

PISTOL

22 K Hornet				Case: Winchester Twist: 1:14" Primer: Winchester SR			Barrel length: 15" Trim length: 1.393"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
	AR2207	.224"	1.850"	11.5	2,167 fps	31,100 CUP	12.5C	2,352 fps	39,400 CUP
221 Remington Fireball				Case: Remington Twist: 1:12" Primer: Remington 7 1/2			Barrel length: 10.75" Trim length: 1.390"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
40 GR. SPR SP	AR2205	.224"	1.830"	15.5	2,925 fps	-	17.0	3,033 fps	-
45 GR. HDY SP	AR2205	.224"	1.840"	15.0	2,592 fps	-	16.0	2,697 fps	-
	AR2207	.224"	1.840"	16.0	2,451 fps	-	17.0	2,632 fps	-
50 GR. NOS BT	AR2205	.224"	1.850"	15.0	2,582 fps	-	16.0	2,672 fps	-
	AR2207	.224"	1.850"	15.5	2,412 fps	-	16.5	2,539 fps	-
53 GR. SIE HPBT	AR2205	.224"	1.840"	15.0	2,449 fps	-	16.0	2,603 fps	-
	AR2207	.224"	1.840"	15.5	2,343 fps	-	16.5	2,537 fps	-
55 GR. SPR SP	AR2205	.224"	1.830"	14.5	2,418 fps	-	15.5	2,503 fps	-
	AR2207	.224"	1.830"	15.0	2,261 fps	-	16.0	2,441 fps	-
60 GR. HDY SP	AR2205	.224"	1.840"	14.0	2,328 fps	-	15.0	2,414 fps	-
	AR2207	.224"	1.840"	15.0	2,251 fps	-	16.0	2,399 fps	-
222 Remington				Case: Twist: - Primer:			Barrel length: 10" Trim length: -		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
45 GR. SIE SP	AR2207	-	-	-	-	-	20.5	2,575 fps	-
50 GR. REM PSP	AR2207	-	-	-	-	-	20.0	2,525 fps	-
52 GR. SIE HPBT	AR2207	-	-	-	-	-	19.6	2,425 fps	-
55 GR. SPR FMJ	AR2207	-	-	-	-	-	19.2	2,325 fps	-
223 Remington (5.56 x 45mm)				Case: Winchester Twist: 1:12" Primer: Winchester SR			Barrel length: 15" Trim length: 1.750"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
36 GR. BAR VG FB	Bench Mark 8208	.224"	2.200"	25.4	2,829 fps	44,500 PSI	27.0C	3,057 fps	50,600 PSI
40 GR. NOS BT	AR2207	.224"	2.280"	20.5	2,755 fps	29,400 CUP	22.5	3,014 fps	49,600 CUP
	AR2219	.224"	2.280"	23.5	2,783 fps	34,600 CUP	25.5	3,087 fps	48,000 CUP
	Bench Mark 2	.224"	2.280"	25.3	2,900 fps	39,600 CUP	27.3	3,174 fps	51,000 CUP
	Bench Mark 8208	.224"	2.280"	25.0	2,755 fps	41,500 PSI	26.7C	2,985 fps	50,400 PSI
	AR2206H	.224"	2.280"	25.0	2,628 fps	32,100 CUP	27.5C	3,060 fps	44,500 CUP
	AR2208	.224"	2.280"	25.0	2,609 fps	34,400 CUP	28.0C	3,069 fps	47,200 CUP
45 GR. SIE SP	AR2207	.224"	2.240"	20.0	2,617 fps	28,800 CUP	22.0	2,847 fps	49,100 CUP
	AR2219	.224"	2.240"	23.0	2,635 fps	36,000 CUP	25.0	2,926 fps	47,400 CUP
	Bench Mark 2	.224"	2.240"	25.3	2,815 fps	41,400 CUP	27.3	3,089 fps	51,100 CUP
	Bench Mark 8208	.224"	2.240"	24.5	2,617 fps	41,700 PSI	26.8	3,022 fps	52,000 PSI
	AR2206H	.224"	2.240"	25.0	2,603 fps	33,800 CUP	27.5C	3,017 fps	43,400 CUP

PISTOL

223 Remington (5.56 x 45mm)				Case: Winchester			Barrel length: 15"		
				Twist: 1:12"			Trim length: 1.750"		
				Primer: Winchester SR					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Gr.	Velocity	Pressure	Gr.	Velocity	Pressure
50 GR. SPR SP	AR2208	.224"	2.240"	25.0	2,550 fps	30,200 CUP	28.0C	3,010 fps	43,700 CUP
	AR2207	.224"	2.210"	19.5	2,429 fps	32,400 CUP	21.5	2,824 fps	45,900 CUP
	AR2219	.224"	2.210"	22.0	2,460 fps	36,500 CUP	24.0	2,740 fps	49,300 CUP
	Bench Mark 2	.224"	2.210"	24.0	2,639 fps	38,600 CUP	26.5	2,953 fps	50,400 CUP
	Bench Mark 8208	.224"	2.210"	23.5	2,525 fps	40,500 PSI	25.8	2,849 fps	53,300 PSI
	AR2206H	.224"	2.210"	25.0	2,658 fps	38,300 CUP	27.5C	3,024 fps	51,300 CUP
53 GR. SIE HP	AR2208	.224"	2.210"	26.5	2,842 fps	40,800 CUP	27.5C	2,959 fps	44,800 CUP
	AR2207	.224"	2.200"	19.5	2,650 fps	34,200 CUP	21.5	2,846 fps	46,700 CUP
	AR2219	.224"	2.200"	21.5	2,527 fps	39,200 CUP	23.5	2,707 fps	48,900 CUP
	Bench Mark 2	.224"	2.200"	24.0	2,652 fps	39,900 CUP	26.0	2,932 fps	49,800 CUP
	Bench Mark 8208	.224"	2.200"	23.0	2,382 fps	41,400 PSI	25.4	2,789 fps	53,400 PSI
	AR2206H	.224"	2.200"	25.0	2,660 fps	37,400 CUP	27.0C	2,965 fps	48,600 CUP
55 GR. SPR SP	AR2208	.224"	2.200"	24.0	2,449 fps	38,400 CUP	27.0C	2,833 fps	47,900 CUP
	AR2207	.224"	2.200"	19.0	2,400 fps	34,800 CUP	21.0	2,719 fps	47,600 CUP
	AR2219	.224"	2.200"	21.0	2,439 fps	38,600 CUP	23.0	2,638 fps	48,900 CUP
	Bench Mark 2	.224"	2.200"	24.0	2,625 fps	42,600 CUP	25.6	2,840 fps	50,000 CUP
	Bench Mark 8208	.224"	2.200"	23.0	2,390 fps	42,100 PSI	25.3	2,715 fps	53,100 PSI
	AR2206H	.224"	2.200"	25.0	2,721 fps	39,700 CUP	26.0	2,880 fps	49,000 CUP
60 GR. HDY V-MAX	AR2208	.224"	2.200"	25.5	2,697 fps	41,300 CUP	27.5C	2,972 fps	49,700 CUP
	AR2207	.224"	2.250"	18.0	2,450 fps	42,500 CUP	20.0	2,647 fps	47,600 CUP
	AR2219	.224"	2.250"	22.0	2,526 fps	40,300 CUP	23.5	2,657 fps	49,800 CUP
	Bench Mark 2	.224"	2.250"	23.0	2,515 fps	42,500 CUP	24.6	2,744 fps	49,900 CUP
	Bench Mark 8208	.224"	2.250"	21.5	2,179 fps	43,500 PSI	23.6	2,488 fps	51,700 PSI
	AR2206H	.224"	2.250"	24.0	2,514 fps	37,600 CUP	26.0C	2,804 fps	50,100 CUP
63 GR. SIE SP	AR2208	.224"	2.250"	25.0	2,544 fps	40,400 CUP	27.0C	2,825 fps	51,900 CUP
	AR2207	.224"	2.200"	18.0	2,294 fps	33,600 CUP	20.0	2,572 fps	44,600 CUP
	AR2219	.224"	2.200"	20.0	2,240 fps	38,100 CUP	22.0	2,482 fps	48,400 CUP
	Bench Mark 2	.224"	2.200"	22.0	2,318 fps	41,800 CUP	24.2	2,601 fps	50,500 CUP
	Bench Mark 8208	.224"	2.200"	21.0	2,158 fps	43,000 PSI	23.1	2,409 fps	52,400 PSI
	AR2206H	.224"	2.200"	23.5	2,434 fps	43,300 CUP	25.5	2,800 fps	50,000 CUP
69 GR. SIE HPBT	AR2208	.224"	2.200"	24.5	2,566 fps	42,400 CUP	26.4	2,809 fps	50,700 CUP
	Bench Mark 8208	.224"	2.235"	21.0	2,168 fps	42,200 PSI	23.8	2,515 fps	52,900 PSI
70 GR. SPR SP	Bench Mark 8208	.224"	2.140"	20.0	2,051 fps	44,100 PSI	21.8	2,201 fps	52,800 PSI

22 BR Remington				Case: Remington (reformed)			Barrel length: 15"		
				Twist: 1:14"			Trim length: 1.510"		
				Primer: Remington 7 1/2					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Gr.	Velocity	Pressure	Gr.	Velocity	Pressure
40 GR. NOS BT	AR2207	.224"	2.090"	25.5	3,145 fps	43,200 CUP	27.6	3,394 fps	50,400 CUP
	AR2219	.224"	2.090"	28.0	3,002 fps	38,000 CUP	30.0	3,245 fps	49,000 CUP
	Bench Mark 2	.224"	2.090"	30.0	3,248 fps	41,400 CUP	32.0	3,485 fps	49,200 CUP
	AR2206H	.224"	2.090"	31.0	3,152 fps	38,300 CUP	32.8	3,320 fps	46,400 CUP
	AR2208	.224"	2.090"	33.5	3,101 fps	36,500 CUP	31.5	3,285 fps	43,500 CUP
45 GR. SPR SP	AR2219	.224"	1.945"	29.0	3,130 fps	41,000 CUP	31.5	3,446 fps	49,400 CUP
	Bench Mark 2	.224"	1.945"	29.5	3,106 fps	41,100 CUP	31.6	3,412 fps	48,900 CUP

C = Compressed Load: L = Lead Projectile

PISTOL

22 BR Remington				Case: Remington (reformed)			Barrel length: 15"		
				Twist: 1:14"			Trim length: 1.510"		
				Primer: Remington 7 1/2					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
	AR2206H	.224"	1.945"	30.0	2,980 fps	41,600 CUP	32.5	3,334 fps	49,000 CUP
	AR2208	.224"	1.945"	31.5	3,005 fps	36,800 CUP	33.5	3,246 fps	43,600 CUP
50 GR. SPR SP	AR2219	.224"	1.945"	28.0	3,036 fps	37,000 CUP	30.5	3,289 fps	50,000 CUP
	Bench Mark 2	.224"	1.945"	29.5	3,113 fps	40,400 CUP	31.5	3,377 fps	49,700 CUP
	AR2206H	.224"	1.945"	29.5	2,957 fps	41,200 CUP	32.0	3,229 fps	48,000 CUP
	AR2208	.224"	1.945"	31.5	3,040 fps	38,900 CUP	33.5	3,248 fps	44,600 CUP
53 GR. HDY HP	AR2219	.224"	2.065"	28.0	3,070 fps	38,000 CUP	30.0	3,281 fps	48,400 CUP
	Bench Mark 2	.224"	2.065"	28.5	3,075 fps	41,200 CUP	30.5	3,272 fps	49,200 CUP
	AR2206H	.224"	2.065"	29.5	3,034 fps	41,900 CUP	31.5	3,233 fps	49,000 CUP
	AR2208	.224"	2.065"	31.0	3,050 fps	43,400 CUP	33.0	3,224 fps	51,500 CUP
55 GR. SPR SP	AR2219	.224"	2.050"	28.0	3,125 fps	40,000 CUP	30.0	3,277 fps	48,400 CUP
	Bench Mark 2	.224"	2.050"	28.5	3,062 fps	41,600 CUP	30.5	3,276 fps	49,600 CUP
	AR2206H	.224"	2.050"	29.0	3,015 fps	37,100 CUP	31.0	3,214 fps	49,400 CUP
	AR2208	.224"	2.050"	30.0	3,030 fps	41,600 CUP	32.5	3,203 fps	49,300 CUP
63 GR. SIE SP	AR2219	.224"	2.015"	24.0	2,699 fps	40,800 CUP	26.5	2,909 fps	48,800 CUP
	Bench Mark 2	.224"	2.015"	27.0	2,901 fps	42,000 CUP	29.0	3,074 fps	49,300 CUP
	AR2206H	.224"	2.015"	26.0	2,691 fps	41,600 CUP	28.0	2,884 fps	49,400 CUP
	AR2208	.224"	2.015"	28.5	2,869 fps	44,500 CUP	30.5	3,017 fps	49,300 CUP
70 GR. SPR SP	AR2219	.224"	1.900"	22.0	2,516 fps	40,000 CUP	24.0	2,675 fps	49,900 CUP
	Bench Mark 2	.224"	1.900"	26.0	2,829 fps	43,400 CUP	28.0	2,955 fps	49,700 CUP
	AR2206H	.224"	1.900"	23.0	2,491 fps	41,400 CUP	24.5	2,611 fps	50,000 CUP
	AR2208	.224"	1.900"	26.0	2,650 fps	43,000 CUP	28.0	2,814 fps	49,500 CUP
6mm TCU				Case: Federal			Barrel length: 14"		
				Twist: 1:10"			Trim length: 1.740"		
				Primer: Federal 205M					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
70 GR. NOS BT	AR2219	.243"	2.375"	26.5	2,600 fps	-	28.5	2,859 fps	-
	AR2206H	.243"	2.375"	27.5	2,589 fps	-	29.5	2,896 fps	-
75 GR. SPR HP	AR2219	.243"	2.480"	26.0	2,499 fps	-	28.0	2,808 fps	-
	AR2206H	.243"	2.480"	27.0	2,513 fps	-	29.0	2,819 fps	-
80 GR. HDY SP	AR2219	.243"	2.410"	25.0	2,466 fps	-	27.5	2,728 fps	-
	AR2206H	.243"	2.410"	26.0	2,480 fps	-	28.5	2,739 fps	-
85 GR. SPR SPBT	AR2219	.243"	2.500"	24.5	2,437 fps	-	26.5	2,644 fps	-
	AR2206H	.243"	2.500"	25.5	2,449 fps	-	27.5	2,649 fps	-
90 GR. SPR SP	AR2219	.243"	2.580"	24.0	2,380 fps	-	26.0	2,507 fps	-
	AR2206H	.243"	2.580"	25.0	2,401 fps	-	27.0	2,538 fps	-
100 GR. HDY SP	AR2219	.243"	2.500"	23.0	2,179 fps	-	25.0	2,398 fps	-
	AR2206H	.243"	2.500"	24.0	2,172 fps	-	26.0	2,412 fps	-

