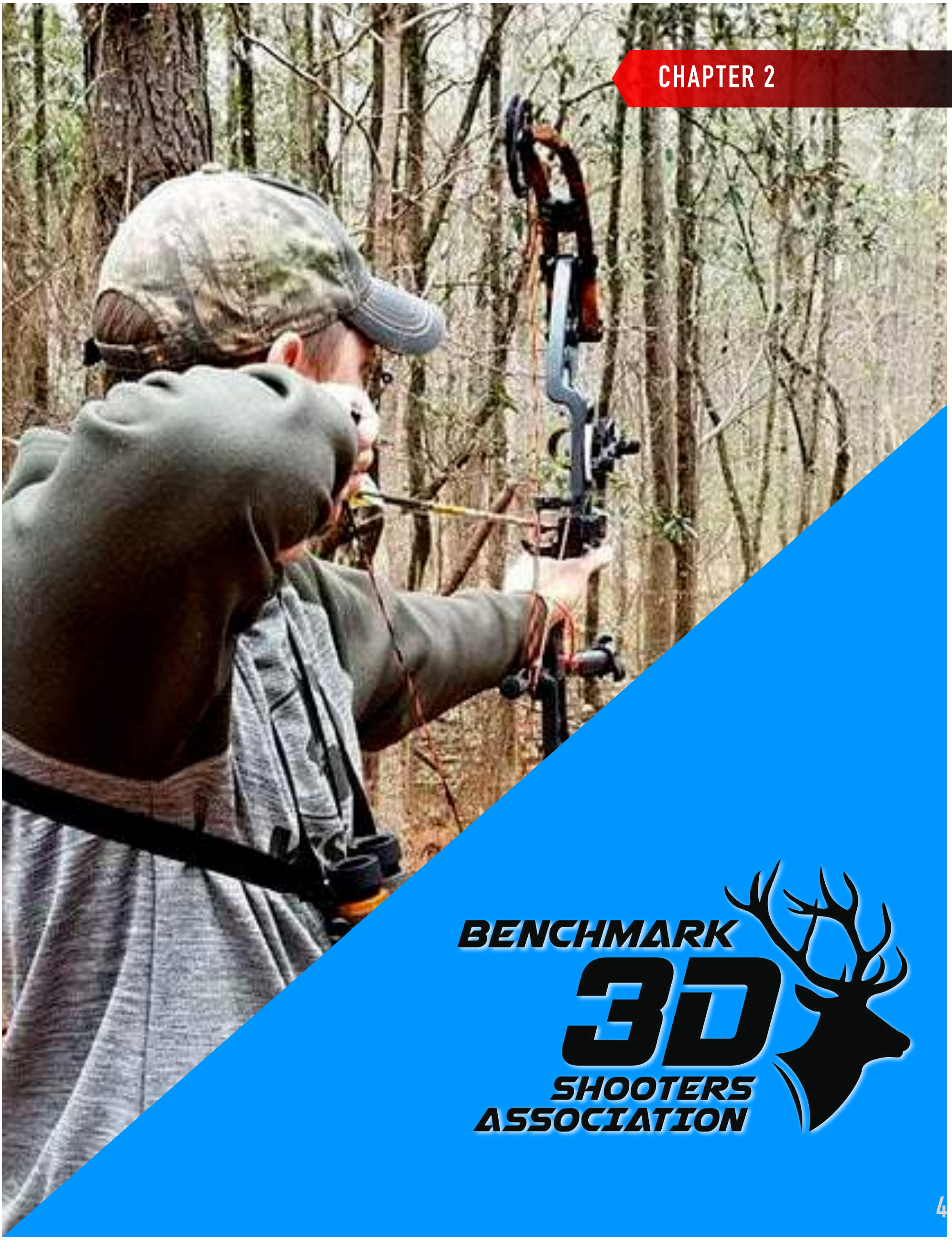
I would like to thank Precision Shooting Equipment for providing me an enormous amount of on-going support and wish them well through these trying times.

Be safe

Lyndon

# CHAPTER 2



BENCHMARK 3D SHOOTERS ASSOCIATION

# PSE CONTINGENCY PRIZE MONEY ANNOUNCED

**Date: 29/30 August 2020**

## Event Location:

98 Frazer Drive Tweed Heads South NSW 2486 Australia (No Dogs Allowed).

## Places to Stay:

Camping onsite is available at a cost of $10 per site for the weekend. Flush Toilets and Hot Showers onsite. All Enquires to Benchmark3DArchery@gmail.com

800m Away -
Colonial Tweed Holiday and Home Park
(07) 5524 2999. 2 Philp Parade, Tweed Heads South NSW 2486

1.5km Away -
BIG4 Tweed Billabong Holiday Park
(07) 5524 2444
30 Holden St, Tweed Heads South NSW 2486

## Registration

Pre- registration is compulsory.
Archers are welcome on the day but will be charged a late Fee of $10

## Food and Drinks Available All Weekend

Canteen Open for Breakfast and Lunch
Cafe Open for Cake and Coffee
Restaurant and Bar Open for Dinner

## Friday

Welcoming and Sign on
Dinner Cost - TBA
Bar Open - TBA

## Saturday

2 x 10 3D Courses
Team Shoot
Dinner Cost - TBA
Bar Open - TBA

## Sunday

2 x 10 3D Courses
Top 10 Shoot Offs
Top 10 Women Shoot Off
Benchmark Top 5 Shootoff

# GENERAL RULES

Each Benchmark Event will shoot four by ten target ranges across two days, two by ten targets ranges on day one and two by ten targets ranges day two.

At the start of each day there will be a Muster, to form groups and discuss any general rules or information about the day.

No need to join just pay the small insurance fee $10

Each shooter will receive scorecards when signing on for the weekend before the Event starts. Each shooter is responsible for having their scorecards and being at the muster location on time.

There is No Smoking allowed on ranges or at practice butts. Smoking in general areas is ok as long as the smoker is mindful of the non-smokers around them.

Vaping is allowed at practice butts area and on ranges but  as long as the person vaping is mindful of the others.

Littering will not be tolerated at the Event venue. Anyone littering (This includes Cigarette butts) will be the subject to disqualification from the Event and may be asked to leave the venue.

Alcoholic beverages are not to be consumed or carried onto the Event Ranges or you will be the subject to disqualification from the Event.

Alcoholic beverages are allowed on the Event grounds e.g. General Areas and Campsites But need to follow any Liquor Licensing laws any venue may have. Failing to comply with this, will be the subject of disqualification from the Event and you may be asked to leave the venue immediately.

No archer is to compete while under the influence of alcohol and will be the subject to disqualification from the Event and may be asked to leave the venue.

Offensive language and behaviour will not be tolerated. Please keep offensive language to a minimum and be mindful of those around you. First offensive a warning will be given, Second offensive warning will be given and third offensive you will be asked to leave.

Unsportsmanlike conduct on the ranges or tournament grounds will not be tolerated.

# GENERAL RULES CONTINUED

Weather - Benchmark retains the right to delay or cancel a day's Event in case of severe weather. If a day's round is cancelled all competitors will receive zero points for the cancelled day. No refunds will be made and all results and paybacks will be based on two rounds of ten,  twenty targets being completed. No rounds will be decided on by the results of partially completed rounds.

Anyone found stealing from the venue including  signage will be prosecuted and banned.

No one is to enter any range areas before the competition unless given permission.

Benchmark Event is pre nomination only. Archers are welcome to sign up on the day but will be subject to a $10 late fee.

Competitors unable to attend the Event after nominating and paying will have there their fees returned after a processing fee of $10 is deducted.

Dress appropriately in a presentable appearance. Benchmark officials hold the rights to ask someone to change if they are deem the clothing is offensive or inappropriate.

Competitors are to wear enclosed shoes. Anyone wearing thongs, sandals or open toe shoes will not be allowed to shoot at the practice range or on the 3D range.

Spectators & Guests are only allowed on the tournament ranges if they have signed on as a Visitor and follow the rules of an archer.Cost $5 per person for insurance purposes.