PISTOL

6mm-204 RR				Case: Homady Twist: 1:10" Primer: Federal 205M			Barrel length: 15" Trim length: 1.840"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
70 GR. NOS BT	AR2219	.243"	2.480"	-	-	-	27.5	2,970 fps	-
	Bench Mark 2	.243"	2.480"	-	-	-	29.0	2,980 fps	-
	Bench Mark 8208	.243"	2.480"	-	-	-	29.6	3,020 fps	-
75 GR. HDY V-MAX	Bench Mark 2	.243"	2.480"	-	-	-	28.2	2,865 fps	-
	Bench Mark 8208	.243"	2.480"	-	-	-	28.9	2,935 fps	-
80 GR. BAR TTSX BT	Bench Mark 2	.243"	2.500"	-	-	-	27.6	2,805 fps	-
	Bench Mark 8208	.243"	2.500"	-	-	-	28.4	2,855 fps	-
6mm BR Remington				Case: Remington Twist: 1:9" Primer: Remington 7 1/2			Barrel length: 15" Trim length: 1.550"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
55 GR. NOS BT	AR2207	.243"	2.080"	26.0	2,963 fps	37,600 CUP	28.8	3,228 fps	51,000 CUP
	AR2219	.243"	2.080"	30.0	3,029 fps	38,800 CUP	32.5	3,275 fps	51,100 CUP
	Bench Mark 2	.243"	2.080"	31.0	2,991 fps	41,200 CUP	33.5C	3,229 fps	50,300 CUP
	AR2206H	.243"	2.080"	31.0	2,910 fps	37,300 CUP	33.0C	3,084 fps	45,300 CUP
	AR2208	.243"	2.080"	31.0	2,723 fps	31,600 CUP	34.0C	3,014 fps	41,800 CUP
58 GR. HDY V-MAX	AR2207	.243"	2.140"	26.0	2,995 fps	38,000 CUP	28.5	3,235 fps	49,900 CUP
	AR2219	.243"	2.140"	29.5	2,984 fps	40,100 CUP	31.3	3,179 fps	48,400 CUP
	Bench Mark 2	.243"	2.140"	30.0	3,013 fps	42,000 CUP	32.0	3,201 fps	50,600 CUP
	AR2206H	.243"	2.140"	31.5	3,021 fps	38,000 CUP	33.5	3,204 fps	45,100 CUP
	AR2208	.243"	2.140"	31.0	2,849 fps	34,300 CUP	34.0	3,115 fps	46,100 CUP
60 GR. SIE HP	AR2207	.243"	2.080"	25.0	2,889 fps	39,600 CUP	27.5	3,121 fps	50,700 CUP
	AR2219	.243"	2.080"	30.0	3,066 fps	42,000 CUP	32.0	3,265 fps	49,500 CUP
	Bench Mark 2	.243"	2.080"	30.0	2,945 fps	41,400 CUP	32.0	3,141 fps	49,900 CUP
	AR2206H	.243"	2.080"	31.0	2,927 fps	42,000 CUP	33.0C	3,131 fps	47,000 CUP
	AR2208	.243"	2.080"	31.0	2,753 fps	36,000 CUP	34.0C	3,056 fps	48,500 CUP
65 GR. HDY V-MAX	AR2207	.243"	2.140"	25.0	2,848 fps	42,200 CUP	27.0	3,023 fps	49,100 CUP
	AR2219	.243"	2.140"	27.0	2,761 fps	36,800 CUP	30.5	3,075 fps	49,600 CUP
	Bench Mark 2	.243"	2.140"	27.0	2,678 fps	36,000 CUP	30.5	2,987 fps	46,400 CUP
	AR2206H	.243"	2.140"	30.0	2,820 fps	37,700 CUP	33.0C	3,145 fps	49,300 CUP
	AR2208	.243"	2.140"	31.0	2,840 fps	42,200 CUP	33.0C	3,028 fps	49,900 CUP
70 GR. NOS BT	AR2219	.243"	2.100"	28.0	2,764 fps	38,700 CUP	30.0	2,979 fps	47,000 CUP
	Bench Mark 2	.243"	2.100"	29.7	2,817 fps	39,900 CUP	31.6	3,053 fps	49,000 CUP
	AR2206H	.243"	2.100"	29.0	2,657 fps	38,200 CUP	31.0	2,894 fps	47,000 CUP
	AR2208	.243"	2.100"	31.0	2,754 fps	38,900 CUP	34.0	2,986 fps	49,400 CUP
75 GR. SPR HP	AR2219	.243"	2.115"	26.0	2,656 fps	47,100 CUP	28.0	2,802 fps	47,000 CUP
	Bench Mark 2	.243"	2.115"	29.0	2,787 fps	41,700 CUP	31.0	2,978 fps	49,600 CUP
	AR2206H	.243"	2.115"	28.5	2,662 fps	40,000 CUP	30.5	2,860 fps	47,000 CUP
	AR2208	.243"	2.115"	30.5	2,709 fps	42,200 CUP	32.5	2,867 fps	50,000 CUP
80 GR. SPR SP	AR2219	.243"	2.115"	26.0	2,628 fps	39,300 CUP	28.0	2,771 fps	47,000 CUP
	Bench Mark 2	.243"	2.115"	28.5	2,713 fps	40,900 CUP	30.5	2,895 fps	49,400 CUP
	AR2206H	.243"	2.115"	28.0	2,611 fps	40,400 CUP	30.0	2,766 fps	47,000 CUP
	AR2208	.243"	2.115"	30.5	2,695 fps	43,100 CUP	32.5	2,850 fps	50,700 CUP
85 GR. SPR SP	AR2219	.243"	2.115"	22.0	2,302 fps	40,400 CUP	24.0	2,457 fps	47,000 CUP

C = Compressed Load; L = Lead Projectile

PISTOL

6mm BR Remington				Case: Remington Twist: 1:9" Primer: Remington 7 1/2			Barrel length: 15" Trim length: 1.550"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
	Bench Mark 2	.243"	2.115"	27.7	2,670 fps	42,100 CUP	29.7	2,826 fps	49,800 CUP
	AR2206H	.243"	2.115"	24.5	2,326 fps	38,100 CUP	26.5	2,495 fps	49,500 CUP
	AR2208	.243"	2.115"	29.0	2,589 fps	43,100 CUP	31.0	2,761 fps	50,800 CUP
90 GR. SPR SP	AR2219	.243"	2.115"	22.0	2,275 fps	40,600 CUP	24.0	2,437 fps	48,000 CUP
	Bench Mark 2	.243"	2.115"	27.0	2,597 fps	43,200 CUP	29.0	2,761 fps	49,300 CUP
	AR2206H	.243"	2.115"	24.5	2,323 fps	40,400 CUP	27.0	2,546 fps	48,000 CUP
	AR2208	.243"	2.115"	27.5	2,488 fps	39,500 CUP	30.2	2,694 fps	47,500 CUP
100 GR. HDY SP	AR2219	.243"	2.150"	22.0	2,212 fps	42,000 CUP	23.5	2,328 fps	50,000 CUP
	Bench Mark 2	.243"	2.150"	26.0	2,447 fps	43,100 CUP	28.0	2,611 fps	49,500 CUP
	AR2206H	.243"	2.150"	24.5	2,273 fps	42,500 CUP	27.0	2,472 fps	49,000 CUP
	AR2208	.243"	2.150"	26.0	2,292 fps	43,000 CUP	28.0	2,453 fps	48,900 CUP
107 GR. SIE HPBT	AR2219	.243"	2.250"	23.0	2,272 fps	40,800 CUP	25.5	2,437 fps	49,200 CUP
	Bench Mark 2	.243"	2.250"	26.0	2,407 fps	42,000 CUP	28.0	2,575 fps	49,800 CUP
	AR2206H	.243"	2.250"	24.5	2,264 fps	37,900 CUP	27.5	2,480 fps	49,800 CUP
	AR2208	.243"	2.250"	26.0	2,255 fps	39,800 CUP	29.0C	2,497 fps	50,100 CUP
243 Winchester				Case: Winchester Twist: 1:10" Primer: Winchester LR			Barrel length: 15" Trim length: 2.035"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
55 GR. NOS BT	Bench Mark 2	.243"	2.650"	39.0	3,288 fps	42,600 CUP	41.5	3,387 fps	50,100 CUP
	AR2206H	.243"	2.650"	40.0	3,223 fps	35,100 CUP	44.5	3,515 fps	49,300 CUP
	AR2208	.243"	2.650"	41.0	3,124 fps	42,600 CUP	45.0	3,329 fps	50,000 CUP
58 GR. HDY V-MAX	Bench Mark 2	.243"	2.600"	35.0	2,989 fps	41,800 CUP	37.5	3,177 fps	50,400 CUP
	AR2206H	.243"	2.600"	40.0	3,210 fps	43,300 CUP	43.0	3,353 fps	49,900 CUP
	AR2208	.243"	2.600"	41.0	3,198 fps	44,800 CUP	44.0	3,329 fps	49,800 CUP
60 GR. SIE HP	Bench Mark 2	.243"	2.600"	38.5	3,296 fps	47,000 CUP	41.2	3,435 fps	50,700 CUP
	AR2206H	.243"	2.600"	38.0	3,177 fps	40,500 CUP	42.0	3,264 fps	50,500 CUP
	AR2208	.243"	2.600"	40.0	3,035 fps	45,400 CUP	42.7	3,188 fps	50,400 CUP
65 GR. HDY V-MAX	Bench Mark 2	.243"	2.600"	37.0	3,090 fps	44,300 CUP	40.0	3,255 fps	50,600 CUP
	AR2206H	.243"	2.600"	38.0	3,055 fps	44,500 CUP	41.0	3,220 fps	49,200 CUP
	AR2208	.243"	2.600"	38.0	2,707 fps	43,100 CUP	41.0	3,045 fps	49,600 CUP
70 GR. SPR HP	Bench Mark 2	.243"	2.625"	36.5	3,080 fps	45,100 CUP	39.3	3,196 fps	50,300 CUP
	AR2206H	.243"	2.625"	36.0	2,912 fps	42,700 CUP	39.5	3,167 fps	49,200 CUP
	AR2208	.243"	2.625"	38.0	2,921 fps	45,500 CUP	40.5	3,061 fps	50,100 CUP
75 GR. HDY HP	AR2206H	.243"	2.640"	34.0	2,741 fps	40,900 CUP	38.0	3,018 fps	49,400 CUP
	AR2208	.243"	2.640"	36.0	2,737 fps	45,000 CUP	38.5	2,899 fps	50,500 CUP
80 GR. SIE BTSP	AR2206H	.243"	2.635"	35.0	2,786 fps	45,800 CUP	38.0	2,988 fps	50,100 CUP
	AR2208	.243"	2.635"	36.0	2,714 fps	45,400 CUP	38.5	2,854 fps	50,500 CUP
85 GR. BAR XBTC	AR2206H	.243"	2.560"	35.0	2,797 fps	45,100 CUP	38.0	2,952 fps	49,900 CUP
	AR2208	.243"	2.560"	35.0	2,621 fps	44,200 CUP	38.0	2,811 fps	50,400 CUP
	AR2209	.243"	2.560"	42.0	2,637 fps	39,700 CUP	45.5C	2,850 fps	49,600 CUP
90 GR. SPR SP	AR2206H	.243"	2.625"	34.0	2,654 fps	44,900 CUP	36.5	2,819 fps	50,800 CUP
	AR2208	.243"	2.625"	34.0	2,548 fps	44,800 CUP	36.5	2,670 fps	50,400 CUP
	AR2209	.243"	2.625"	42.0	2,729 fps	44,400 CUP	44.5	2,850 fps	50,600 CUP

C = Compressed Load; L = Lead Projectile

PISTOL

243 Winchester				Case: Winchester Twist: 1:10" Primer: Winchester LR			Barrel length: 15" Trim length: 2.035"			
				Start loads			Maximum loads			
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure	
95 GR. NOS PART	AR2213SC	.243"	2.625"	45.0	2,638 fps	43,700 CUP	48.0C	2,793 fps	50,800 CUP	
	AR2206H	.243"	2.650"	33.0	2,592 fps	45,000 CUP	35.0	2,740 fps	50,700 CUP	
	AR2208	.243"	2.650"	33.0	2,485 fps	45,000 CUP	35.0	2,600 fps	50,200 CUP	
	AR2209	.243"	2.650"	39.0	2,524 fps	45,800 CUP	42.0	2,688 fps	50,500 CUP	
	AR2213SC	.243"	2.650"	42.0	2,459 fps	47,000 CUP	44.5C	2,589 fps	50,700 CUP	
100 GR. SPR BTSP	AR2217	.243"	2.650"	45.0	2,434 fps	44,900 CUP	48.0C	2,603 fps	50,000 CUP	
	AR2206H	.243"	2.650"	31.0	2,400 fps	44,900 CUP	33.0	2,521 fps	50,100 CUP	
	AR2208	.243"	2.650"	31.0	2,311 fps	42,700 CUP	33.7	2,465 fps	50,400 CUP	
	AR2209	.243"	2.650"	37.0	2,434 fps	45,100 CUP	40.0	2,582 fps	51,000 CUP	
	AR2213SC	.243"	2.650"	39.0	2,276 fps	44,400 CUP	42.0	2,438 fps	50,100 CUP	
105 GR. HDY A-MAX	AR2217	.243"	2.650"	44.0	2,419 fps	45,700 CUP	47.0C	2,571 fps	49,800 CUP	
	AR2206H	.243"	2.760"	30.5	2,390 fps	44,900 CUP	32.5	2,503 fps	50,100 CUP	
	AR2208	.243"	2.760"	31.0	2,297 fps	45,600 CUP	33.0	2,411 fps	50,800 CUP	
	AR2209	.243"	2.760"	35.0	2,267 fps	44,300 CUP	37.5	2,443 fps	49,500 CUP	
	AR2213SC	.243"	2.760"	38.0	2,227 fps	43,900 CUP	41.0	2,375 fps	50,200 CUP	
107 GR. SIE BTHP	AR2217	.243"	2.760"	43.0	2,330 fps	45,400 CUP	46.0C	2,517 fps	50,200 CUP	
	AR2206H	.243"	2.850"	30.5	2,348 fps	45,900 CUP	32.5	2,472 fps	49,900 CUP	
	AR2208	.243"	2.850"	31.0	2,272 fps	45,300 CUP	33.0	2,385 fps	50,400 CUP	
	AR2209	.243"	2.850"	35.0	2,266 fps	43,100 CUP	37.5	2,424 fps	50,200 CUP	
	AR2213SC	.243"	2.850"	38.0	2,215 fps	43,700 CUP	41.0	2,360 fps	50,100 CUP	
25 ACP	AR2217	.243"	2.850"	43.0	2,345 fps	44,700 CUP	46.0C	2,513 fps	50,100 CUP	
	25 ACP				Case: Winchester Twist: 1:16" Primer: Federal 100M			Barrel length: 2" Trim length: 0.610"		
					Start loads			Maximum loads		
	Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
35 GR. HDY XTP	AP70N	.251"	0.860"	1.5	823 fps	14,500 CUP	1.7	922 fps	16,200 CUP	
50 GR.	AP50N	-	-	-	-	-	1.2	750 fps	-	
50 GR. SIE FMJ	AP70N	.251"	0.900"	1.2	620 fps	12,000 CUP	1.4	751 fps	16,600 CUP	
256 Winchester	256 Winchester				Case: Winchester Twist: 1:14" Primer: Winchester SR			Barrel length: 10" Trim length: 1.271"		
					Start loads			Maximum loads		
	Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
	60 GR. HDY FP	AR2205	.257"	1.560"	15.0	2,156 fps	-	16.0	2,386 fps	-
		AR2207	.257"	1.560"	-	-	-	18.0	1,704 fps	-
	75 GR. SPR HP	AR2205	.257"	1.740"	14.0	2,026 fps	-	15.0	2,120 fps	-
87 GR. HDY SP	AR2205	.257"	1.825"	13.0	1,798 fps	-	14.0	2,040 fps	-	
	AR2207	.257"	1.825"	-	-	-	15.0	2,007 fps	-	