Mobile phones are allowed on ranges and are to be turned onto silent unless the shoot group agrees it can be left as normal. If making calls please keep calls to a minimum so they do not affect the archers around you. Benchmark encourages pictures to be taken and shared on Social Media throughout the days shooting.

By registering to participate in a Benchmark 3D Event, all shooters are acknowledging to agree that photographs or videotapes of them may be taken. These photographs and videotapes can be used by Benchmark 3D in marketing to help grow the sport.

# SHOOTING RULES

Targets will be 3D targets manufactured by McKenzie Targets, Rinehart, Cougar targets or Wildcrete targets that feature the Universal scoring system.

Archers can only compete in one division at an Event.

Maximum Distance for each peg are as follow
Orange Peg – 50 yards
Green Peg - 45 yards
White Peg – 35 yards
Red Peg – 25 yards
Subject to Range Finder tolerances between Range Finder brands*

Archers shooting from the same colour peg in a group are to form a rotation order allowing archers to take turns in shooting first and last. This order is to be followed for the days shooting. The order should be decide by the group before an arrow is shot. Easiest way to decide this is to turn the score cards over so no names are showing and shuffle, then pull one card out at a time and this will form the shoot order for the day. Failing to follow a shooting order will lead disqualification.

Groups with archers shooting from different pegs will rotate shoot order where possible with no archer to advance beyond their peg before shooting.

Shoot groups will be allocated for Benchmark Money Class, F50 and M50 classes for day one, day two shoot groups will be peered grouped based off day one scores.

All other classes may choose their own groups at muster for day one. Anyone that needs a group will be put in one. Benchmark 3D has the right to break up any group up.

Day two groups will be peer grouped based off day one scores for their divisions. Anyone with special requirements or shooting with their kids is to see registration area at muster time so groups can be sorted.

Each group is to have a minimum of four archers and a maximum of five archers. Each group is to have a minimum of two adult archers to score.

Each shooter when shooting is to be within 6 inches or one hundred and fifty millimetres of the shooting peg, – best outcome is to straddle or touch the peg with their foot. The shoot groups are to police this ruling. A shooter may receive a warning from the group for failing to comply. Repeat offence is a deduction of five points from their target score. Anyone blatantly cheating to get an advantage will be disqualified and asked to leave with no refund.

# SHOOTING RULES CONTINUED

Lost arrows archers are allowed to have a quick look where time permits without holding up any other shoot groups behind them. Archers are welcome to come back and look for arrows once the days shooting has finished.

Each archer is allowed one arrow to be shot per target and will be shot from their designated peg. Anyone seen to shoot more than one arrow at a target will be disqualified and asked to leave with no refund.

Archers may have assistance from two archers in their group. Only one person may use a golf size umbrella as a wind break or sun shade and the other person may use a hat, clipboard  as sun shade.

Shooters may use range finders and binoculars with no magnification limits.

Each member of the group will be allocated one minute and thirty seconds to shoot. Any individual that fails to follow the time limit will receive a warning from the group for the first offence. Second offence is a deduction of five points from that target score. Third offences will result in disqualification.

There are no limit of let downs a shooter may have in the allocated time to shoot of one minute and thirty seconds.

Equipment failure the archer may leave the range in the safest way possible. The archer has one hour to make repairs and be back on the range. The Equipment Failure must be report to a range or event official. The archer is to re-join with the closes group to where the equipment failure took place. If the archer has targets He or She has not shot when re-joining a group they can be made up with the group they have joined or with a range official. The Archer's group may continue on.

Archers in pin divisions are allowed to move their pins left or right only.

# CLASSES

Benchmark - Open to Male or Female shooting a compound, recurve shot with no restrictions on sights, stabilisers, or style of release.
Archers will shoot from the ORANGE peg maximum 50 yards

Male 50 or M50 - Open to Male shooting a compound or recurve shot with no restrictions on sights, stabilisers, or style of release.
Archers will shoot from the ORANGE peg maximum 50 yards

Female 50 or F50 - Open to Female shooting a compound or recurve shot with no restrictions on sights, stabilisers, or style of release.
Archers will shoot from the ORANGE peg maximum 50 yards

Male Pins or MP - Open to Male shooting a compound, recurve shot with no restrictions on stabilisers, or style of release. A sight shall have fixed pin, cross air, or circle style pins with or without a lens or magnification. If circle style pins are used, all circles must be the same size.
Archers will shoot from the GREEN peg maximum 45

Female Pins or FP - Open to Female shooting a compound, recurve shot with no restrictions on stabilisers, or style of release. A sight shall have fixed pin, cross air, or circle style pins with or without a lens or magnification. If circle style pins are used, all circles must be the same size.
Archers will shoot from the GREEN peg maximum 45

Senior Open or SO - Open to Male or Female over the age of fifty shooting a compound, recurve shot with no restrictions on sights, stabilisers, or style of release.
Archers will shoot from the GREEN peg maximum 45 yards

Hunter Class Male  or HCM - Open to Male shooting a compound shot with or without sights. Sights are to have no  magnification and can be either a single or Multiple Pin or range finding scope eg Garmin Xero. Restrictions on stabilizer and stabilizer system are a maximum front length of a Option Archery Quivalizer stabilizer on the front. The stabilizer system can have a side bar and be any shape or configuration. Arrows are to be a standard carbon size of .246 or less.
Arrows must have screw in points
Arrow rest is to be a hunting style (eg. no lizzard tongue rest).
No restrictions on style of release, can be shot with a release aid or fingers.
Archers will shoot from the Green peg maximum of 45 yards

Fingers Open or FO - Open to Male or Female shooting a compound or recurve shot with or without sights. No restriction on sights or stabilisers. Must be shot with fingers directly contacting the bowstring using  bare fingers/finger tab or a glove.  Archers will shoot from the White Peg maximum of 35 yards.

# CLASSES CONTINUED

Hunter Class Female  or HCF - Open to Female shooting a compound shot with or without sights. Sights are to have no  magnification and can be either a single or Multiple Pin or range finding scope eg Garmin Xero. Restrictions on stabilizer and stabiliser system are a maximum front length of a Option Archery Quivaliser stabiliser on the front. The stabiliser system can have a side bar and be any shape or configuration. Arrows are to be a standard carbon size of .246 or less.
Arrows must have screw in points
Arrow rest is to be a hunting style (eg. no lizzard tongue rest).
No restrictions on style of release, can be shot with a release aid or fingers.
Archers will shoot from the WHITE peg maximum 35 yards

Trophy Class or TC Open to Male or Female shooting a compound or recurve shot with no restrictions on sights, stabilisers, or style of release. This class is for the everyday archer that just likes to shoot and have fun.
There are trophies but there is no prize money for this class.
Top Archers are NOT allowed in this class.
This class is to encourage archers that just like shooting.
Benchmark has the rights to stop an archer shooting in this class.
Archers will shoot from the WHITE peg maximum 35 yards

Barebow Open or BO - Open to Male or Female shooting a compound or recurve shot without sights. Fingers directly contacting the bowstring using a glove, finger tab or bare fingers. No sighting device of any kind may be used. A rest and plunger are all that may reside within the sight window of the bow. There shall be no markings on the bow or bowstring that could be construed as sighting marks or String walking marks. Face and/or string walking are permitted in this class.
Archers will shoot from the WHITE peg maximum 35 yards

Barebow Recurve or BR - Open to Male or Female shooting a recurve or longbow without a sight. No restrictions on stabilizer length or stabilizer system. A rest and plunger are all that may reside within the sight window. A clicker is allowed but must not be mounted in the sight window of the riser. There will be no markings on the bow or on the bowstring that could be construed as sighting marks. Shot with a glove, finger tab or bare fingers. Arrows are to be of the same Brand and cut to the same length and weigh the same.
String walking and face walking are allowed.
Archers will shoot from the WHITE peg maximum 35 yards.

# CLASSES CONTINUED

TRAD - Open to Male or Female shooting a recurve or longbow without a sight. Bow is to made of at least 50% Wood. Arrows are to have 4 inch feathers and can be made of wood, aluminium or carbon.
Shot with a glove, finger tab or bare fingers. Archers may use up to two nocking devices, but must use the same nocking point and anchor point for each shot. String walking and face walking is NOT allowed. No stabilisers or counter balances are allowed except a quiver designed to hold arrows. No string walking or face walking is allowed. There will be no markings on the bow or on the bowstring that could be construed as sighting marks. Arrows are to be shot off the hand or shelf of the riser only. An arrow side plate (if used) may only extend one inch above the arrow. The shelf may be built up and the side plate may be built out with a hard material that has a minimal consistency of wood. The shelf and side plate may be covered with a softer material that is no thicker than 1/8 inch. Arrows are to be of the same Brand and cut to the same length and weigh the same. Archers will shoot from the RED peg maximum 25 yards.

Junior Male Open or JMO (Ages 12-17) - Open to Male or Female shooting a compound or recurve shot with no restrictions on sights, stabilisers, or style of release. Archers will shoot from the WHITE peg maximum 35 yards

Junior Female Open or JFO (Ages 12-17) - Open to Female shooting a compound or recurve shot with no restrictions on sights, stabilisers, or style of release. Archers will shoot from the WHITE peg maximum 35 yards

Junior Barebow or JB (Ages 12-17) - Open to Male or Female shooting a compound, recurve or longbow shot without sights. Fingers directly contacting the bowstring using a glove, finger tab or bare fingers. No sighting device of any kind may be used. A rest and plunger are all that may reside within the sight window of the bow. There shall be no markings on the bow or bowstring that could be construed as sighting marks or String walking marks. Face and/or string walking are permitted in this class. Archers will shoot from the Red peg maximum 25 yards

Cub Open or CO (Ages 11 or under) - Open to Male or Female shooting a compound or recurve shot with no restrictions on sights, stabilisers, or style of release. Archers will shoot from the Red peg maximum 25 yards

Cub Female or CF (Ages 11 or under) - Open to Female shooting a compound or recurve shot with no restrictions on sights, stabilisers, or style of release. Archers will shoot from the Red peg maximum 25 yards.

Top five scores in Benchmark Money Class from forty targets (Twenty is affected by rounds being cancelled) will go into a shoot off, where their scores will continue. The winners in M50,F50,MP,FP,SO HC,FHC,FO,BO,BR,TRAD(Entry is $50). will receive 1st place $60,2nd $40, 3rd $25*Subject to a minimum of three archers per classes*

# CLASSES CONTINUED

Trophy Class (Entry is $50) will have Trophies awarded and no prize money awarded.

Junior classes (Entry is $30) will have Trophies awarded and no prize money awarded.

Cub classes (Entry is $20) will have Trophies awarded and no prize money awarded.

Exhibition shoot outs for top ten unsighted and sighted ( These are for anyone not shooting in Benchmark Class). Will be marked distance. Must shoot in an adult class. General rules apply.

# EQUIPMENT

There is no limit on arrow speed as long as arrows are five grains per pound.

Where an archer's equipment is shot at five grains per pound does not generate 290 feet per second the archer may use arrows less than five grains per pound.

Arrows are to be all the same length, size and make.

Draw weight shall not be adjusted after entering the shooting course.

The maximum draw weight for each class shall be as follows - Cub Classes - 40 pounds, Junior Classes 60 pounds and all Female, Male and Traditional Classes - 80 pounds.

The Benchmark 3D Association range officials reserves the right to check and enforce any competitor's equipment complies with this rule book at any time they see fit to do so. Any person found to be in breach of any of these rules will be disqualified from the event.

# TEAM SHOOT

Entry is additional $10 per archer.

Pre nomination before the event or on the day before shooting starts. Open to all archers cubs, junior and adult. Teams will be randomly selected.Scores from each team member will be added together to make the combined team score. The highest combined team score over Ten targets will be awarded the winner.

Awards and prizes are –

1st Place Team will receive $30 for each team member
2nd Place Team will receive $20 for each team member
3rd Place Team will receive $10 for each team member.

A certificate or trophy will be award to each member of 1st, 2nd and 3rd place team.

# SCORING RULES

Benchmark 3D Events have two score cards to be filled in, one for the official and one as check and completed for each archer.

Score cards are to be split between two score keepers.

Both score keepers must agree on a score before arrows are pulled.

All arrows must remain in the target until all arrows are scored.

No one is to pull arrows early or they will be scored zero.

The arrow shaft must be touching the line of the highest scoring line to be scored the higher value.

Any arrow deflecting by contact with another arrow already in the target and has visible damage is to be score where the arrow hit lays in the target.

Robin Hood arrow in the nock of another arrow will be scored the same as the arrow it is embedded in.

An arrow that bounces off or passes through a target is to be re shot. This does not include an arrow that bounce off high on the back of the target due to a poor shot and misses. This arrow will be scored zero.

Score cards must be legible and filled out as 12, 10, 8, 5, and 0. Score cards not filled out correctly will be award zero.

An arrow embedded in the horn of an animal or not touching body colour will be scored as a zero. Targets with legs or hooves of a different colour to the main body will still be considered as body colour for scoring. E.g. Bedded Deer

Scoring at Benchmark events will use the universal scoring system of 12 rings, 10 rings, 8 ring, and 5 rest of the body and 0 for a miss. Targets that have material surrounding the outline of the animal e.g. Turkey which has a base of addition rubber that is not the body of the target, the additional material will be scored 0 points.

There are two 12 rings on a target. These are the small rings at the bottom and top of 10 rings. The bottom 12 is the normal 12 in play for all archers. A shooter may choose to shoot for the top 12 but must let their group know before they fire an arrow. If shooting for the top 12 the bottom 12 is not in play and will be scored a 10 if hit.

# SCORING RULES CONTINUED

Score cards will be verified at the end of each days shooting. Score cards are to have the archer's name, Initials of the score keeper and initials of a witness in the group that agrees these cards are correct.

# PROTESTS

Any Protest is to be made within one hour of shooting finishing for the day. The Protest is to be made in writing and with the $50 Protest Fee. If the Protest is upheld the $50 will be returned to the archer. Decisions of the Protest made by Benchmark official will be final.

# ENTRY FEES AND CLASSES

Benchmark Money Class Entry is $150
Payout for top 15 places.

Adult Classes Entry is $50 - M50,F50,MP,FP,SO AHC,FHC,FO,BO,BR,TRAD.
Payout for top 3 places.
*Subject to a minimum of three archers in a class*

Highest Overall Female Score
The highest overall female score from any adult peg will be awarded $250
***(Trophy Class Peg Not Included)***

Trophy Class Entry is $50
Trophies awarded, No prize money awarded.

Junior Classes Entry is $30
Trophies awarded, No prize money awarded.

Cub Classes Entry is $20
Trophies awarded, No prize money awarded.

Team Shoot
1st Place Team -$30 for each team member
2nd Place Team -$20 for each team member
3rd Place Team - $10 for each team member.
A certificate or trophy will be award to each member of 1st, 2nd and 3rd place team.

# PAYOUTS

Payout for Benchmark Class Entry is $150
1st $1,500
2nd $1,250
3rd $1,000
4th $750
5th $500
6th $450
7th $400
8th $350
9th $320
10th $310
11th $300
12th $290
13th $280
14th $270
15th $260
Top 5 shooters will progress into a  final shoot out* Shooters score will continue on throughout the shoot out to award the winner*

All Adult Classes  for the Following Entry is $50
M50,F50,MP,FP,SO MHC,FHC,FO,BO,BR,TRAD.
The winners will receive
1st $60 Place
2nd $40 Place
3rd $25 Place
*Subject to a minimum of three archers in a class*

Highest Overall Female Score
The highest female overall score from any adult peg will be receive
$250 Priz Eligible classes are - Benchmark, F50, FP, SO, FHC, FO, BO, BR, TRAD
*This is to encourage all female archers  in the sport*

Trophy Class Entry is $50
Trophies awarded and no prize money awarded.

Junior Classes Entry is $30
Trophies awarded and no prize money awarded.