PISTOL

6.5mm TCU				Case: Winchester			Barrel length: 14"		
				Twist: 1:10"			Trim length: 1.740"		
				Primer: Winchester SR					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
87 GR. SPR SP	AR2207	.264"	2.350"	21.0	2,140 fps	-	23.0	2,368 fps	-
	AR2219	.264"	2.350"	24.0	2,116 fps	-	26.0	2,310 fps	-
	AR2206H	.264"	2.350"	25.0	2,180 fps	-	27.0	2,403 fps	-
100 GR. NOS BT	AR2207	.264"	2.400"	20.0	1,914 fps	-	22.0	2,101 fps	-
	AR2219	.264"	2.400"	23.0	1,921 fps	-	25.0	2,119 fps	-
	AR2206H	.264"	2.400"	24.0	2,049 fps	-	26.0	2,229 fps	-
120 GR. SPR SP	AR2207	.264"	2.350"	19.0	1,770 fps	-	21.0	1,993 fps	-
	AR2219	.264"	2.350"	21.5	1,857 fps	-	23.5	2,036 fps	-
	AR2206H	.264"	2.350"	23.0	1,880 fps	-	25.0	2,075 fps	-
129 GR. HDY SP	AR2207	.264"	2.550"	18.0	1,688 fps	-	20.0	1,849 fps	-
	AR2219	.264"	2.550"	21.0	1,731 fps	-	23.0	1,911 fps	-
	AR2206H	.264"	2.550"	22.5	1,784 fps	-	24.5	1,970 fps	-
140 GR. HDY BTHP	AR2207	.264"	2.700"	17.0	1,590 fps	-	19.0	1,714 fps	-
	AR2219	.264"	2.700"	20.0	1,616 fps	-	22.0	1,799 fps	-
	AR2206H	.264"	2.700"	21.0	1,660 fps	-	23.0	1,842 fps	-

6.5mm BR				Case: Remington (reformed)			Barrel length: 15"		
				Twist: 1:8"			Trim length: 1.510"		
				Primer: Remington 7 1/2					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
90 GR. SPR TNT	AR2219	.264"	2.140"	29.0	2,558 fps	39,400 CUP	31.0	2,737 fps	49,100 CUP
	Bench Mark 2	.264"	2.140"	29.7	2,581 fps	42,300 CUP	31.7	2,808 fps	49,100 CUP
	AR2206H	.264"	2.140"	31.0	2,507 fps	35,800 CUP	33.0C	2,715 fps	44,100 CUP
	AR2208	.264"	2.140"	31.0	2,441 fps	35,400 CUP	33.0C	2,625 fps	41,500 CUP
95 GR. HDY V-MAX	AR2219	.264"	2.220"	28.8	2,540 fps	40,300 CUP	30.7	2,727 fps	50,000 CUP
	Bench Mark 2	.264"	2.220"	29.0	2,548 fps	43,200 CUP	31.0	2,707 fps	49,000 CUP
	AR2206H	.264"	2.220"	31.0	2,546 fps	40,000 CUP	33.0C	2,746 fps	48,500 CUP
	AR2208	.264"	2.220"	31.0	2,483 fps	40,000 CUP	33.0C	2,647 fps	45,900 CUP
100 GR. NOS BT	AR2219	.264"	2.220"	28.0	2,424 fps	39,400 CUP	29.7	2,573 fps	50,200 CUP
	Bench Mark 2	.264"	2.220"	28.3	2,404 fps	41,700 CUP	30.2	2,548 fps	49,400 CUP
	AR2206H	.264"	2.220"	31.0	2,531 fps	41,700 CUP	33.0C	2,707 fps	49,100 CUP
	AR2208	.264"	2.220"	31.0	2,475 fps	39,600 CUP	33.0C	2,641 fps	48,700 CUP
107 GR. HPBT	AR2219	.264"	2.340"	27.2	2,393 fps	39,100 CUP	29.0	2,528 fps	49,800 CUP
	Bench Mark 2	.264"	2.340"	27.8	2,330 fps	40,200 CUP	29.6	2,588 fps	49,400 CUP
	AR2206H	.264"	2.340"	29.8	2,489 fps	38,900 CUP	31.8C	2,633 fps	47,900 CUP
	AR2208	.264"	2.340"	30.5	2,462 fps	41,800 CUP	32.5C	2,623 fps	48,500 CUP
120 GR. NOS BT	AR2219	.264"	2.250"	26.7	2,242 fps	40,800 CUP	28.5	2,413 fps	49,500 CUP
	Bench Mark 2	.264"	2.250"	27.2	2,198 fps	43,800 CUP	29.0	2,396 fps	50,000 CUP
	AR2206H	.264"	2.250"	29.0	2,360 fps	41,300 CUP	31.0C	2,507 fps	47,700 CUP
	AR2208	.264"	2.250"	29.0	2,289 fps	39,400 CUP	31.0C	2,423 fps	45,100 CUP
129 GR. HDY SP	AR2219	.264"	2.280"	26.0	2,190 fps	44,500 CUP	27.7	2,298 fps	49,200 CUP
	Bench Mark 2	.264"	2.280"	26.3	2,148 fps	43,800 CUP	28.0	2,272 fps	49,600 CUP
	AR2206H	.264"	2.280"	28.4	2,228 fps	44,200 CUP	30.3C	2,387 fps	49,400 CUP
	AR2208	.264"	2.280"	29.0	2,237 fps	44,200 CUP	31.0C	2,387 fps	49,900 CUP
140 GR. SPR SP	AR2219	.264"	2.300"	25.0	2,075 fps	43,900 CUP	26.7	2,178 fps	50,200 CUP

C = Compressed Load; L = Lead Projectile

PISTOL

6.5mm BR				Case: Remington (reformed) Twist: 1:8" Primer: Remington 7 1/2			Barrel length: 15" Trim length: 1.510"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Gr.	Velocity	Pressure	Gr.	Velocity	Pressure
	Bench Mark 2	.264"	2.300"	26.3	2,100 fps	44,200 CUP	28.0	2,229 fps	49,800 CUP
	AR2206H	.264"	2.300"	28.2	2,193 fps	44,200 CUP	30.0C	2,308 fps	49,000 CUP
	AR2208	.264"	2.300"	28.3	2,167 fps	42,100 CUP	30.2C	2,300 fps	49,000 CUP
142 GR. SIE HPBT	AR2219	.264"	2.350"	24.5	2,067 fps	44,200 CUP	26.1	2,193 fps	49,400 CUP
	Bench Mark 2	.264"	2.350"	25.2	2,065 fps	45,500 CUP	26.9	2,178 fps	49,900 CUP
	AR2206H	.264"	2.350"	27.3	2,147 fps	41,900 CUP	29.0	2,291 fps	49,300 CUP
	AR2208	.264"	2.350"	27.9	2,165 fps	40,900 CUP	29.7C	2,284 fps	49,600 CUP
6.5mm JDJ				Case: Winchester (reformed) Twist: 1:9" Primer: Winchester LR			Barrel length: 14" Trim length: 1.920"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Gr.	Velocity	Pressure	Gr.	Velocity	Pressure
120 GR. SPR SP	AR2209	.264"	2.700"	35.0	2,122 fps	-	40.0	2,414 fps	-
129 GR. HDY SP	AR2213SC	.264"	2.750"	35.0	1,973 fps	-	39.0	2,194 fps	-
140 GR. SPR SP	AR2213SC	.264"	2.700"	33.0	1,651 fps	-	37.0	1,968 fps	-
270 Ren				Case: Winchester (reformed) Twist: 1:8" Primer: Winchester SR			Barrel length: 10" Trim length: 1.280"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Gr.	Velocity	Pressure	Gr.	Velocity	Pressure
90 GR. SPR HP	AR2205	.277"	1.900"	8.5	1,370 fps	-	9.5	1,589 fps	-
100 GR. HDY SP	AR2205	.277"	1.790"	8.0	1,179 fps	-	9.0	1,404 fps	-
110 GR. HDY HP	AR2205	.277"	1.900"	7.8	1,160 fps	-	8.7	1,370 fps	-
270 Winchester				Case: Winchester Twist: 1:10" Primer: Winchester LR			Barrel length: 15" Trim length: 2.530"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Gr.	Velocity	Pressure	Gr.	Velocity	Pressure
90 GR. SIE HP	AR2206H	.277"	3.200"	50.0	3,096 fps	48,100 CUP	53.0	3,216 fps	50,400 CUP
	AR2208	.277"	3.200"	51.0	2,958 fps	46,000 CUP	55.0	3,091 fps	51,400 CUP
	AR2209	.277"	3.200"	58.0	2,859 fps	43,700 CUP	62.0C	3,051 fps	49,800 CUP
100 GR. SPR SP	AR2206H	.277"	3.145"	47.0	2,940 fps	47,000 CUP	50.0	3,051 fps	50,200 CUP
	AR2208	.277"	3.145"	48.0	2,782 fps	44,400 CUP	52.0	2,928 fps	50,200 CUP
	AR2209	.277"	3.145"	56.0	2,759 fps	44,000 CUP	59.4	2,917 fps	50,200 CUP
110 GR. HDY HP	AR2206H	.277"	3.250"	45.0	2,816 fps	46,700 CUP	47.5	2,927 fps	50,800 CUP
	AR2208	.277"	3.250"	43.0	2,479 fps	44,100 CUP	48.7	2,788 fps	50,800 CUP
	AR2209	.277"	3.250"	54.0	2,667 fps	46,900 CUP	57.0	2,843 fps	50,100 CUP
120 GR. BAR XFB	AR2206H	.277"	3.270"	42.0	2,559 fps	45,000 CUP	45.0	2,719 fps	50,400 CUP
	AR2208	.277"	3.270"	44.0	2,504 fps	46,300 CUP	47.0	2,650 fps	51,000 CUP
	AR2209	.277"	3.270"	51.0	2,533 fps	44,700 CUP	55.0	2,723 fps	51,200 CUP
	AR2213SC	.277"	3.270"	58.0	2,627 fps	45,800 CUP	62.0C	2,782 fps	51,200 CUP
130 GR. HDY SP	AR2206H	.277"	3.280"	42.0	2,528 fps	44,700 CUP	45.0	2,676 fps	51,000 CUP
	AR2208	.277"	3.280"	43.0	2,416 fps	43,900 CUP	46.0	2,557 fps	49,600 CUP

PISTOL

270 Winchester				Case: Winchester Twist: 1:10" Primer: Winchester LR			Barrel length: 15" Trim length: 2.530"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
	AR2209	.277"	3.280"	51.0	2,501 fps	45,200 CUP	54.3	2,619 fps	50,500 CUP
	AR2213SC	.277"	3.280"	56.0	2,471 fps	44,400 CUP	60.0C	2,609 fps	51,000 CUP
	AR2217	.277"	3.280"	61.0	2,508 fps	42,900 CUP	64.0C	2,650 fps	48,100 CUP
135 GR. SIE BT	AR2206H	.277"	3.340"	41.0	2,465 fps	44,300 CUP	44.0	2,616 fps	50,600 CUP
	AR2208	.277"	3.340"	41.0	2,336 fps	40,800 CUP	45.0	2,523 fps	50,200 CUP
	AR2209	.277"	3.340"	50.0	2,460 fps	44,400 CUP	53.5	2,633 fps	50,700 CUP
	AR2213SC	.277"	3.340"	55.0	2,446 fps	43,600 CUP	59.5C	2,618 fps	51,000 CUP
	AR2217	.277"	3.340"	61.0	2,547 fps	43,100 CUP	63.0C	2,608 fps	47,600 CUP
140 GR. SFT SP	AR2206H	.277"	3.280"	40.0	2,381 fps	45,300 CUP	42.6	2,515 fps	50,600 CUP
	AR2208	.277"	3.280"	41.0	2,313 fps	44,300 CUP	43.7	2,437 fps	50,500 CUP
	AR2209	.277"	3.280"	49.0	2,458 fps	44,500 CUP	52.0	2,570 fps	50,400 CUP
	AR2213SC	.277"	3.280"	54.0	2,442 fps	43,900 CUP	58.0C	2,588 fps	50,100 CUP
	AR2217	.277"	3.280"	59.0	2,539 fps	41,800 CUP	63.0C	2,694 fps	50,800 CUP
150 GR. HDY SP	AR2209	.277"	3.285"	46.0	2,298 fps	43,400 CUP	49.0	2,420 fps	51,000 CUP
	AR2213SC	.277"	3.285"	52.0	2,319 fps	46,300 CUP	55.7	2,437 fps	51,200 CUP
	AR2217	.277"	3.285"	55.0	2,284 fps	44,900 CUP	59.0C	2,472 fps	51,000 CUP
160 GR. NOS PART	AR2209	.277"	3.340"	46.0	2,271 fps	43,600 CUP	49.0	2,430 fps	51,100 CUP
	AR2213SC	.277"	3.340"	50.0	2,246 fps	43,000 CUP	54.0	2,388 fps	50,500 CUP
	AR2217	.277"	3.340"	55.0	2,336 fps	44,200 CUP	59.0C	2,467 fps	50,900 CUP

7mm TCU				Case: Federal (reformed) Twist: 1:10" Primer: Federal 205			Barrel length: 14" Trim length: 1.740"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
100 GR. SIE HP	AR2205	.284"	2.475"	17.0	1,749 fps	-	19.0	2,011 fps	-
	AR2207	.284"	2.475"	22.0	2,007 fps	-	24.0	2,176 fps	-
	AR2219	.284"	2.475"	25.0	2,029 fps	-	26.0	2,169 fps	-
	AR2206H	.284"	2.475"	25.0	1,913 fps	-	26.0	2,071 fps	-
120 GR. SPR SP	AR2205	.284"	2.410"	16.0	1,662 fps	-	18.0	1,914 fps	-
	AR2207	.284"	2.410"	21.0	1,880 fps	-	23.0	2,075 fps	-
	AR2219	.284"	2.410"	24.0	1,898 fps	-	26.0	2,117 fps	-
	AR2206H	.284"	2.410"	24.0	1,818 fps	-	26.0	2,020 fps	-
130 GR. SPR SP	AR2205	.284"	2.465"	15.0	1,490 fps	-	17.0	1,675 fps	-
	AR2207	.284"	2.465"	20.0	1,745 fps	-	22.0	1,935 fps	-
	AR2219	.284"	2.465"	23.0	1,724 fps	-	25.0	1,988 fps	-
	AR2206H	.284"	2.465"	24.0	1,797 fps	-	26.0	2,007 fps	-
139 GR. HDY SP	AR2205	.284"	2.625"	14.5	1,441 fps	-	16.5	1,635 fps	-
	AR2207	.284"	2.625"	19.0	1,717 fps	-	21.0	1,904 fps	-
	AR2219	.284"	2.625"	22.0	1,747 fps	-	24.0	1,938 fps	-
	AR2206H	.284"	2.625"	23.0	1,750 fps	-	25.0	2,001 fps	-
150 GR. SIE HPBT	AR2205	.284"	2.630"	14.0	1,404 fps	-	16.0	1,597 fps	-
	AR2207	.284"	2.630"	18.5	1,640 fps	-	20.5	1,835 fps	-
	AR2219	.284"	2.630"	21.5	1,674 fps	-	23.5	1,859 fps	-
	AR2206H	.284"	2.630"	22.0	1,688 fps	-	24.0	1,874 fps	-
162 GR. HDY SPBT	AR2205	.284"	2.675"	13.0	1,314 fps	-	15.0	1,474 fps	-