Cub Classes Entry is $20
Trophies awarded and no prize money award

# PAYOUTS CONTINUED

Team Shoot
1st Place Team  -$30 for each team member
2nd Place Team -$20 for each team member
3rd Place Team - $10 for each team member.

A certificate or trophy will be award to each member of 1st, 2nd and 3rd place team.

CHAPTER 3

# 2020 EASTON AUSTRALIAN OPEN

# MILNE - FORREST
## PSE CLEAN SWEEP

**The Winners of the 2020 National Matchplay series are PSE Shooters! Well done to Jonathon Milne from NSW on winning mens compound and Tazmin Forrest from VIC on winning the female compound.**

Jonathon shot a respectable 694 in the ranking round placing him 3rd. This catapults Jonathon into 2nd on the National Ranking for mens compound.

Whilst Tazmin shot 658 in the ranking round, she confirmed 3rd place in the National Ranking for female compound.

Jonathon shoots a PSE Perform and uses Goldtip Tour arrows and Tazmin shoots a PSE Focus and uses Skylon Paragon arrows.

PHOTO: ARCHERY AUSTRALIA

CENTRE: JONATHON MILNE

PHOTO: ARCHERY AUSTRALIA

CENTRE: TAZMIN FORREST

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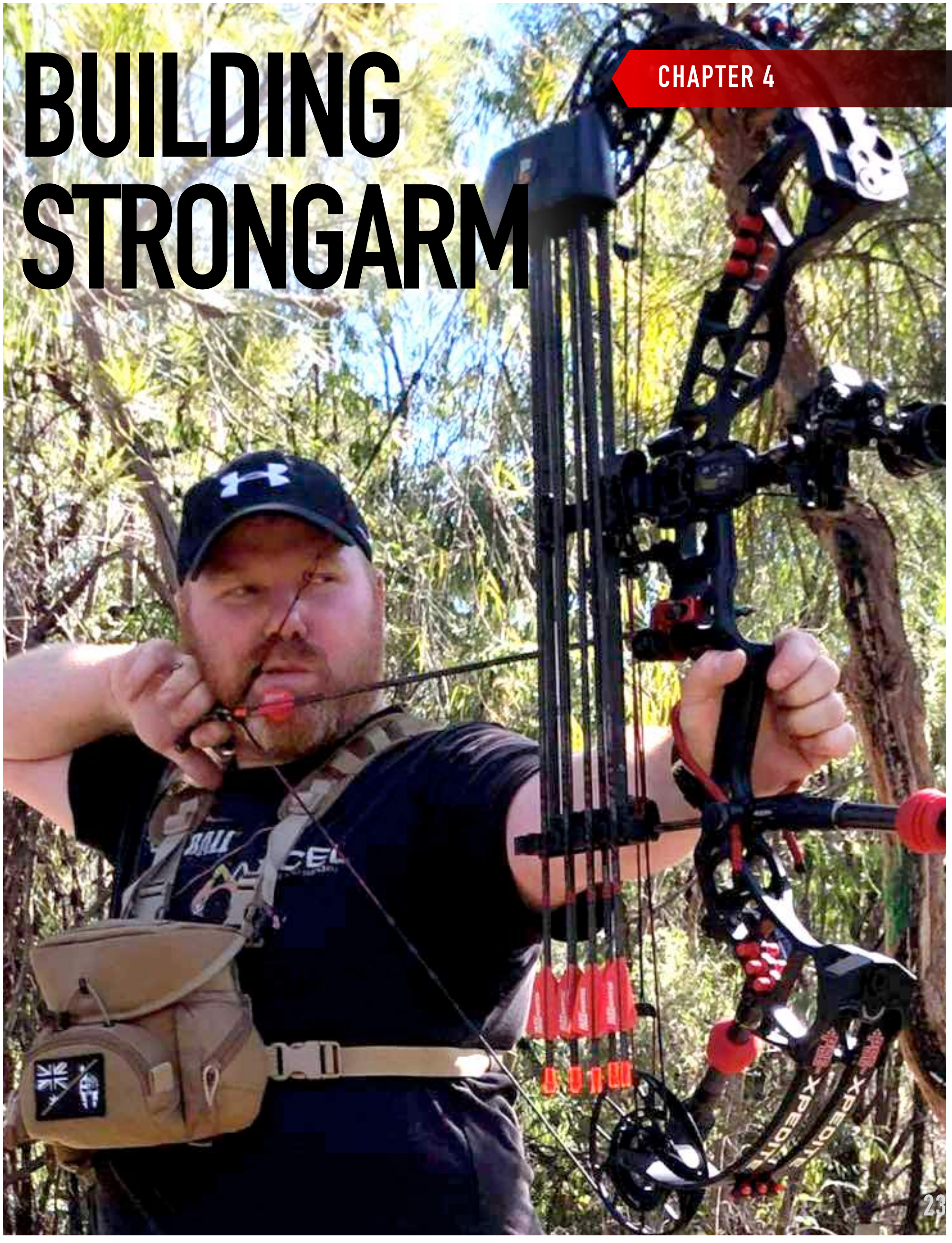
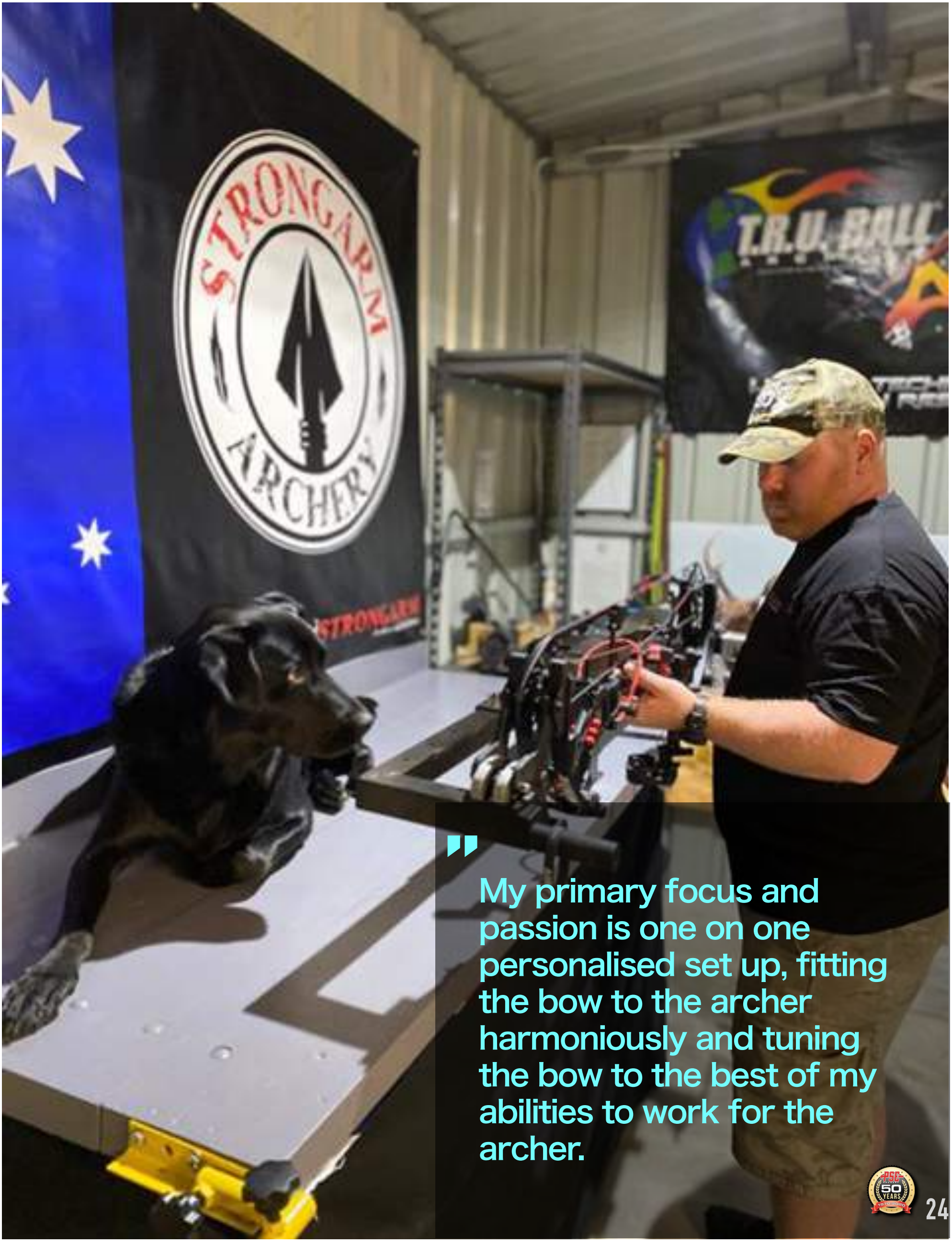
# BUILDING STRONGARM

CHAPTER 4






"My primary focus and passion is one on one personalised set up, fitting the bow to the archer harmoniously and tuning the bow to the best of my abilities to work for the archer.

**I got into archery as a rehabilitation activity for injuries I sustained in the Military. My psychiatrist gave me the choice of either archery or golf. I choose archery.**

I saw it as a sign that it was the right choice when the first archery magazine I picked up after getting my first bow, had an article about archery helping veterans returning from the Second World War to cope with physical and mental injuries in the repatriation hospitals. This was exactly what I needed, something to focus on.

That being said, I've always enjoyed the outdoors and any activity or sport that is outdoor based. Indoor archery being the exception, as I also enjoy that when it is available.

Of course, there is the typical achievements in archery, like winning State titles and taking 1st place in many events in Australian Bowhunters Association and achieving lots of top 5's in AA when I was shooting.

I think my greatest achievements though are not the ones associated with winning medals or trophies, but rather the ones where I am helping other people out and seeing them improve their scores and most importantly bettering myself, not just as an archer but as a person mentally.

I have made many new and great friends through archery and they are more valuable than a trophy sitting on a shelf.

My advice to youths starting out or already in the sport would be to have fun. Whilst archery can be serious and requires a lot of focus, if you're having fun while you are doing it, you are more likely to continue.

Medals and placing are great but the memories, friendships and being outdoors are the best rewards. Also convince your parents to join you. Archery is a great family activity it's one of the only ones where children and parents can participate side by side. Your family can join you on the line instead of being on the sidelines. I'd encourage you to seek out a mentor as well, someone who is willing to impart their knowledge and experience on and guide you in the right direction.

I started Strongarm Archery and Outdoors out of a desire to offer people high quality and dedicated one on one bow tuning services on a more readily available basis after having had many people seek me out in the years previous to help set up and tune their bows at the local clubs to help them achieve better results.

My primary focus and passion is one on one personalised set up and fitting the bow to

the archer harmoniously and tuning the bow to the best of my abilities to work for he archer and getting them hitting the target and tuned well is my goal.

I like to see the archer smile and be happy at the end thats when I know I have helped them better themselves.

I especially love it when an archer comes to me with a bow they haven't shot in a while because they haven't been seeing the results they would like and I am able to refine the bow and tune it to them so they start shooting better and they get reinvigorated to start shooting again.

I also do custom arrow builds to the highest quality that I can. I actually enjoy fletching arrows and the building process! I can also help with purchasing the right gear and equipment within your specified budget.

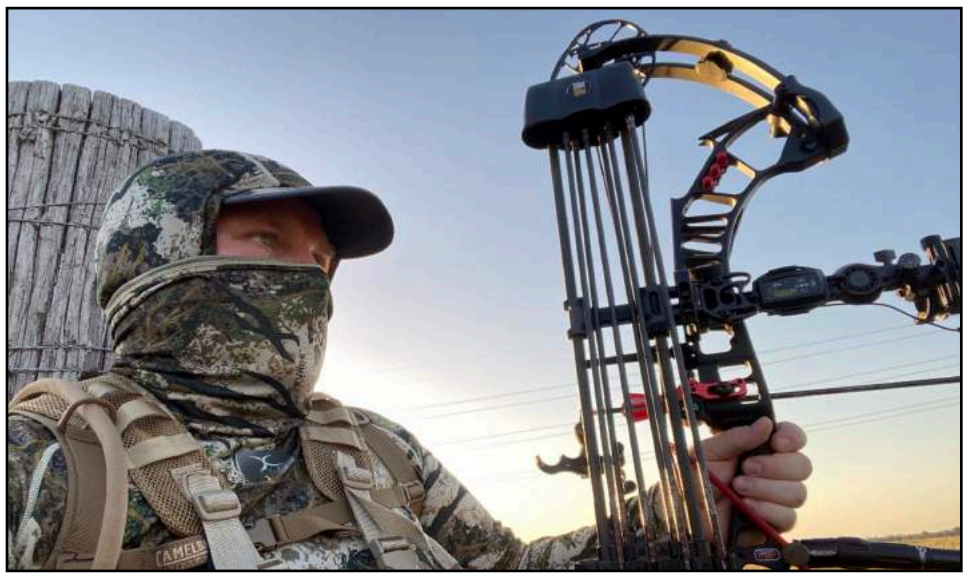
I have my preferred companies and products that I recommend but ultimately, it's about what you like, what will fit and work for you within your budget. I am strong advocate of buy once, cry once though.

My preferred disciplines are Field Archery and 3D Archery. To be honest though, I'm happy shooting my bow anywhere and am even happy standing 3m from the target at home, working on form and technique.

Currently I'm shooting a PSE Xpedite at 60lb in black because black just goes with everything. While I like to have multiple bows, I have found since just having the one bow set up, it allows me to learn to shoot the best I can. I chose the Xpedite as longer ATA bows aren't the most consistent for me, due to string angle and anchor point.

It's also got enough speed at 60lb with my draw length, to make a good field and 3D bow that I can take from the bush hunting and still go shoot target archery.

I also find 60lb very manageable from the first shot of the day to the last arrow of the day. I run a couple of Axcel sights on a dovetail mount so I can choose the best one for the job. I use Shrewd stabilisers front and back but change the front length to suit the activity. Shooting Victory VAP TKO as my main arrows for field and hunting as they