C = Compressed Load; L = Lead Projectile

PISTOL

7mm TCU				Case: Federal (reformed) Twist: 1:10" Primer: Federal 205			Barrel length: 14" Trim length: 1.740"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
	AR2207	.284"	2.675"	17.5	1,519 fps	-	19.5	1,729 fps	-
	AR2219	.284"	2.675"	20.0	1,611 fps	-	22.0	1,792 fps	-
	AR2206H	.284"	2.675"	21.0	1,628 fps	-	23.0	1,795 fps	-
7mm BR Remington				Case: Remington Twist: 1:9.5" Primer: Winchester SR			Barrel length: 14" Trim length: 1.515"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
100 GR. BAR XFB	AR2207	.284"	2.125"	26.0	2,334 fps	36,600 CUP	28.5	2,569 fps	49,900 CUP
	AR2219	.284"	2.125"	29.0	2,248 fps	37,700 CUP	31.5C	2,516 fps	49,800 CUP
	Bench Mark 2	.284"	2.125"	29.0	2,194 fps	38,800 CUP	32.0C	2,510 fps	50,100 CUP
	AR2206H	.284"	2.125"	31.0	2,309 fps	40,900 CUP	33.0C	2,486 fps	45,300 CUP
115 GR. SPR HP	AR2207	.284"	2.150"	26.0	2,254 fps	41,500 CUP	28.5	2,474 fps	50,500 CUP
	AR2219	.284"	2.150"	29.0	2,227 fps	37,200 CUP	31.5C	2,473 fps	49,800 CUP
	Bench Mark 2	.284"	2.150"	30.0	2,251 fps	41,600 CUP	32.0C	2,476 fps	49,800 CUP
	AR2206H	.284"	2.150"	31.0	2,313 fps	38,900 CUP	33.0C	2,450 fps	45,300 CUP
120 GR. HDY V-MAX	AR2207	.284"	2.300"	25.5	2,262 fps	40,200 CUP	27.5	2,397 fps	49,500 CUP
	AR2219	.284"	2.300"	28.0	2,210 fps	39,800 CUP	30.8	2,427 fps	50,400 CUP
	Bench Mark 2	.284"	2.300"	29.0	2,202 fps	43,100 CUP	31.0	2,390 fps	49,900 CUP
	AR2206H	.284"	2.300"	30.0	2,202 fps	39,600 CUP	32.7C	2,460 fps	49,800 CUP
130 GR. SIE HPBT	AR2207	.284"	2.250"	25.0	2,176 fps	40,000 CUP	27.0	2,362 fps	50,500 CUP
	AR2219	.284"	2.250"	28.0	2,170 fps	40,500 CUP	30.0C	2,387 fps	50,600 CUP
	Bench Mark 2	.284"	2.250"	28.0	2,161 fps	40,700 CUP	30.2C	2,339 fps	50,000 CUP
	AR2206H	.284"	2.250"	30.0	2,224 fps	43,900 CUP	32.0C	2,390 fps	49,200 CUP
139 GR. HDY SST	AR2207	.284"	2.260"	24.0	2,078 fps	42,500 CUP	26.0	2,262 fps	49,800 CUP
	AR2219	.284"	2.260"	26.5	2,094 fps	40,100 CUP	28.5C	2,251 fps	49,700 CUP
	Bench Mark 2	.284"	2.260"	27.5	2,078 fps	41,200 CUP	29.7C	2,267 fps	49,900 CUP
	AR2206H	.284"	2.260"	29.0	2,117 fps	41,200 CUP	31.0C	2,263 fps	47,000 CUP
145 GR. SPR SPBT	AR2219	.284"	2.200"	27.0	2,087 fps	37,400 CUP	28.5C	2,221 fps	47,500 CUP
	Bench Mark 2	.284"	2.200"	27.5	2,052 fps	40,400 CUP	29.7C	2,263 fps	50,400 CUP
	AR2206H	.284"	2.200"	29.0	2,143 fps	42,400 CUP	31.0C	2,264 fps	47,500 CUP
150 GR. NOS BT	AR2219	.284"	2.340"	26.5	2,045 fps	40,400 CUP	28.5C	2,206 fps	49,600 CUP
	Bench Mark 2	.284"	2.340"	27.0	2,012 fps	41,900 CUP	29.5C	2,228 fps	50,200 CUP
	AR2206H	.284"	2.340"	28.5	2,054 fps	39,600 CUP	30.5C	2,216 fps	48,300 CUP
162 GR. HDY A-MAX	AR2219	.284"	2.400"	26.0	1,973 fps	39,800 CUP	28.3	2,174 fps	49,800 CUP
	Bench Mark 2	.284"	2.400"	27.0	1,998 fps	41,200 CUP	29.0C	2,170 fps	49,500 CUP
	AR2206H	.284"	2.400"	27.5	1,963 fps	37,500 CUP	29.5C	2,132 fps	49,600 CUP
168 GR. SIE HPBT	AR2219	.284"	2.320"	26.0	1,985 fps	40,300 CUP	28.0	2,125 fps	49,600 CUP
	Bench Mark 2	.284"	2.320"	26.5	1,986 fps	41,400 CUP	28.5	2,118 fps	49,700 CUP
	AR2206H	.284"	2.320"	28.0	2,028 fps	42,300 CUP	30.0C	2,160 fps	49,200 CUP

PISTOL

7-30 Waters				Case: Federal Twist: 1:9.5" Primer: Federal 210			Barrel length: 15" Trim length: 2.030"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
100 GR. HDY HP	AR2219	.284"	2.700"	27.0	2,185 fps	30,500 CUP	30.0	2,449 fps	40,200 CUP
	Bench Mark 2	.284"	2.700"	27.0	2,179 fps	29,600 CUP	30.5	2,414 fps	39,300 CUP
	AR2206H	.284"	2.700"	34.0	2,451 fps	33,500 CUP	37.0C	2,639 fps	39,200 CUP
	AR2208	.284"	2.700"	35.0	2,374 fps	31,400 CUP	38.0C	2,530 fps	35,000 CUP
120 GR. NOS FP	AR2219	.284"	2.550"	26.0	2,040 fps	29,500 CUP	29.0	2,263 fps	40,200 CUP
	Bench Mark 2	.284"	2.550"	26.5	2,078 fps	31,500 CUP	29.5	2,274 fps	40,200 CUP
	AR2206H	.284"	2.550"	31.0	2,242 fps	33,200 CUP	34.5	2,437 fps	39,400 CUP
	AR2208	.284"	2.550"	34.0	2,280 fps	31,100 CUP	37.0C	2,446 fps	40,000 CUP
130 GR. SIE HPBT	AR2219	.284"	2.720"	25.0	1,961 fps	31,600 CUP	27.3	2,152 fps	39,300 CUP
	Bench Mark 2	.284"	2.720"	25.0	1,960 fps	28,900 CUP	28.0	2,172 fps	40,100 CUP
	AR2206H	.284"	2.720"	31.0	2,178 fps	31,000 CUP	33.4C	2,323 fps	39,500 CUP
	AR2208	.284"	2.720"	32.0	2,129 fps	30,600 CUP	35.6C	2,341 fps	40,100 CUP
139 GR. HDY FP	AR2219	.284"	2.550"	24.0	1,836 fps	28,500 CUP	27.0	2,073 fps	39,400 CUP
	Bench Mark 2	.284"	2.550"	25.0	1,865 fps	31,000 CUP	28.0	2,075 fps	39,600 CUP
	AR2206H	.284"	2.550"	30.0	2,074 fps	32,900 CUP	33.0	2,242 fps	39,800 CUP
	AR2208	.284"	2.550"	32.0	2,091 fps	30,900 CUP	35.5C	2,260 fps	39,100 CUP
145 GR. SPR SP	Bench Mark 2	.284"	2.720"	25.0	1,855 fps	30,200 CUP	28.0	2,054 fps	40,100 CUP
	AR2206H	.284"	2.720"	29.0	2,055 fps	35,100 CUP	29.0	2,192 fps	39,900 CUP
	AR2208	.284"	2.720"	31.0	2,051 fps	33,600 CUP	34.2	2,212 fps	39,700 CUP
150 GR. NOS BT	Bench Mark 2	.284"	2.780"	23.0	1,747 fps	30,400 CUP	26.0	1,963 fps	39,200 CUP
	AR2206H	.284"	2.780"	29.0	2,019 fps	33,300 CUP	32.0C	2,169 fps	39,600 CUP
	AR2208	.284"	2.780"	31.0	2,030 fps	32,900 CUP	34.2C	2,187 fps	40,000 CUP
168 GR. SIE HPBT	Bench Mark 2	.284"	2.780"	23.0	1,718 fps	31,600 CUP	25.5	1,893 fps	39,800 CUP
	AR2206H	.284"	2.780"	28.0	1,977 fps	34,400 CUP	30.2	2,045 fps	38,600 CUP
	AR2208	.284"	2.780"	29.0	1,912 fps	33,000 CUP	32.0C	2,062 fps	39,200 CUP

7mm IHMSA				Case: IHMSA Twist: 1:9" Primer: Winchester LR			Barrel length: 14" Trim length: 1.865"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
100 GR. HDY HP	AR2207	.284"	2.650"	31.0	2,297 fps	-	33.0	2,514 fps	-
	AR2219	.284"	2.650"	34.0	2,330 fps	-	36.0	2,482 fps	-
	AR2206H	.284"	2.650"	36.0	2,319 fps	-	38.0	2,498 fps	-
	AR2209	.284"	2.650"	42.0	2,311 fps	-	44.0	2,483 fps	-
	AR2213SC	.284"	2.650"	42.0	2,174 fps	-	44.0	2,349 fps	-
120 GR. SIE SP	AR2207	.284"	2.700"	30.0	2,185 fps	-	32.0	2,371 fps	-
	AR2219	.284"	2.700"	33.0	2,131 fps	-	35.0	2,339 fps	-
	AR2206H	.284"	2.700"	35.0	2,192 fps	-	37.0	2,387 fps	-
	AR2209	.284"	2.700"	42.0	2,262 fps	-	44.0	2,431 fps	-
	AR2213SC	.284"	2.700"	42.0	2,137 fps	-	44.0	2,295 fps	-
130 GR. SIE SP	AR2207	.284"	2.730"	29.0	2,129 fps	-	31.0	2,307 fps	-
	AR2219	.284"	2.730"	32.0	2,143 fps	-	34.0	2,297 fps	-
	AR2206H	.284"	2.730"	34.0	2,136 fps	-	36.0	2,298 fps	-
	AR2209	.284"	2.730"	41.0	2,239 fps	-	43.0	2,388 fps	-
	AR2213SC	.284"	2.730"	42.0	2,146 fps	-	44.0	2,264 fps	-

C = Compressed Load; L = Lead Projectile

PISTOL

7mm IHMSA				Case: IHMSA Twist: 1:9" Primer: Winchester LR			Barrel length: 14" Trim length: 1.865"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
145 GR. SPR SP	AR2207	.284"	2.750"	28.0	2,007 fps	-	30.0	2,193 fps	-
	AR2219	.284"	2.750"	31.0	2,043 fps	-	33.0	2,217 fps	-
	AR2206H	.284"	2.750"	33.0	2,033 fps	-	35.0	2,212 fps	-
	AR2209	.284"	2.750"	40.0	2,131 fps	-	42.0	2,269 fps	-
	AR2213SC	.284"	2.750"	41.0	2,019 fps	-	43.0	2,169 fps	-
154 GR. HDY SP	AR2219	.284"	2.750"	30.0	2,004 fps	-	32.0	2,139 fps	-
	AR2206H	.284"	2.750"	32.0	2,036 fps	-	34.0	2,165 fps	-
	AR2209	.284"	2.750"	39.0	2,070 fps	-	41.0	2,210 fps	-
	AR2213SC	.284"	2.750"	41.0	2,091 fps	-	43.0	2,223 fps	-
160 GR. SPR SPBT	AR2219	.284"	2.760"	29.5	1,904 fps	-	31.5	2,068 fps	-
	AR2206H	.284"	2.760"	31.5	1,981 fps	-	33.5	2,106 fps	-
	AR2209	.284"	2.760"	38.0	2,036 fps	-	40.5	2,163 fps	-
	AR2213SC	.284"	2.760"	41.0	2,026 fps	-	43.0	2,156 fps	-
168 GR. SIE HPBT	AR2219	.284"	2.770"	29.0	1,926 fps	-	31.0	2,047 fps	-
	AR2206H	.284"	2.770"	31.0	1,966 fps	-	33.0	2,075 fps	-
	AR2209	.284"	2.770"	37.0	2,009 fps	-	40.0	2,152 fps	-
	AR2213SC	.284"	2.770"	40.0	1,978 fps	-	42.0	2,106 fps	-
175 GR. SIE SPBT	AR2219	.284"	2.800"	28.0	1,779 fps	-	30.0	1,905 fps	-
	AR2206H	.284"	2.800"	30.0	1,862 fps	-	32.0	1,987 fps	-
	AR2209	.284"	2.800"	36.0	1,942 fps	-	39.5	2,066 fps	-
	AR2213SC	.284"	2.800"	39.0	1,982 fps	-	41.0	2,094 fps	-
7mm-08 Remington				Case: Remington Twist: 1:9.5" Primer: Remington 9 1/2			Barrel length: 15" Trim length: 2.025"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
100 GR. BAR XFB	Bench Mark 2	.284"	2.650"	40.0	2,655 fps	41,400 CUP	42.5	2,827 fps	49,600 CUP
	AR2206H	.284"	2.650"	41.0	2,585 fps	41,000 CUP	45.0	2,942 fps	49,900 CUP
	AR2208	.284"	2.650"	42.0	2,636 fps	40,800 CUP	45.7	2,931 fps	49,600 CUP
130 GR. SIE HPBT	Bench Mark 2	.284"	2.800"	37.0	2,339 fps	41,500 CUP	39.8	2,558 fps	50,200 CUP
	AR2206H	.284"	2.800"	39.5	2,454 fps	43,500 CUP	42.0	2,632 fps	50,200 CUP
	AR2208	.284"	2.800"	40.0	2,460 fps	43,400 CUP	43.5	2,710 fps	50,100 CUP
139 GR. HDY SP	Bench Mark 2	.284"	2.800"	37.5	2,351 fps	40,300 CUP	40.5	2,520 fps	49,600 CUP
	AR2206H	.284"	2.800"	39.0	2,369 fps	42,500 CUP	42.5	2,575 fps	50,200 CUP
	AR2208	.284"	2.800"	40.5	2,436 fps	44,700 CUP	43.5	2,612 fps	50,000 CUP
	AR2209	.284"	2.800"	47.0	2,408 fps	40,400 CUP	50.0C	2,581 fps	47,500 CUP
150 GR. SIE HPBT	Bench Mark 2	.284"	2.800"	36.0	2,283 fps	43,300 CUP	38.5	2,408 fps	50,200 CUP
	AR2206H	.284"	2.800"	37.0	2,298 fps	43,300 CUP	40.5	2,499 fps	50,000 CUP
	AR2208	.284"	2.800"	38.5	2,345 fps	42,400 CUP	41.3	2,508 fps	50,000 CUP
	AR2209	.284"	2.800"	45.0	2,333 fps	42,000 CUP	48.5C	2,552 fps	50,300 CUP
162 GR. HDY A-MAX	Bench Mark 2	.284"	2.875"	36.0	2,264 fps	43,100 CUP	38.0	2,394 fps	49,200 CUP
	AR2206H	.284"	2.875"	37.0	2,239 fps	43,700 CUP	39.5	2,429 fps	49,800 CUP
	AR2208	.284"	2.875"	38.5	2,312 fps	43,400 CUP	41.0	2,468 fps	49,800 CUP
	AR2209	.284"	2.875"	45.0	2,302 fps	42,600 CUP	48.0C	2,472 fps	49,800 CUP
168 GR. SIE HPBT	Bench Mark 2	.284"	2.800"	36.0	2,211 fps	43,500 CUP	38.0	2,343 fps	49,400 CUP