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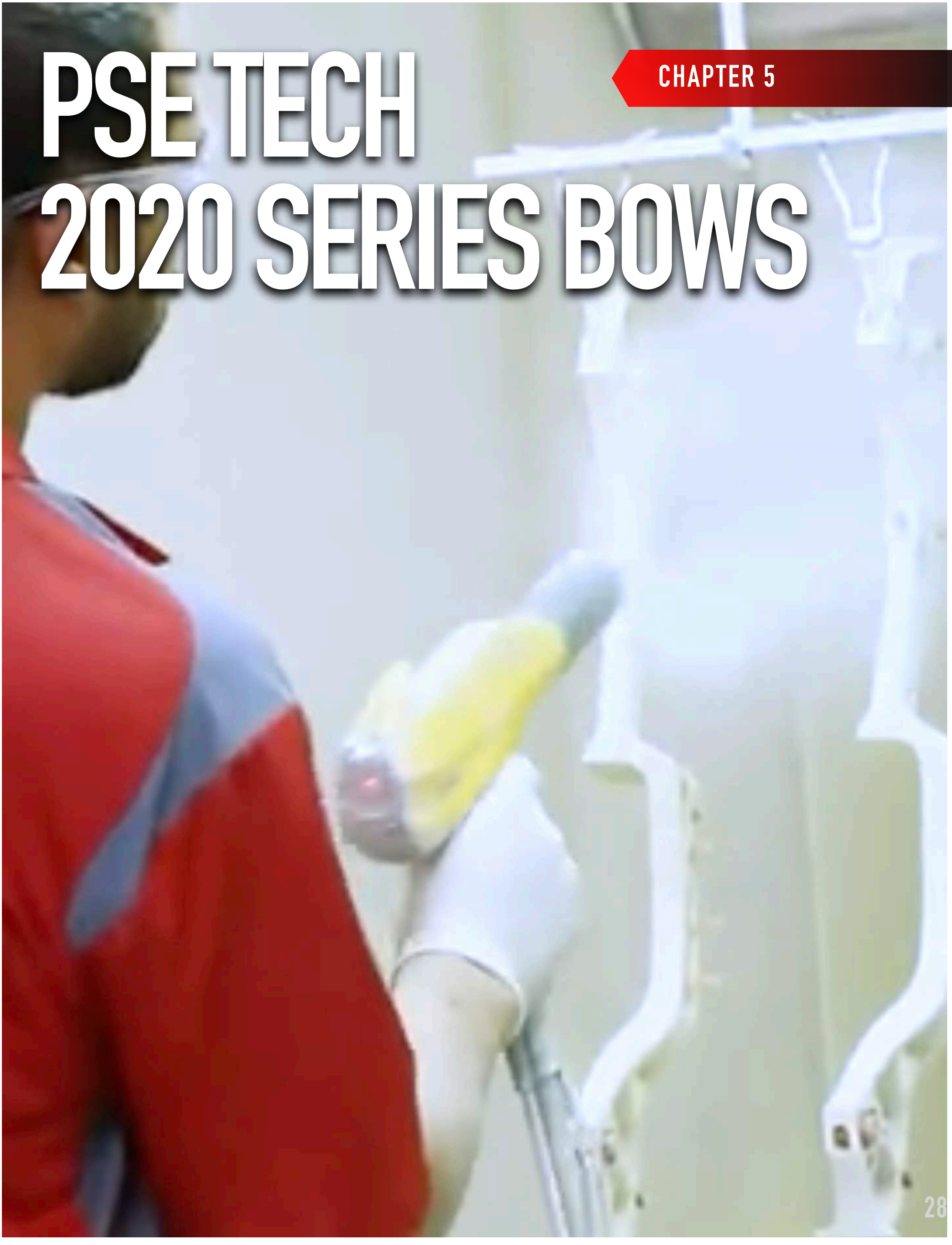
Shooting Victory VAP TKO as my main arrows for field and hunting as they perform exceptionally well along with the Victory NVX 23's for indoor. Use a ZBros Evolution sight light for events that allow it.



# PSE TECH 2020 SERIES BOWS

CHAPTER 5

# PSE TECH

PART 1.

## 2020 SERIES BOWS

### GENERAL OPERATING INSTRUCTIONS

Always inspect your bow thoroughly before each shooting session to ensure that it is in good working order. Check for worn, loose or missing components and have them replaced at an authorised PSE dealer as required, i.e. bushings, spacers, etc.

To avoid product damage or personal injury, inspect your arrows to ensure that they are straight, undamaged and that each nock is in good condition. A cracked nock can break when fired from the bow and cause the bow to “dry fire” resulting in possible injury to the archer and damage to the bow. Dry-firing is drawing and releasing the bowstring without an arrow on the string.

When purchasing arrows for your bow, consult the selection chart from the arrow manufacturer and select the correct arrow for your application. Always use an arrow that is at least 5 grains per pound of peak bow weight. Failure to do so could cause personal injury and damage to your bow.

### BOW MAINTENANCE

Your PSE bow will give you many years of use if maintained and cared for properly.
It is a mechanical device that is subject to wear and therefore must be inspected periodically and given proper adjustments and service. It is recommended that this service be performed at least once a year by an authorised PSE dealer. All components, including string, cables, axles, e-clips, limbs and riser should be carefully inspected for damage or wear.

### STRINGS AND CABLES

Apply a light coat of high quality bowstring wax to your string and cable each time you shoot your bow. It is especially important NOT to wax the area of the string that wraps around the idler wheel. This area of the string should be treated with a cam lubricant. This will help reduce wear on your string and cables. Inspect the string and cables regularly and replace them when there is evidence of wear, every 5000 shots or every 12 months.  IMPORTANT: Before servicing any PSE bow in a bow press, back out each limb bolt the maximum number of turns from bottom.

Keep synthetic cables and strings waxed. Apply bow string wax to your synthetic cables and string before each shooting session.

Strings and cables must be replaced periodically. A worn cable or string can suddenly break causing serious injury to the archer and damage to the bow. It is recommended that the string and cables be replaced at least every 5,000 shots or 12 months. PSE recommends that this work be performed by an authorised PSE dealer.

Always store your bow in a cool dry place. High temperatures, such as those that can occur in the interior of a vehicle, can cause serious damage to your bow.

After use in high humidity or damp conditions, wipe metal components of your bow with a light oil.

# PSE TECH

## SAFETY

As with any weapon, safe operation of your PSE bow must always be the highest priority.
**ALWAYS WEAR SAFETY GLASSES WHEN HANDLING A BOW.** Do not attempt to use your bow without proper instruction. Doing so can result in serious injury.

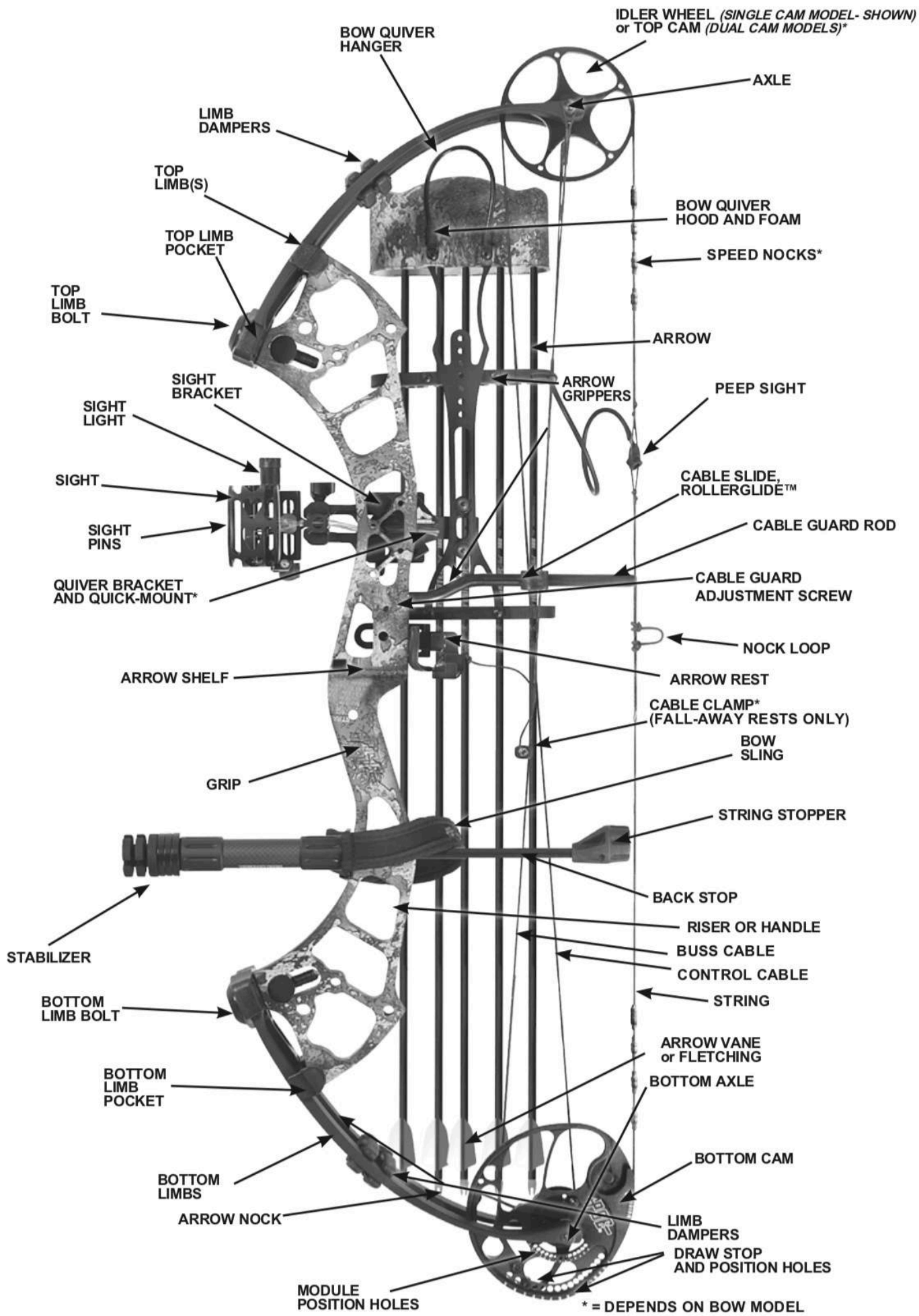
**NEVER DRY-FIRE YOUR BOW.** Dry-firing is drawing and releasing the bowstring without an arrow on the string. Dry-firing will likely cause damage to the bow and serious injury to the archer. In the event of a dry-fire, have an authorised PSE dealer inspect the bow for damage.