C = Compressed Load; L = Lead Projectile

PISTOL

7mm-08 Remington				Case: Remington Twist: 1:9.5" Primer: Remington 9 1/2			Barrel length: 15" Trim length: 2.025"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
	AR2206H	.284"	2.800"	36.5	2,211 fps	45,400 CUP	39.0	2,345 fps	49,700 CUP
	AR2208	.284"	2.800"	37.5	2,231 fps	44,600 CUP	40.0	2,380 fps	50,100 CUP
	AR2209	.284"	2.800"	44.5	2,255 fps	42,600 CUP	47.2C	2,404 fps	50,000 CUP
175 GR. NOS PART	Bench Mark 2	.284"	2.800"	34.0	2,107 fps	42,400 CUP	36.5	2,213 fps	49,700 CUP
	AR2206H	.284"	2.800"	35.0	2,117 fps	44,500 CUP	37.5	2,228 fps	49,700 CUP
	AR2208	.284"	2.800"	35.0	2,134 fps	43,400 CUP	37.5	2,236 fps	49,500 CUP
	AR2209	.284"	2.800"	42.0	2,152 fps	41,900 CUP	45.0C	2,325 fps	49,900 CUP
30 Luger (7.65mm Parabellum)				Case: Twist: - Primer:			Barrel length: 4.5" Trim length: -		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
85 GR.	AP50N	.309"	1.150"	-	-	-	4.0	1,000 fps	-
95 GR.	AP50N	.309"	1.150"	-	-	-	3.8	925 fps	-
30 Carbine (30 M1 Carbine)				Case: Winchester Twist: 1:20" Primer: CCI 400			Barrel length: 7" Trim length: 1.286"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
85 GR. SIE RN	AR2205	.308"	1.625"	14.5	1,643 fps	25,200 CUP	15.5C	1,745 fps	30,700 CUP
100 GR. SPR SP	AR2205	.308"	1.625"	13.0	1,503 fps	28,900 CUP	14.5C	1,621 fps	33,600 CUP
110 GR. HDY JRN	AR2205	.308"	1.680"	13.0	1,461 fps	30,100 CUP	14.5C	1,602 fps	38,800 CUP
30 Herrett				Case: Federal (reformed) Twist: 1:14" Primer: Federal 210			Barrel length: 10" Trim length: 1.595"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
150 GR. HDY SPBT	AR2207	.308"	2.320"	19.0	1,623 fps	-	22.0	1,797 fps	-
	AR2219	.308"	2.320"	23.0	1,609 fps	-	24.0	1,654 fps	-
30 Mauser (7.6mm Mauser)				Case: Twist: - Primer:			Barrel length: 5.5" Trim length: -		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
85 GR.	AP50N	-	-	-	-	-	4.5	1,225 fps	-
95 GR.	AP50N	-	-	-	-	-	3.8	1,100 fps	-

PISTOL

30-30 Winchester				Case: Winchester Twist: 1:12" Primer: Winchester LR			Barrel length: 14" Trim length: 2.029"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
130 GR. SPR FP	Bench Mark 2	.308"	2.540"	27.7	1,905 fps	33,700 CUP	29.7	2,020 fps	37,100 CUP
	AR2206H	.308"	2.540"	31.5	1,984 fps	27,600 CUP	35.0	2,194 fps	35,300 CUP
	AR2208	.308"	2.540"	32.5	1,988 fps	30,200 CUP	36.0C	2,238 fps	35,700 CUP
150 GR. SIE FN	Bench Mark 2	.308"	2.550"	27.0	1,817 fps	32,100 CUP	29.0	1,944 fps	37,200 CUP
	AR2206H	.308"	2.550"	30.5	1,899 fps	27,900 CUP	34.0	2,116 fps	36,700 CUP
	AR2208	.308"	2.550"	31.0	1,907 fps	31,100 CUP	34.5	2,119 fps	36,200 CUP
170 GR. SIE FP	Bench Mark 2	.308"	2.550"	25.3	1,686 fps	32,200 CUP	27.0	1,782 fps	36,100 CUP
	AR2206H	.308"	2.550"	27.5	1,704 fps	28,200 CUP	30.5	1,896 fps	35,200 CUP
	AR2208	.308"	2.550"	29.5	1,806 fps	30,200 CUP	33.0	2,023 fps	36,500 CUP
308 Winchester				Case: Winchester Twist: 1:12" Primer: Federal 210M			Barrel length: 15" Trim length: 2.005"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
110 GR. BAR XFB	AR2207	.308"	2.800"	37.0	2,644 fps	40,700 CUP	40.0	2,841 fps	51,000 CUP
	AR2219	.308"	2.800"	42.0	2,676 fps	43,600 CUP	45.0	2,879 fps	51,800 CUP
	Bench Mark 2	.308"	2.800"	44.0	2,722 fps	42,400 CUP	48.0	2,944 fps	50,800 CUP
110 GR. BAR TSX	Bench Mark 8208	.308"	2.690"	45.5	2,695 fps	37,700 PSI	50.0C	2,965 fps	50,000 PSI
110 GR. BAR XFB	AR2206H	.308"	2.800"	45.0	2,617 fps	39,000 CUP	49.0C	2,887 fps	49,900 CUP
	AR2208	.308"	2.800"	48.0	2,738 fps	42,100 CUP	50.0C	2,921 fps	46,100 CUP
125 GR. SIE SP	AR2207	.308"	2.700"	36.0	2,446 fps	46,600 CUP	39.5	2,662 fps	49,800 CUP
	AR2219	.308"	2.700"	42.0	2,611 fps	43,400 CUP	45.0	2,787 fps	51,400 CUP
	Bench Mark 2	.308"	2.700"	43.0	2,545 fps	40,600 CUP	47.5	2,827 fps	50,700 CUP
	Bench Mark 8208	.308"	2.700"	46.0	2,707 fps	50,200 PSI	49.2C	2,887 fps	60,100 PSI
	AR2206H	.308"	2.700"	45.0	2,579 fps	36,800 CUP	49.0C	2,831 fps	48,400 CUP
	AR2208	.308"	2.700"	48.0	2,727 fps	42,400 CUP	50.0C	2,843 fps	45,700 CUP
130 GR. SPR HP	AR2207	.308"	2.615"	35.0	2,472 fps	44,700 CUP	37.0	2,590 fps	49,700 CUP
	AR2219	.308"	2.615"	40.0	2,481 fps	41,200 CUP	43.0	2,664 fps	49,800 CUP
	Bench Mark 2	.308"	2.615"	41.0	2,429 fps	38,800 CUP	46.0	2,767 fps	50,100 CUP
130 GR. SPR SP	Bench Mark 8208	.308"	2.615"	43.0	2,531 fps	46,900 PSI	48.0C	2,856 fps	62,000 PSI
130 GR. SPR HP	AR2206H	.308"	2.615"	45.0	2,599 fps	41,800 CUP	49.0C	2,831 fps	50,100 CUP
	AR2208	.308"	2.615"	47.0	2,706 fps	42,900 CUP	50.0C	2,847 fps	50,400 CUP
150 GR. NOS BT	Trail Boss	.308"	2.800"	10.0	1,060 fps	25,800 PSI	14.0	1,344 fps	27,100 PSI
	AR2219	.308"	2.800"	37.0	2,284 fps	39,100 CUP	40.0	2,471 fps	50,500 CUP
	Bench Mark 2	.308"	2.800"	39.0	2,315 fps	38,800 CUP	43.0	2,596 fps	49,000 CUP
	Bench Mark 8208	.308"	2.800"	40.0	2,330 fps	45,500 PSI	44.5C	2,635 fps	60,800 PSI
	AR2206H	.308"	2.800"	43.0	2,478 fps	43,200 CUP	45.5	2,649 fps	51,000 CUP
	AR2208	.308"	2.800"	44.0	2,522 fps	43,300 CUP	47.0C	2,675 fps	50,300 CUP
155 GR. SIE HPBT	AR2219	.308"	2.775"	38.0	2,283 fps	42,400 CUP	41.0	2,520 fps	49,400 CUP
	Bench Mark 2	.308"	2.775"	39.0	2,271 fps	41,900 CUP	43.0	2,549 fps	50,200 CUP
	Bench Mark 8208	.308"	2.775"	41.0	2,362 fps	47,300 PSI	45.3	2,650 fps	60,900 PSI
	AR2206H	.308"	2.775"	43.0	2,476 fps	42,000 CUP	46.0	2,668 fps	49,700 CUP
	AR2208	.308"	2.775"	44.0	2,502 fps	41,300 CUP	47.0C	2,680 fps	49,400 CUP
165 GR. HDY SP	Bench Mark 2	.308"	2.750"	38.5	2,261 fps	40,200 CUP	42.5	2,487 fps	50,500 CUP
	Bench Mark 8208	.308"	2.750"	38.5	2,219 fps	49,100 PSI	42.8	2,506 fps	60,200 PSI

C = Compressed Load; L = Lead Projectile

PISTOL

308 Winchester				Case: Winchester Twist: 1:12" Primer: Federal 210M			Barrel length: 15" Trim length: 2.005"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
	AR2206H	.308"	2.750"	41.0	2,341 fps	38,600 CUP	43.5	2,497 fps	50,000 CUP
	AR2208	.308"	2.750"	42.0	2,384 fps	40,800 CUP	46.0C	2,576 fps	50,500 CUP
168 GR. SIE HPBT	Bench Mark 2	.308"	2.800"	38.0	2,247 fps	38,100 CUP	42.0	2,463 fps	49,300 CUP
	Bench Mark 8208	.308"	2.800"	39.0	2,235 fps	49,000 PSI	43.3	2,521 fps	61,500 PSI
	AR2206H	.308"	2.800"	41.0	2,312 fps	38,300 CUP	43.5	2,484 fps	49,500 CUP
	AR2208	.308"	2.800"	42.0	2,386 fps	41,200 CUP	46.0C	2,580 fps	50,600 CUP
175 GR. SIE HPBT	Bench Mark 2	.308"	2.800"	38.0	2,231 fps	40,100 CUP	41.5	2,415 fps	50,800 CUP
	Bench Mark 8208	.308"	2.800"	39.0	2,232 fps	52,200 PSI	42.5	2,456 fps	61,800 PSI
	AR2206H	.308"	2.800"	40.0	2,274 fps	39,100 CUP	42.7	2,422 fps	49,000 CUP
	AR2208	.308"	2.800"	42.0	2,370 fps	42,600 CUP	45.0C	2,539 fps	48,600 CUP
180 GR. SPR SP	Bench Mark 2	.308"	2.800"	38.0	2,200 fps	40,700 CUP	41.3	2,361 fps	50,800 CUP
	Bench Mark 8208	.308"	2.800"	36.0	2,082 fps	51,600 PSI	40.0	2,264 fps	60,100 PSI
	AR2206H	.308"	2.800"	40.0	2,237 fps	41,200 CUP	42.5	2,359 fps	49,700 CUP
	AR2208	.308"	2.800"	41.0	2,274 fps	41,200 CUP	45.0C	2,480 fps	49,600 CUP
30-06 Springfield				Case: Winchester Twist: 1:10" Primer: Winchester LR			Barrel length: 15" Trim length: 2.484"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
110 GR. HDY SP	AR2206H	.308"	3.170"	51.0	2,792 fps	39,000 CUP	57.0	2,978 fps	49,300 CUP
	AR2208	.308"	3.170"	55.0	2,774 fps	44,400 CUP	59.0	2,910 fps	48,500 CUP
125 GR. SIE SP	AR2206H	.308"	3.150"	48.0	2,680 fps	41,400 CUP	53.7	2,892 fps	49,300 CUP
	AR2208	.308"	3.150"	54.0	2,731 fps	45,500 CUP	57.2	2,820 fps	49,500 CUP
130 GR. SPR HP	AR2206H	.308"	3.060"	48.0	2,673 fps	38,600 CUP	53.1	2,838 fps	46,100 CUP
	AR2208	.308"	3.060"	49.0	2,542 fps	41,300 CUP	53.5	2,690 fps	48,400 CUP
150 GR. NOS BT	AR2206H	.308"	3.250"	46.0	2,503 fps	44,400 CUP	51.0	2,721 fps	48,500 CUP
	AR2208	.308"	3.250"	47.0	2,442 fps	42,600 CUP	51.0	2,582 fps	50,000 CUP
	AR2209	.308"	3.250"	56.0	2,440 fps	37,100 CUP	62.0C	2,704 fps	48,400 CUP
155 GR. SIE HPBT	AR2206H	.308"	3.225"	46.0	2,428 fps	41,200 CUP	51.0	2,692 fps	45,600 CUP
	AR2208	.308"	3.225"	48.0	2,445 fps	44,600 CUP	50.7	2,558 fps	48,800 CUP
	AR2209	.308"	3.225"	56.0	2,392 fps	36,000 CUP	62.0C	2,647 fps	47,500 CUP
165 GR. SIE SPBT	AR2206H	.308"	3.300"	43.0	2,360 fps	41,100 CUP	47.5	2,521 fps	49,000 CUP
	AR2208	.308"	3.300"	47.0	2,384 fps	44,500 CUP	50.5	2,534 fps	49,700 CUP
	AR2209	.308"	3.300"	53.0	2,355 fps	38,400 CUP	59.0	2,562 fps	49,400 CUP
168 GR. HDY HPBT	AR2206H	.308"	3.230"	43.0	2,356 fps	41,200 CUP	47.5	2,529 fps	50,000 CUP
	AR2208	.308"	3.230"	47.0	2,389 fps	42,700 CUP	50.5	2,526 fps	49,200 CUP
	AR2209	.308"	3.230"	55.0	2,374 fps	40,400 CUP	59.0	2,525 fps	48,100 CUP
175 GR. SIE HPBT	AR2206H	.308"	3.300"	43.8	2,295 fps	44,100 CUP	46.7	2,440 fps	49,000 CUP
	AR2208	.308"	3.300"	45.0	2,315 fps	41,700 CUP	48.0	2,437 fps	49,000 CUP
	AR2209	.308"	3.300"	55.0	2,422 fps	42,100 CUP	59.0	2,600 fps	48,700 CUP
	AR2213SC	.308"	3.300"	57.0	2,341 fps	38,300 CUP	61.5C	2,488 fps	44,400 CUP
180 GR. SIE SPBT	AR2206H	.308"	3.300"	41.0	2,200 fps	38,100 CUP	46.0	2,421 fps	48,800 CUP
	AR2208	.308"	3.300"	44.0	2,226 fps	41,900 CUP	47.0	2,342 fps	50,000 CUP
	AR2209	.308"	3.300"	52.0	2,288 fps	37,800 CUP	57.5	2,480 fps	49,300 CUP
	AR2213SC	.308"	3.300"	54.0	2,132 fps	34,700 CUP	60.0	2,332 fps	44,300 CUP