Always be sure of your intended target as well as what lies behind the target area. An arrow can travel a considerable distance, so it is important to have a safe and sound backstop.

If you draw a bow and need to let it down, do so in a slow and careful manner. Keep your support arm straight and prepare for a rapid and violent let-down. Avoid hitting your hand on protruding accessories such as the cable guard or quiver. Keep your head and face back and out of danger during let-down. Never draw a bow with a peak weight above your comfort level. Always use a wrist sling when drawing a bow.

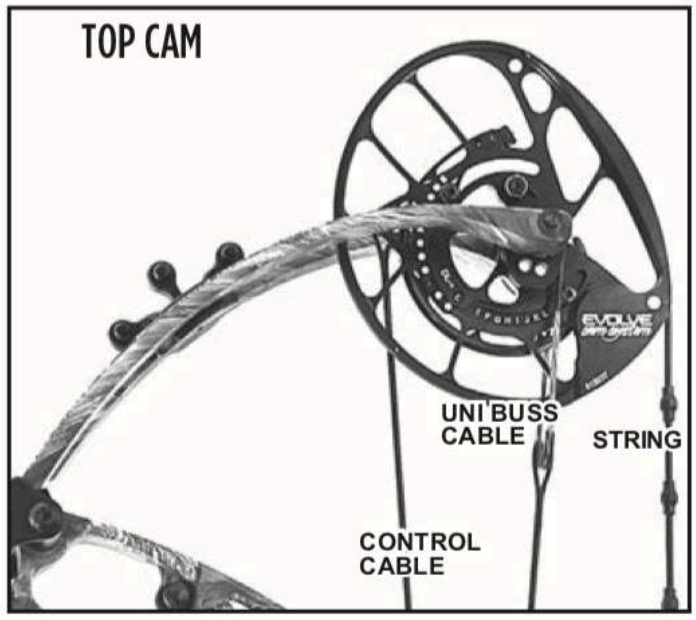
Never modify any part of the bow or its components by drilling extra holes or removing material. This voids the warranty and presents safety problems.
It is not recommended to time the bow using a draw board unless the draw board is operated by a winch or other mechanical pulling device.

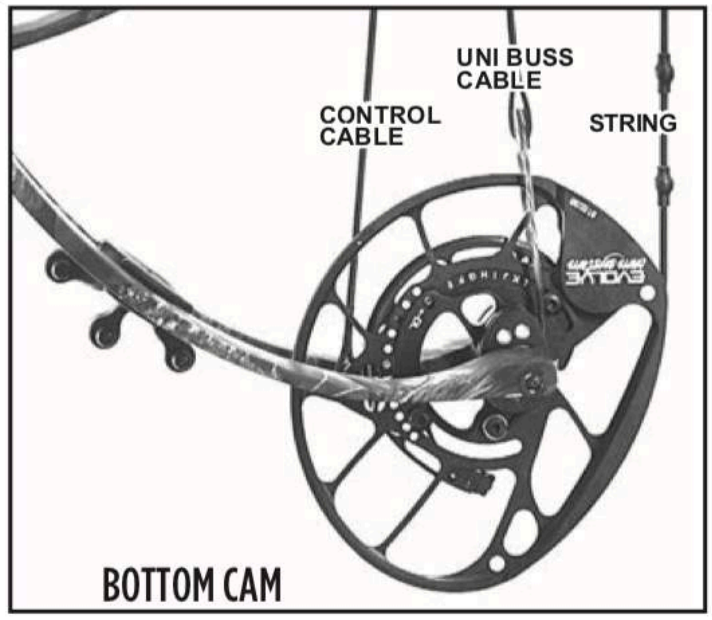
# PSE COMPOUND BOW TERMINOLOGY



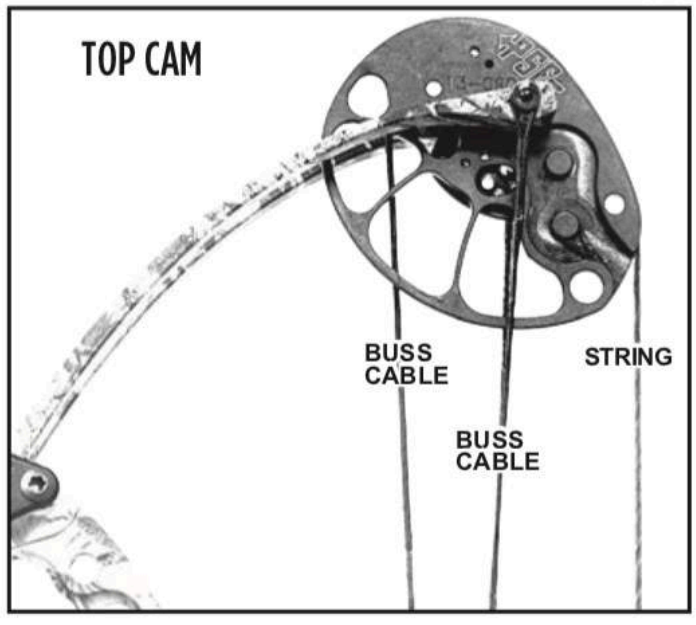
# CABLE CONFIGURATIONS

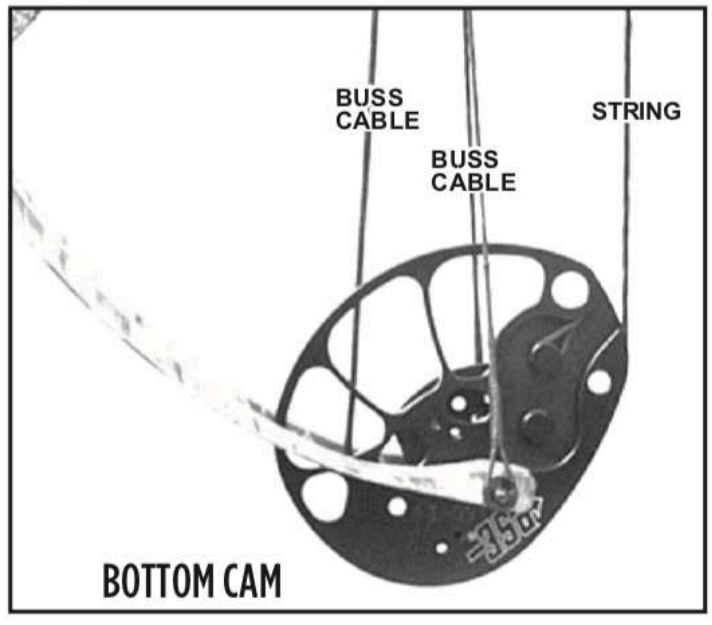
## EVOLVE (ECS) CAM BOW



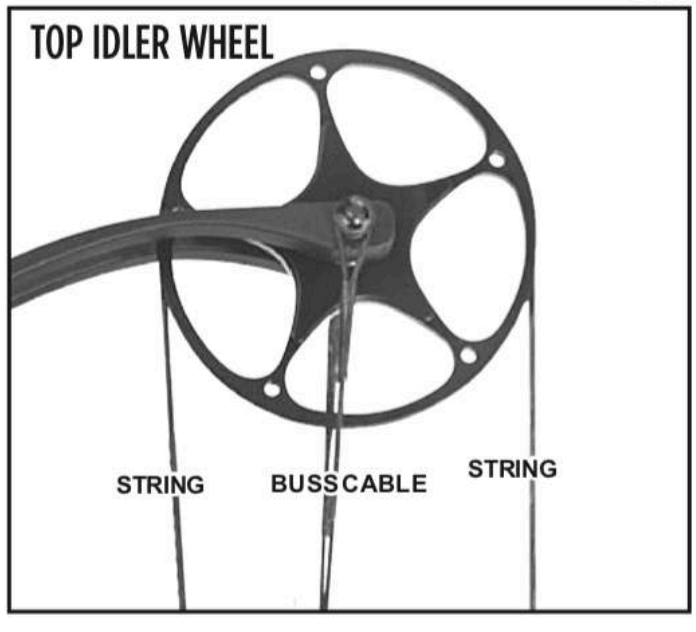



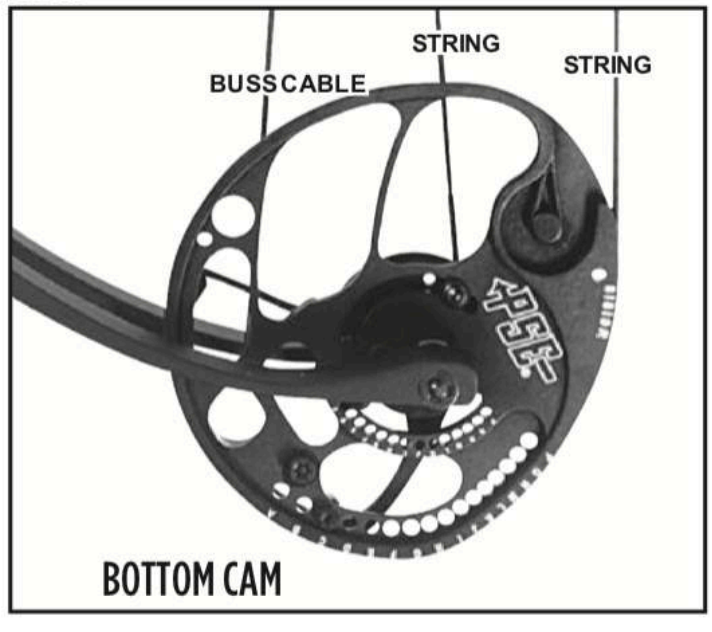

## TWO CAM BOW




## ONE CAM BOW



# PSE TECH

## INSTALLATION OF ACCESSORIES

### ARROW REST

The arrow rest should be installed according to the instructions received with the product. It is usually mounted to the riser in the threaded hole on the side opposite the shelf (Hole “A”) using the hardware provided with the arrow rest.

### SIGHT

The sight should be installed according to the instructions received with the product. It is usually mounted to the riser in the threaded holes (Holes “B”) on the side opposite the shelf using the hardware provided with the sight. Some bows are equipped with multiple sight mounting holes which allow the sight to be moved up or down.

Stabiliser: The stabiliser should be mounted according to the manufacturer’s recommendation. It is usually mounted in the threaded hole on the front of the riser (Hole “C”).

### BOW SLING

The bow sling attaches to the riser of the bow generally with the stabilizer. If a stabilizer is not used, attach the sling to the riser with the correct sized bolt (5/16”- 24) using the hole provided for the stabilizer (Hole “C”).

riser should be carefully inspected for damage or wear.

### POSI-LOCK

Insert the posi-lock (Figure A) into the recessed area behind the rest mounting hole. (fits most arrow rest extension bars) See your dealer for the correct Posi-Lock to fit your arrow rest.

### DRAW WEIGHT

Your bow is factory-set to within 2 lbs. of the peak draw weight. Changes in draw weight can be made by turning the limb bolt in or out. Before making any changes in weight, turn the limb bolt clockwise to the bottom position. Never use extreme torque when turning the bolt or damage to the limb may occur. The limb bolt may then be turned counterclockwise to obtain the desired weight, but NEVER more than the number of turns indicated on the hang tag.

Make sure to make equal turns on BOTH limb bolts. Adjust each limb exactly the same. Does not pertain to models using the PSE Micro LAS system.

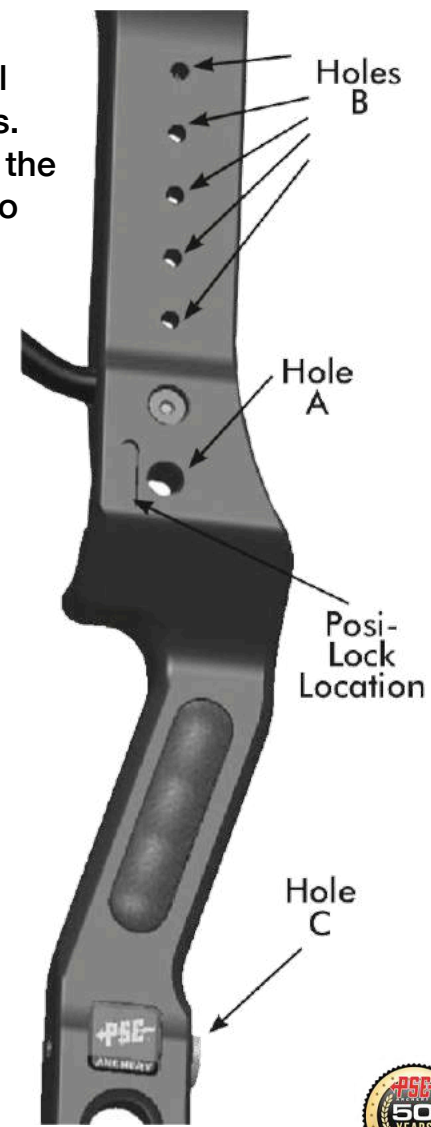



Figure A

# PSE TECH

## SETTING UP YOUR BOW

### NOCKING POINT PLACEMENT:

***Release Aid shooters:***

Install the nocking point so that the arrow passes the centre of the arrow rest mounting hole and runs parallel to the shelf. Keep synthetic cables and strings waxed. Apply bow string wax to your synthetic cables and string before each shooting session.

***Finger shooters:*** Install the nocking point so that the arrow passes the centre of the arrow rest mounting hole and runs slightly point-down.

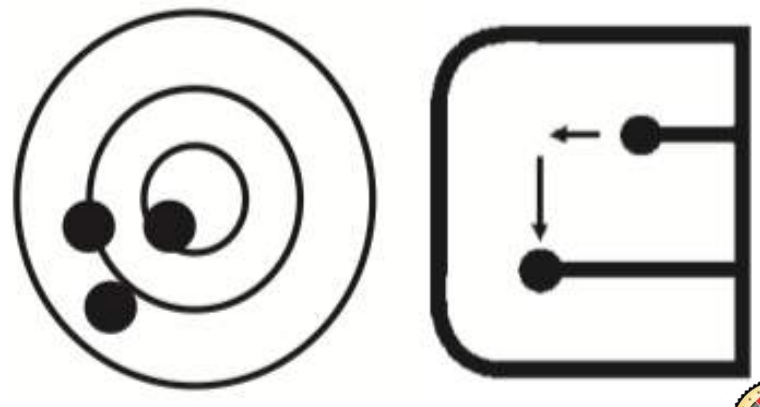
### ARROW REST ADJUSTMENT

When shooting with a release aid, the in/out (windage) position of the arrow rest should be adjusted so that a nocked arrow on the arrow rest runs parallel to an arrow shaft held against the sight window surface when viewed from above. When shooting with fingers the arrow on the arrow rest should point slightly outside (point end further away) of the arrow shaft held against the sight window surface .

### SIGHT ADJUSTMENT

When adjusting the sight pin locations, always remember to “follow the group”. That is, if the shot group is to the left of the target, move the sight pins to the left. If the shot group is low, move the sight pins down.

ARROW REST MOUNTING



Your Authorized PSE dealer is supplied with technical information on PSE bows and cams. Please see your dealer for assistance when making these adjustments.

PART 2 CONTINUES ISSUE 4 April 2020.