C = Compressed Load; L = Lead Projectile

PISTOL

30-06 Springfield				Case: Winchester Twist: 1:10" Primer: Winchester LR			Barrel length: 15" Trim length: 2.484"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
190 GR. HDY SPBT	AR2206H	.308"	3.220"	41.0	2,208 fps	41,400 CUP	45.5	2,376 fps	48,000 CUP
	AR2208	.308"	3.220"	43.5	2,197 fps	41,800 CUP	46.5	2,314 fps	49,700 CUP
	AR2209	.308"	3.220"	51.0	2,201 fps	39,500 CUP	56.5	2,433 fps	49,200 CUP
	AR2213SC	.308"	3.220"	57.0	2,223 fps	44,100 CUP	61.0C	2,393 fps	50,000 CUP
200 GR. NOS AB	AR2206H	.308"	3.300"	41.0	2,158 fps	43,700 CUP	44.0	2,268 fps	49,500 CUP
	AR2208	.308"	3.300"	42.0	2,144 fps	41,900 CUP	47.0	2,315 fps	49,100 CUP
	AR2209	.308"	3.300"	50.0	2,185 fps	40,400 CUP	53.7	2,358 fps	48,400 CUP
	AR2213SC	.308"	3.300"	55.0	2,220 fps	42,100 CUP	59.0C	2,372 fps	49,300 CUP
	AR2217	.308"	3.300"	57.0	2,062 fps	35,800 CUP	61.0C	2,222 fps	42,200 CUP
200 GR. SPR SP	AR2206H	.308"	3.230"	39.0	2,059 fps	40,700 CUP	43.5	2,262 fps	49,200 CUP
	AR2208	.308"	3.230"	42.5	2,136 fps	44,700 CUP	45.5	2,258 fps	49,600 CUP
	AR2209	.308"	3.230"	50.0	2,234 fps	44,500 CUP	53.0	2,334 fps	49,100 CUP
	AR2213SC	.308"	3.230"	54.0	2,163 fps	43,200 CUP	57.5C	2,269 fps	49,400 CUP
	AR2217	.308"	3.230"	55.0	2,050 fps	33,600 CUP	61.0C	2,261 fps	44,400 CUP
220 GR. HDY JRN	AR2208	.308"	3.230"	42.0	2,041 fps	44,000 CUP	45.0	2,166 fps	49,400 CUP
	AR2209	.308"	3.230"	50.0	2,146 fps	43,400 CUP	53.0	2,254 fps	49,200 CUP
	AR2213SC	.308"	3.230"	54.0	2,041 fps	43,300 CUP	57.5C	2,156 fps	48,600 CUP
	AR2217	.308"	3.230"	58.0	2,055 fps	36,500 CUP	61.0C	2,172 fps	43,600 CUP
250 GR. BAR JRN	AR2209	.308"	3.200"	45.0	1,941 fps	43,000 CUP	47.5	2,031 fps	48,400 CUP
	AR2213SC	.308"	3.200"	50.0	1,897 fps	43,900 CUP	52.5C	2,009 fps	49,600 CUP
	AR2217	.308"	3.200"	55.0	1,920 fps	43,600 CUP	58.0C	2,019 fps	49,500 CUP
32 ACP				Case: Winchester Twist: 1:16" Primer: Federal 100M			Barrel length: 4" Trim length: 0.675"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
71 GR. SIE FMJ	AS30N	.312"	0.978"	1.5	745 fps	11,700 CUP	1.7	830 fps	15,000 CUP
	AP70N	.312"	0.978"	2.2	781 fps	11,600 CUP	2.4	881 fps	14,900 CUP
32 Smith & Wesson				Case: Winchester Twist: 1:18.75" Primer: Winchester SP			Barrel length: 4" Trim length: 0.600"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
85 GR. CAST LRN	AS30N	.314"	0.930"	-	-	-	1.2	600 fps	-
	AP50N	.314"	0.930"	-	-	-	1.4	650 fps	-
	AP70N	.314"	0.930"	-	-	-	1.8	730 fps	-

PISTOL

32 S&W Long				Case: Remington Twist: 1:18.75" Primer: CCI 500			Barrel length: 5.32" Trim length: 0.915"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
83 GR. BERB HBWC	AP70N	.314"	0.920"	2.2	592 fps	7,000 CUP	2.7	798 fps	10,500 CUP
85 GR. HDY JHP	AP70N	.312"	1.160"	2.7	705 fps	8,000 CUP	3.0	865 fps	12,000 CUP
90 GR. HDY LSWC	Trail Boss	.314"	1.185"	1.5	599 fps	5,900 CUP	2.9	730 fps	8,100 CUP
	AP70N	.314"	1.185"	2.4	777 fps	8,800 CUP	2.7	844 fps	10,200 CUP
90 GR. SIE JHC	AP70N	.312"	1.170"	2.6	676 fps	7,500 CUP	2.9	838 fps	11,200 CUP
98 GR. SPR LHBWC	AP70N	.314"	0.920"	1.9	675 fps	6,100 CUP	2.2	830 fps	11,000 CUP
32 North American Arms				Case: Corbon Twist: 1:16" Primer: Winchester SP			Barrel length: 2.5" Trim length: 0.670"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
60 GR. SPR GDHP	AS30N	.312"	0.930"	2.3	960 fps	15,700 PSI	2.6	1,053 fps	21,800 PSI
	AP70N	.312"	0.930"	3.8	1,068 fps	15,500 PSI	4.1	1,189 fps	20,200 PSI
71 GR. HDY FMJ/RN	AS30N	.311"	0.940"	2.2	895 fps	18,200 PSI	2.4	946 fps	22,000 PSI
	AP70N	.311"	0.940"	3.4	985 fps	16,400 PSI	3.8	1,087 fps	21,200 PSI
32 H&R Magnum				Case: Federal Twist: 1:16" Primer: Federal 100			Barrel length: 5" Trim length: 1.070"		
NOTE: See Single Action Pistol section for more loads with lead bullets.									
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
85 GR. HDY HP	AP70N	.312"	1.290"	4.0	1,090 fps	18,400 CUP	4.3	1,123 fps	19,000 CUP
	AR2205	.312"	1.290"	8.5	989 fps	19,300 CUP	9.5	1,151 fps	21,000 CUP
90 GR. SIE JHP	AP70N	.312"	1.340"	3.7	1,008 fps	16,900 CUP	4.0	1,072 fps	20,000 CUP
	AR2205	.312"	1.340"	9.5	1,042 fps	15,000 CUP	10.0	1,079 fps	17,000 CUP
100 GR. SPR JHP	AP70N	.312"	1.345"	3.3	847 fps	14,300 CUP	3.7	973 fps	19,900 CUP
	AR2205	.312"	1.345"	9.0	980 fps	15,700 CUP	10.0	1,060 fps	19,300 CUP
327 Federal Magnum				Case: Federal Twist: 1:16" Primer: Federal 200			Barrel length: 5" Trim length: 1.200"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
77 GR. CAST LFP	AS30N	.314"	1.460"	3.7	1,121 fps	18,000 PSI	4.5	1,297 fps	30,900 PSI
	Trail Boss	.314"	1.460"	3.0	919 fps	12,300 PSI	3.5	1,024 fps	18,700 PSI
	AP70N	.314"	1.460"	4.9	1,190 fps	15,700 PSI	5.5	1,357 fps	22,800 PSI
85 GR. HDY XTP	AP70N	.312"	1.450"	5.3	1,253 fps	32,100 PSI	6.0	1,378 fps	38,700 PSI
90 GR. LHBWC	AS30N	.314"	1.200"	1.9	792 fps	17,800 PSI	2.2	856 fps	20,600 PSI
90 GR. CAST LRNFP	AS30N	.312"	1.460"	3.5	1,065 fps	26,400 PSI	4.2	1,186 fps	37,900 PSI
90 GR. LHBWC	AP70N	.314"	1.200"	2.4	721 fps	9,100 PSI	2.8	869 fps	12,500 PSI
90 GR. CAST LRNFP	Trail Boss	.312"	1.460"	2.7	789 fps	11,200 PSI	3.2	890 fps	14,800 PSI
	AP70N	.312"	1.460"	4.3	1,090 fps	16,600 PSI	5.2	1,274 fps	27,800 PSI
90 GR. SIE JHC	AP70N	.312"	1.460"	5.3	1,275 fps	26,800 PSI	5.7	1,372 fps	40,900 PSI
100 GR. HDY XTP	AP70N	.312"	1.450"	4.5	1,087 fps	28,000 PSI	5.4	1,250 fps	40,800 PSI

PISTOL

327 Federal Magnum				Case: Federal Twist: 1:16" Primer: Federal 200			Barrel length: 5" Trim length: 1.200"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
115 GR. MEI LRNFP	AS30N	.312"	1.460"	3.0	913 fps	26,600 PSI	3.7	1,017 fps	39,500 PSI
	Trail Boss	.312"	1.460"	2.5	733 fps	15,200 PSI	3.0	804 fps	19,600 PSI
	AP70N	.312"	1.460"	4.2	1,059 fps	25,200 PSI	5.0	1,184 fps	40,200 PSI
380 Auto (9mm Kurz)				Case: Remington Twist: 1:16" Primer: CCI 500			Barrel length: 3.75" Trim length: 0.675"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
90 GR.	AP50N	-	-	-	-	-	3.0	800 fps	-
90 GR. HDY JHP	AP70N	.355"	0.955"	3.2	815 fps	10,700 CUP	3.6	955 fps	15,700 CUP
90 GR.	AP100	-	-	-	-	-	5.1	850 fps	-
95 GR. SPR FMJ	AP70N	.355"	0.970"	3.1	814 fps	12,500 CUP	3.5	901 fps	15,500 CUP
100 GR.	AP50N	-	-	-	-	-	2.8	725 fps	-
100 GR. HDY FMJ	AP70N	.355"	0.980"	3.0	721 fps	11,400 CUP	3.4	889 fps	16,100 CUP
100 GR.	AP100	-	-	-	-	-	4.7	775 fps	-
115 GR.	AP50N	-	-	-	-	-	2.3	725 fps	-
	AP100	-	-	-	-	-	4.4	750 fps	-
38 Short Colt				Case: Starline Twist: 1:16" Primer: Federal 100M			Barrel length: 7.5" Trim length: 0.755"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
93 GR. AA206 LRN	AS30N	.359"	1.005"	1.8	634 fps	7,000 CUP	2.1	778 fps	7,300 CUP
	Trail Boss	.359"	1.005"	1.7	575 fps	-	2.0	674 fps	-
	AP70N	.359"	1.005"	2.9	634 fps	-	3.4	775 fps	-
135 GR. AA202 LFP	AS30N	.358"	1.135"	1.8	648 fps	-	2.1	731 fps	-
	Trail Boss	.358"	1.135"	1.5	490 fps	-	1.7	526 fps	-
	AP70N	.358"	1.135"	2.4	624 fps	-	2.8	771 fps	-
38 Long Colt				Case: Starline Twist: 1:16" Primer: Federal 100M			Barrel length: 7.5" Trim length: 1.012"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
125 GR. LRN	AS30N	.358"	1.400"	2.0	631 fps	-	2.5	765 fps	-
	Trail Boss	.358"	1.400"	2.0	622 fps	-	2.4	705 fps	-
	AP70N	.358"	1.400"	3.2	626 fps	-	3.7	772 fps	-
150 GR. LRN	AS30N	.358"	1.390"	2.0	624 fps	-	2.6	744 fps	-
	Trail Boss	.358"	1.390"	1.8	541 fps	-	2.0	575 fps	-
	AP70N	.358"	1.390"	3.0	631 fps	-	3.5	769 fps	-

PISTOL

9mm Luger				Case: Winchester Twist: 1:10" Primer: CCI 500			Barrel length: 4" Trim length: 0.750"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
80 GR. BAR TAC-XP	AP70N	.355"	1.025"	3.7	1,156 fps	31,400 PSI	3.9	1,166 fps	31,500 PSI
90 GR. SPR GDHP	AP70N	.355"	1.010"	5.0	1,170 fps	25,700 CUP	5.5	1,266 fps	30,100 CUP
95 GR. SIE FMJ	AP70N	.355"	1.020"	4.6	1,182 fps	26,800 CUP	5.2	1,292 fps	31,700 CUP
100 GR. SFIRE	AP70N	.355"	1.140"	3.8	1,057 fps	21,700 PSI	4.2	1,169 fps	30,700 PSI
100 GR. SPR FMJ	AP70N	.355"	1.050"	4.8	1,119 fps	27,200 CUP	5.3	1,212 fps	31,500 CUP
115 GR. LRN	AS30N	.356"	1.100"	3.0	954 fps	25,300 CUP	3.4	1,039 fps	31,000 CUP
	AP50N	.356"	1.169"	3.0	920 fps	14,900 PSI	4.0	1,110 fps	34,300 PSI
	AP70N	.356"	1.100"	4.0	1,034 fps	24,400 CUP	4.5	1,124 fps	31,300 CUP
	AP100	.356"	1.169"	5.5	1,055 fps	18,100 PSI	6.8	1,285 fps	33,900 PSI
115 GR. SPR GDHP	AS30N	.355"	1.125"	3.7	1,066 fps	30,900 CUP	3.9	1,095 fps	32,600 CUP
	AP70N	.355"	1.125"	4.5	1,029 fps	27,400 CUP	5.0	1,149 fps	31,200 CUP
120 GR. CAST LRN	AP50N	.355"	1.113"	3.0	970 fps	26,500 PSI	3.5	1,075 fps	34,800 PSI
	AP100	.355"	1.113"	5.0	1,000 fps	23,000 PSI	6.0	1,180 fps	33,200 PSI
125 GR. LCN	AS30N	.356"	1.125"	2.9	899 fps	22,700 CUP	3.3	993 fps	30,900 CUP
	AP70N	.356"	1.125"	3.8	993 fps	24,400 CUP	4.3	1,096 fps	31,300 CUP
125 GR. CAST LCN	AP50N	.355"	1.114"	2.5	835 fps	19,500 PSI	3.2	1,000 fps	32,500 PSI
	AP100	.355"	1.114"	5.0	890 fps	17,300 PSI	6.2	1,135 fps	33,500 PSI
125 GR. SIE FMJ	AS30N	.355"	1.090"	3.5	1,010 fps	28,000 CUP	3.7	1,056 fps	32,500 CUP
	AP70N	.355"	1.090"	4.3	1,031 fps	26,900 CUP	4.9	1,118 fps	30,600 CUP
125 GR. HDY HAP	AP70N	.355"	1.069"	3.0	803 fps	26,800 PSI	3.3	892 fps	32,200 PSI
130 GR. BERB RN	AS30N	.356"	1.150"	2.7	755 fps	27,400 PSI	3.0	853 fps	31,700 PSI
	AP70N	.356"	1.150"	3.8	857 fps	26,600 PSI	4.2	978 fps	31,500 PSI
135 GR. CAST LRN	AP50N	.355"	1.168"	2.3	710 fps	13,100 PSI	3.3	955 fps	34,100 PSI
	AP100	.355"	1.168"	5.2	970 fps	25,100 PSI	6.0	1,100 fps	34,100 PSI
147 GR. HDY XTP	AP70N	.355"	1.100"	3.0	803 fps	24,100 CUP	3.3	869 fps	31,000 CUP

38 ACP				Case:			Barrel length: 3.75"		
				Twist: -			Trim length: -		
				Primer:					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
90 GR. LEAD	AP70N	-	-	-	-	-	3.6	955 fps	-
95 GR. LEAD	AP70N	-	-	-	-	-	3.5	900 fps	-
100 GR. LEAD	AP70N	-	-	-	-	-	3.4	890 fps	-

PISTOL

38 Super Auto				Case: Remington			Barrel length: 5"		
				Twist: 1:16"			Trim length: 0.895"		
				Primer: Remington 1 1/2					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
90 GR. SIE JHP	AP70N	.355"	1.180"	5.7	1,312 fps	26,200 CUP	6.3	1,352 fps	31,600 CUP
100 GR. SPR JHP	AP70N	.355"	1.215"	5.4	1,233 fps	25,200 CUP	6.0	1,327 fps	32,500 CUP
115 GR. CAST LRN	AS30N	.356"	1.250"	4.0	1,046 fps	28,600 CUP	4.6	1,104 fps	31,600 CUP
115 GR. CAST LRN *	AP50N	.356"	1.205"	-	-	-	4.8	1,190 fps	36,200 PSI
115 GR. CAST LRN	AP70N	.356"	1.250"	5.0	1,115 fps	21,900 CUP	5.7	1,216 fps	31,900 CUP
115 GR. CAST LRN *	AP100	.356"	1.205"	6.0	1,010 fps	19,600 PSI	8.0	1,425 fps	34,500 PSI
115 GR. HDY XTP	AP70N	.355"	1.245"	4.9	1,141 fps	25,300 CUP	5.5	1,225 fps	32,300 CUP
125 GR. CAST LCN	AS30N	.356"	1.230"	3.9	1,014 fps	27,300 CUP	4.4	1,063 fps	31,600 CUP
125 GR. CAST LCN *	AP50N	.355"	1.363"	4.0	1,046 fps	28,900 PSI	4.5	1,128 fps	36,500 PSI
125 GR. CAST LCN	AP70N	.356"	1.230"	4.7	1,110 fps	25,200 CUP	5.3	1,171 fps	32,300 CUP
125 GR. CAST LCN *	AP100	.355"	1.363"	7.0	1,260 fps	23,200 PSI	8.0	1,415 fps	36,500 PSI
125 GR. SIE FMJ	AP70N	.355"	1.275"	4.9	1,069 fps	27,600 CUP	5.5	1,179 fps	32,300 CUP
130 GR. BERB RN	AP70N	.355"	1.270"	4.4	984 fps	23,000 CUP	4.9	1,073 fps	30,500 CUP
135 GR. CAST LRN	AS30N	.356"	1.275"	3.5	928 fps	25,600 CUP	4.2	998 fps	32,500 CUP
135 GR. CAST LRN *	AP50N	.355"	1.256"	3.5	925 fps	21,600 PSI	4.4	1,070 fps	36,400 PSI
135 GR. CAST LRN	AP70N	.356"	1.275"	4.5	1,011 fps	22,800 CUP	5.1	1,108 fps	30,900 CUP
135 GR. CAST LRN *	AP100	.355"	1.256"	6.0	1,055 fps	23,800 PSI	7.5	1,325 fps	36,300 PSI
147 GR. HDY XTP	AP70N	.355"	1.260"	4.3	960 fps	26,900 CUP	4.8	1,017 fps	32,500 CUP
150 GR. CAST LRN	AP70N	.356"	1.230"	4.5	1,038 fps	27,600 CUP	5.0	1,111 fps	32,000 CUP
150 GR. SIE JFP	AP70N	.356"	1.265"	4.4	984 fps	26,600 CUP	4.9	1,059 fps	32,100 CUP

* Winchester case

38 Smith & Wesson				Case: Winchester			Barrel length: 4"		
				Twist: 1:18.75"			Trim length: 0.765"		
				Primer: Winchester SP					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
110 GR.	AP50N	-	-	-	-	-	3.5	1,000 fps	-
	AP70N	-	-	-	-	-	4.1	1,000 fps	-
125 GR.	AP50N	-	-	-	-	-	3.4	950 fps	-
	AP70N	-	-	-	-	-	4.0	950 fps	-
148 GR. LEAD	AP50N	-	-	-	-	-	2.9	750 fps	-
	AP70N	-	-	-	-	-	3.4	750 fps	-
	AP100	-	-	-	-	-	4.3	750 fps	-
158 GR. LEAD	AP50N	-	-	-	-	-	2.8	700 fps	-
	AP70N	-	-	-	-	-	3.3	700 fps	-
	AP100	-	-	-	-	-	4.1	700 fps	-

PISTOL

38 Special	Case: Winchester	Barrel length: 7.7"
	Twist: 1:18.75"	Trim length: 1.145"
	Primer: Winchester SP	

NOTE: See Single Action Pistol section for more loads with lead bullets.

Bullet	Powder	Bullet Diam.	C.O.L.	Start loads			Maximum loads		
				Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
110 GR. HDY XTP	AS30N	.357"	1.455"	4.0	1,002 fps	14,400 CUP	4.2	1,073 fps	17,000 CUP
	AP70N	.357"	1.455"	5.0	968 fps	11,800 CUP	5.6	1,143 fps	16,700 CUP
125 GR. CAST LRN	AP50N	.356"	1.270"	4.0	905 fps	7,900 PSI	5.0	1,130 fps	11,100 PSI
125 GR. HDY XTP	AS30N	.357"	1.455"	3.5	843 fps	12,400 CUP	3.9	937 fps	16,100 CUP
	AP70N	.357"	1.455"	4.7	918 fps	12,600 CUP	5.2	1,019 fps	17,000 CUP
135 GR. CAST LWC *	AP50N	.358"	1.278"	2.8	645 fps	9,450 PSI	3.5	845 fps	16,900 PSI
	AP70N	.358"	1.278"	3.5	575 fps	8,200 PSI	4.7	940 fps	17,000 PSI
138 GR. CAST LWC *	AP50N	.357"	1.280"	3.0	710 fps	10,100 PSI	3.5	835 fps	17,500 PSI
140 GR. HDY XTP	AS30N	.357"	1.455"	3.0	703 fps	13,400 CUP	3.7	869 fps	16,700 CUP
	AP70N	.357"	1.455"	4.3	832 fps	12,400 CUP	4.8	939 fps	15,400 CUP
146 GR. SPR JHP	AP70N	.357"	1.370"	4.0	788 fps	11,100 CUP	4.5	933 fps	16,100 CUP
	AR2205	.357"	1.370"	9.6	908 fps	12,600 CUP	10.7	979 fps	15,700 CUP
148 GR. CAST LWC *	AP50N	.358"	1.293"	2.8	650 fps	10,100 PSI	3.2	755 fps	13,000 PSI
	AP70N	.358"	1.293"	3.5	585 fps	8,800 PSI	4.5	845 fps	14,700 PSI
148 GR. HDY LHBWC	AS30N	.358"	1.160"	2.3	784 fps	10,900 CUP	2.5	836 fps	13,200 CUP
	Trail Boss	.358"	1.160"	2.0	625 fps	15,100 PSI	2.3	675 fps	15,700 PSI
	AP70N	.358"	1.160"	2.9	709 fps	7,400 CUP	3.8	940 fps	15,600 CUP
158 GR. CAST LSWC *	AP50N	.358"	1.470"	3.2	660 fps	8,200 PSI	3.8	800 fps	16,600 PSI
	AP70N	.358"	1.470"	4.2	645 fps	7,300 PSI	5.0	865 fps	16,300 PSI
158 GR. CAST LSWC	AR2205	.358"	1.475"	9.0	887 fps	12,100 CUP	10.0	983 fps	15,700 CUP
158 GR. HDY XTP	AS30N	.357"	1.455"	3.0	633 fps	13,400 CUP	3.1	721 fps	16,600 CUP
	AP70N	.357"	1.455"	4.0	678 fps	12,600 CUP	4.4	778 fps	16,200 CUP
	AR2205	.357"	1.455"	9.0	769 fps	12,400 CUP	10.0	864 fps	15,500 CUP
170 GR. SIE JHC	AP70N	.357"	1.450"	3.8	744 fps	14,100 CUP	4.2	823 fps	16,100 CUP
	AR2205	.357"	1.450"	8.8	762 fps	12,900 CUP	9.8	888 fps	15,900 CUP

* 4" Vented Barrel

38 Special +P	Case: Winchester	Barrel length: 7.7"
	Twist: 1:18.75"	Trim length: 1.145"
	Primer: Winchester SP	

WARNING: 38 Special +P Loads are for use in modern arms (not aluminium frame) in good condition.

Bullet	Powder	Bullet Diam.	C.O.L.	Start loads			Maximum loads		
				Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
110 GR. HDY XTP	AP70N	.357"	1.455"	-	-	-	6.0	1,204 fps	18,700 CUP
125 GR. HDY XTP	AP70N	.357"	1.455"	-	-	-	5.4	1,072 fps	18,900 CUP
140 GR. HDY XTP	AP70N	.357"	1.455"	-	-	-	5.1	1,022 fps	19,100 CUP
	AR2205	.357"	1.455"	-	-	-	12.4	1,121 fps	19,400 CUP
146 GR. SPR JHP	AP70N	.357"	1.370"	-	-	-	4.7	987 fps	18,100 CUP
	AR2205	.357"	1.370"	-	-	-	12.0	1,085 fps	18,400 CUP
158 GR. HDY XTP	AP70N	.357"	1.455"	-	-	-	4.7	837 fps	19,200 CUP
	AR2205	.357"	1.455"	-	-	-	11.0	964 fps	17,600 CUP
170 GR. SIE JHC	AP70N	.357"	1.450"	-	-	-	4.3	847 fps	18,600 CUP
	AR2205	.357"	1.450"	-	-	-	10.6	950 fps	17,600 CUP

PISTOL

357 SIG				Case: Federal			Barrel length: 4"		
				Twist: 1:16"			Trim length: 0.860"		
				Primer: Winchester SP					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
90 GR. HDY XTP	AP70N	.355"	1.135"	7.2	1,428 fps	27,000 PSI	8.1	1,578 fps	36,900 PSI
115 GR. HDY XTP	AP70N	.355"	1.135"	6.5	1,272 fps	31,600 PSI	7.3	1,375 fps	39,200 PSI
124 GR. HDY XTP	AP70N	.355"	1.135"	5.2	1,134 fps	27,500 PSI	5.8	1,235 fps	38,500 PSI
147 GR. HDY XTP	AP70N	.355"	1.140"	5.0	1,026 fps	29,200 PSI	5.6	1,110 fps	38,600 PSI

357 Magnum				Case: Winchester			Barrel length: 10"		
				Twist: 1:18.75"			Trim length: 1.285"		
				Primer: Winchester SPM					

NOTE: See Single Action Pistol section for more loads with lead bullets.

				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
110 GR. HDY XTP	AP70N	.357"	1.590"	7.5	1,465 fps	35,100 CUP	8.0	1,536 fps	40,000 CUP
	AR2205	.357"	1.590"	18.9	1,774 fps	29,600 CUP	21.0	1,900 fps	35,500 CUP
125 GR. HDY XTP	AP70N	.357"	1.590"	7.1	1,394 fps	34,900 CUP	7.6	1,453 fps	39,600 CUP
125 GR. HDY XTP *	AP100	.357"	1.590"	-	-	-	10.3	1,270 fps	33,200 PSI
125 GR. HDY XTP	AR2205	.357"	1.590"	18.0	1,692 fps	34,400 CUP	20.0	1,839 fps	42,000 CUP
138 GR. CAST LWC *	AP50N	.357"	1.420"	4.0	855 fps	13,700 PSI	5.0	1,050 fps	33,700 PSI
140 GR. HDY XTP	AP70N	.357"	1.590"	6.5	1,218 fps	34,800 CUP	7.0	1,299 fps	40,200 CUP
140 GR. HDY FTX	AP70N	.357"	1.600"	4.0	922 fps	19,700 PSI	5.3	1,205 fps	34,200 PSI
140 GR. HDY XTP	AR2205	.357"	1.590"	16.2	1,541 fps	33,100 CUP	18.0	1,685 fps	42,600 CUP
146 GR. SPR JHP	AP70N	.357"	1.535"	6.0	1,160 fps	33,500 CUP	6.5	1,261 fps	39,900 CUP
	AR2205	.357"	1.535"	14.5	1,440 fps	34,300 CUP	16.0	1,566 fps	42,700 CUP
148 GR. CAST LWC *	AP50N	.358"	1.410"	4.0	835 fps	12,700 PSI	5.0	1,005 fps	28,500 PSI
148 GR. HDY LHBWC	AP70N	.358"	1.290"	3.5	880 fps	13,700 CUP	4.0	989 fps	17,700 CUP
150 GR. CAST LSWC *	AP50N	.358"	1.615"	4.0	800 fps	13,300 PSI	5.0	960 fps	23,900 PSI
158 GR. HDY XTP	AP70N	.357"	1.580"	5.8	1,026 fps	32,100 CUP	6.3	1,133 fps	39,300 CUP
158 GR. HDY XTP *	AP100	.357"	1.593"	8.7	1,065 fps	28,200 PSI	9.0	1,075 fps	34,100 PSI
158 GR. HDY XTP	AR2205	.357"	1.580"	14.5	1,402 fps	34,600 CUP	16.0	1,520 fps	42,600 CUP
170 GR. SIE JHC	AR2205	.357"	1.580"	13.0	1,272 fps	32,300 CUP	14.5	1,395 fps	41,200 CUP
180 GR. SPR TMJ *	AP100	.357"	1.700"	7.0	770 fps	16,400 PSI	8.2	965 fps	34,200 PSI
180 GR. NOS PART	AR2205	.357"	1.575"	12.7	1,247 fps	36,900 CUP	13.7	1,308 fps	40,900 CUP

* 4" Vented Barrel

357-44 Bain & Davis				Case: Federal			Barrel length: 10"		
				Twist: 1:14"			Trim length: 1.270"		
				Primer: Federal 150					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
110 GR. HDY JHP	AR2205	.357"	1.580"	23.0	1,680 fps	-	24.0	1,750 fps	-
125 GR. SIE JSP	AR2205	.357"	1.580"	22.0	1,564 fps	-	23.0	1,627 fps	-
140 GR. SPR JHP	AR2205	.357"	1.580"	21.0	1,514 fps	-	22.0	1,596 fps	-
150 GR. NOS SP	AR2205	.357"	1.580"	20.0	1,434 fps	-	21.0	1,557 fps	-
158 GR. HDY XTP	AR2205	.357"	1.580"	19.0	1,367 fps	-	20.0	1,440 fps	-

PISTOL

357 Remington Maximum				Case: Remington Twist: 1:18.75" Primer: Remington 7 1/2			Barrel length: 10" Trim length: 1.600"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
110 GR. HDY XTP	AR2205	.357"	1.910"	26.0	2,120 fps	-	28.0	2,314 fps	-
125 GR. SPR JSP	AR2205	.357"	1.885"	25.0	1,968 fps	-	27.0	2,126 fps	-
140 GR. SPR JHP	AR2205	.357"	1.890"	22.0	1,866 fps	-	24.0	1,985 fps	-
150 GR. NOS SP	AR2205	.357"	1.890"	21.0	1,788 fps	-	23.0	1,923 fps	-
160 GR. HDY JTC SIL	AR2205	.357"	1.890"	20.5	1,709 fps	-	22.5	1,814 fps	-
170 GR. SIE JHC	AR2205	.357"	1.880"	19.0	1,638 fps	-	21.0	1,748 fps	-
180 GR. SPR TMJ SIL	AR2205	.357"	1.990"	18.0	1,551 fps	-	20.0	1,645 fps	-
200 GR. SPR TMJ SIL	AR2205	.357"	1.990"	16.0	1,280 fps	-	18.0	1,440 fps	-

35 Remington				Case: Remington Twist: 1:16" Primer: Remington 9 1/2			Barrel length: 14" Trim length: 1.910"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
180 GR. SPR FN	AR2207	.358"	2.470"	28.0	1,794 fps	28,600 CUP	32.0	1,977 fps	33,000 CUP
	AR2219	.358"	2.470"	31.0	1,730 fps	28,200 CUP	35.0	1,915 fps	33,100 CUP
	Bench Mark 2	.358"	2.470"	32.5	1,697 fps	29,300 CUP	35.5	1,932 fps	32,300 CUP
	AR2206H	.358"	2.470"	35.0	1,812 fps	27,500 CUP	39.0	2,031 fps	33,100 CUP
	AR2208	.358"	2.470"	37.0	1,795 fps	27,200 CUP	40.5	1,998 fps	32,500 CUP
200 GR. HDY RN	AR2207	.358"	2.510"	27.0	1,525 fps	26,700 CUP	30.5	1,680 fps	31,700 CUP
	AR2219	.358"	2.510"	31.0	1,567 fps	28,500 CUP	33.8	1,670 fps	33,100 CUP
	Bench Mark 2	.358"	2.510"	32.5	1,551 fps	29,400 CUP	35.5	1,766 fps	32,600 CUP
	AR2206H	.358"	2.510"	35.0	1,613 fps	26,100 CUP	38.5	1,772 fps	32,300 CUP
	AR2208	.358"	2.510"	36.0	1,651 fps	28,800 CUP	39.5	1,797 fps	33,300 CUP
220 GR. SPR FN	AR2207	.358"	2.470"	26.0	1,500 fps	30,400 CUP	29.0	1,606 fps	33,400 CUP
	AR2219	.358"	2.470"	29.0	1,455 fps	26,100 CUP	32.5	1,608 fps	32,600 CUP
	Bench Mark 2	.358"	2.470"	31.0	1,484 fps	30,600 CUP	34.0	1,697 fps	33,300 CUP
	AR2206H	.358"	2.470"	33.0	1,589 fps	29,000 CUP	36.3	1,729 fps	33,600 CUP
	AR2208	.358"	2.470"	34.0	1,550 fps	27,800 CUP	38.0	1,718 fps	33,300 CUP

9 x 18mm Makarov				Case: Winchester Twist: 1:10" Primer: Winchester SP			Barrel length: 4" Trim length: 0.708"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
90 GR. SPR FP	AP70N	.364"	0.970"	3.5	885 fps	17,900 PSI	3.9	1,022 fps	23,000 PSI
95 GR. HDY XTP	AP70N	.364"	0.965"	3.6	923 fps	20,100 PSI	4.0	1,030 fps	23,800 PSI

PISTOL

375 Super Mag				Case: Starline Twist: 1:18.75" Primer: Federal 150			Barrel length: 8" Trim length: 1.590"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Gr.	Velocity	Pressure	Gr.	Velocity	Pressure
220 GR. HDY FP	AR2205	.375"	2.080"	18.0	1,232 fps	-	21.0	1,314 fps	-
375 JDJ				Case: Remington (reformed) Twist: 1:12" Primer: Federal 210M			Barrel length: 14" Trim length: 2.230"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Gr.	Velocity	Pressure	Gr.	Velocity	Pressure
200 GR. SIE FP	AR2219	.375"	2.750"	45.0	1,811 fps	-	50.0	2,077 fps	-
	AR2206H	.375"	2.750"	47.0	1,971 fps	-	52.0	2,147 fps	-
220 GR. HDY FP	AR2207	.375"	2.750"	39.0	1,904 fps	-	44.0	2,115 fps	-
	AR2206H	.375"	2.750"	46.0	1,966 fps	-	51.0	2,214 fps	-
270 GR. HDY SP	AR2219	.375"	2.975"	40.0	1,612 fps	-	45.0	1,849 fps	-
	AR2206H	.375"	2.975"	43.0	1,660 fps	-	48.0	1,954 fps	-
300 GR. HDY RN	AR2219	.375"	2.970"	37.0	1,539 fps	-	42.0	1,773 fps	-
	AR2206H	.375"	2.970"	41.0	1,684 fps	-	46.0	1,951 fps	-
40 Smith & Wesson				Case: Hornady Twist: 1:16" Primer: Winchester SP			Barrel length: 4" Trim length: 0.845"		
WARNING: This data is intended for use in firearms with barrels that fully support the cartridge in the chamber. Use of this data in firearms that do not fully support the cartridge may result in bulged cases, ruptured cases, case head separation or other condition that could cause damage to the firearm and/or injury to the shooter and/or bystanders.									
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Gr.	Velocity	Pressure	Gr.	Velocity	Pressure
125 GR. SFIRE	AP70N	.400"	1.120"	4.7	1,059 fps	23,500 PSI	5.3	1,172 fps	32,300 PSI
135 GR. NOS JHP	AS30N	.400"	1.125"	4.0	940 fps	22,600 PSI	4.5	1,071 fps	32,900 PSI
	AP70N	.400"	1.125"	6.2	1,109 fps	22,000 PSI	6.8	1,250 fps	32,000 PSI
140 GR. CAST LRN *	AP50N	.401"	1.075"	3.5	905 fps	17,900 PSI	4.7	1,110 fps	34,800 PSI
	AP70N	.401"	1.075"	4.5	920 fps	16,500 PSI	5.9	1,205 fps	34,900 PSI
140 GR. BAR TAC-XP	AS30N	.400"	1.135"	2.6	713 fps	24,800 PSI	3.0	783 fps	31,900 PSI
	AP70N	.400"	1.135"	4.3	958 fps	23,100 PSI	4.8	1,070 fps	31,200 PSI
150 GR. NOS JHP	AS30N	.400"	1.125"	3.8	923 fps	28,400 PSI	4.0	960 fps	31,700 PSI
	AP70N	.400"	1.125"	5.4	1,066 fps	25,700 PSI	5.9	1,165 fps	32,900 PSI
155 GR. CAST LRN †	AP50N	.401"	1.100"	4.0	915 fps	20,000 PSI	4.6	1,015 fps	33,600 PSI
	AP70N	.401"	1.100"	5.0	970 fps	19,200 PSI	5.6	1,100 fps	33,500 PSI
	AP100	.401"	1.100"	7.5	1,080 fps	25,700 PSI	8.1	1,180 fps	34,000 PSI
155 GR. BERB FP	AS30N	.400"	1.125"	3.7	879 fps	23,500 PSI	4.1	959 fps	31,300 PSI
	AP70N	.400"	1.125"	5.5	1,049 fps	26,000 PSI	6.0	1,145 fps	33,500 PSI
155 GR. HDY XTP	AS30N	.400"	1.125"	3.6	854 fps	23,300 PSI	4.0	942 fps	30,900 PSI
	AP70N	.400"	1.125"	5.7	1,056 fps	23,900 PSI	6.2	1,138 fps	31,800 PSI
165 GR. BERB FP	AS30N	.400"	1.125"	3.4	829 fps	27,500 PSI	3.7	888 fps	32,000 PSI
	AP70N	.400"	1.125"	4.8	951 fps	24,200 PSI	5.4	1,051 fps	30,500 PSI
165 GR. SIE JHP	AS30N	.400"	1.125"	3.5	851 fps	29,900 PSI	3.9	897 fps	33,300 PSI
	AP70N	.400"	1.125"	5.1	976 fps	26,800 PSI	5.6	1,061 fps	32,900 PSI
170 GR. TAIPAN LRN †	AP50N	.401"	1.100"	3.3	790 fps	17,600 PSI	3.8	895 fps	31,900 PSI
	AP70N	.401"	1.100"	4.0	850 fps	17,000 PSI	4.8	1,005 fps	35,000 PSI

PISTOL

40 Smith & Wesson	Case: Hornady	Barrel length: 4"
	Twist: 1:16"	Trim length: 0.845"
	Primer: Winchester SP	

WARNING: This data is intended for use in firearms with barrels that fully support the cartridge in the chamber. Use of this data in firearms that do not fully support the cartridge may result in bulged cases, ruptured cases, case head separation or other condition that could cause damage to the firearm and/or injury to the shooter and/or bystanders.

Bullet	Powder	Bullet Diam.	C.O.L.	Start loads			Maximum loads		
				Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
	AP100	.401"	1.100"	6.0	920 fps	22,450 PSI	6.8	1,060 fps	35,000 PSI
180 GR. BERB FP	AS30N	.400"	1.125"	3.0	732 fps	25,400 PSI	3.4	809 fps	32,100 PSI
180 GR. CAST LCN *	AP50N	.401"	1.097"	2.8	775 fps	20,500 PSI	3.4	885 fps	31,900 PSI
	AP70N	.401"	1.097"	3.5	790 fps	18,600 PSI	4.5	985 fps	35,000 PSI
180 GR. BERB FP	AP70N	.400"	1.125"	4.6	925 fps	28,300 PSI	5.1	1,002 fps	33,100 PSI
180 GR. CAST LCN *	AP100	.401"	1.097"	5.0	820 fps	16,900 PSI	6.5	1,050 fps	34,900 PSI
180 GR. HDY XTP	AS30N	.400"	1.125"	3.0	727 fps	26,000 PSI	3.5	847 fps	34,300 PSI
	AP70N	.400"	1.125"	5.0	973 fps	26,500 PSI	5.8	1,046 fps	33,400 PSI
200 GR. HDY XTP	AP70N	.400"	1.125"	4.0	824 fps	25,000 PSI	4.7	903 fps	33,600 PSI

* Winchester case
 † Fiocchi case

10mm Auto	Case: Winchester	Barrel length: 5"
	Twist: 1:16"	Trim length: 0.987"
	Primer: Winchester LP	

Bullet	Powder	Bullet Diam.	C.O.L.	Start loads			Maximum loads		
				Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
135 GR. NOS JHP	AP70N	.400"	1.250"	7.0	1,284 fps	30,200 PSI	8.0	1,416 fps	36,100 PSI
155 GR. HDY XTP	AP70N	.400"	1.260"	6.5	1,135 fps	22,600 PSI	7.5	1,279 fps	35,200 PSI
180 GR. SIE JHC	AP70N	.400"	1.260"	5.4	965 fps	22,300 PSI	6.4	1,122 fps	32,200 PSI
200 GR. HDY FMJ	AP70N	.400"	1.260"	4.9	846 fps	24,300 PSI	5.9	1,015 fps	36,900 PSI

41 Action Express	Case:	Barrel length: 5"
	Twist: 1:16"	Trim length: 0.861"
	Primer:	

Bullet	Powder	Bullet Diam.	C.O.L.	Start loads			Maximum loads		
				Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
150 GR. LEAD	AP70N	.410"	-	-	-	-	6.3	1,125 fps	-
	AP100	.410"	-	-	-	-	9.0	1,200 fps	-
150 GR.	AP70N	.410"	-	-	-	-	6.5	1,025 fps	-
	AP100	.410"	-	-	-	-	9.2	1,075 fps	-
170 GR. LEAD	AP70N	.410"	-	-	-	-	4.9	1,000 fps	-
	AP100	.410"	-	-	-	-	6.5	1,050 fps	-
170 GR.	AP70N	.410"	-	-	-	-	5.1	900 fps	-
	AP100	.410"	-	-	-	-	6.7	925 fps	-
200 GR. LEAD	AP70N	.410"	-	-	-	-	4.4	875 fps	-
	AP100	.410"	-	-	-	-	6.0	925 fps	-

PISTOL

41 Remington Magnum				Case: Remington Twist: 1:18.75" Primer: Winchester LP			Barrel length: 10.125" Trim length: 1.280"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
170 GR. SIE JHC	AP70N	.410"	1.575"	8.0	1,229 fps	21,600 CUP	10.3	1,488 fps	38,700 CUP
	AR2205	.410"	1.575"	22.5	1,582 fps	26,100 CUP	24.9	1,745 fps	35,600 CUP
200 GR. CAST LFP	AS30N	.410"	1.550"	4.0	854 fps	13,400 CUP	5.2	997 fps	21,200 CUP
210 GR. HDY XTP	AP70N	.410"	1.580"	6.9	971 fps	17,700 CUP	8.9	1,243 fps	37,700 CUP
	AR2205	.410"	1.580"	19.3	1,379 fps	28,000 CUP	21.5	1,518 fps	38,000 CUP
215 GR. CAST LFP	AS30N	.410"	1.585"	4.0	825 fps	24,600 CUP	5.2	979 fps	26,700 CUP
	Trail Boss	.410"	1.600"	4.5	752 fps	13,000 CUP	6.5	910 fps	17,100 CUP
220 GR. SPR JSP	AP70N	.410"	1.580"	6.5	921 fps	18,900 CUP	8.5	1,178 fps	38,600 CUP
	AR2205	.410"	1.580"	18.0	1,296 fps	29,700 CUP	20.0	1,433 fps	37,500 CUP
245 GR. CAST LSWC	Trail Boss	.410"	1.630"	3.5	683 fps	12,600 CUP	6.0	834 fps	16,100 CUP
	AP70N	.410"	1.630"	6.3	1,001 fps	21,200 CUP	8.0	1,164 fps	36,000 CUP
	AR2205	.410"	1.630"	18.0	1,272 fps	27,000 CUP	20.0	1,444 fps	37,700 CUP
250 GR. WFNGC	Trail Boss	.410"	1.540"	3.7	611 fps	14,600 CUP	5.0	748 fps	20,300 CUP
	AR2205	.410"	1.540"	17.0	1,302 fps	33,600 CUP	18.4	1,398 fps	39,700 CUP
255 GR. WFNGC	AR2205	.410"	1.660"	18.8	1,378 fps	33,900 CUP	20.0	1,446 fps	38,800 CUP
265 GR. WLNGC	AR2205	.410"	1.710"	18.6	1,366 fps	31,900 CUP	19.8	1,429 fps	35,700 CUP

44 Colt				Case: Starline Twist: 1:20" Primer: Federal 150M			Barrel length: 8" Trim length: 1.090"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
165 GR. LEAD RNFP	AS30N	.430"	1.310"	3.0	705 fps	6,600 CUP	4.2	944 fps	9,000 CUP
	Trail Boss	.430"	1.310"	3.3	698 fps	5,400 CUP	4.5	844 fps	9,700 CUP
185 GR. LEAD RNFP	AS30N	.430"	1.350"	3.0	692 fps	5,800 CUP	4.2	893 fps	9,600 CUP
	Trail Boss	.430"	1.350"	3.2	643 fps	5,600 CUP	4.0	751 fps	9,600 CUP
200 GR. LEAD RNFP	AS30N	.430"	1.370"	3.2	710 fps	6,100 CUP	3.9	831 fps	10,000 CUP
	Trail Boss	.430"	1.370"	3.0	595 fps	4,800 CUP	3.9	711 fps	9,300 CUP
	AP70N	.430"	1.370"	4.8	762 fps	6,100 CUP	5.7	927 fps	9,900 CUP
240 GR. LEAD RNFP	AS30N	.430"	1.380"	4.0	706 fps	6,800 CUP	4.7	818 fps	9,500 CUP
	Trail Boss	.430"	1.380"	3.0	563 fps	6,800 CUP	3.4	625 fps	9,000 CUP
	AP70N	.430"	1.380"	4.5	769 fps	6,400 CUP	5.2	870 fps	10,400 CUP

44 S&W Special				Case: Starline Twist: 1:20" Primer: Winchester LP			Barrel length: 8" Trim length: 1.155"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
200 GR. NOS JHP	AP70N	.429"	1.460"	6.0	834 fps	9,000 CUP	6.8	967 fps	12,900 CUP
	AR2205	.429"	1.460"	13.0	848 fps	9,100 CUP	15.0	1,021 fps	13,100 CUP
220 GR. BERB FP	AS30N	.430"	1.460"	3.7	638 fps	7,800 CUP	4.4	774 fps	13,600 CUP
	Trail Boss	.430"	1.460"	4.0	633 fps	7,300 CUP	5.1	766 fps	12,800 CUP
	AP70N	.430"	1.460"	5.7	748 fps	8,700 CUP	6.5	918 fps	13,700 CUP

NOTE: See Single Action Pistol section for more loads with lead bullets.

PISTOL

44 Remington Magnum	Case: Winchester	Barrel length: 8.275"
	Twist: 1:20"	Trim length: 1.280"
	Primer: Remington 2 1/2	

NOTE: See Single Action Pistol section for more loads with lead bullets.

				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
180 GR. HDY XTP	AP70N	.430"	1.600"	9.0	1,209 fps	19,000 CUP	11.3	1,463 fps	36,900 CUP
200 GR. NOS JHP	AP70N	.429"	1.600"	10.0	1,303 fps	30,700 CUP	11.1	1,398 fps	38,300 CUP
210 GR. SIE JHC	AP70N	.430"	1.600"	9.0	1,190 fps	26,000 CUP	11.0	1,365 fps	37,600 CUP
220 GR. BERB FP	AP70N	.430"	1.610"	7.3	839 fps	12,200 PSI	9.0	1,104 fps	21,200 PSI
225 GR. SPR JHP	AP70N	.429"	1.575"	8.0	1,041 fps	18,900 CUP	10.5	1,291 fps	37,300 CUP
230 GR. CAST LSWC	AP100	.430"	1.614"	11.0	1,110 fps	18,600 PSI	13.5	1,370 fps	32,900 PSI
240 GR. NOS JHP	AP70N	.429"	1.600"	8.0	1,018 fps	21,900 CUP	10.2	1,246 fps	38,200 CUP
270 GR. SPR GDSP	AP70N	.429"	1.600"	8.5	1,049 fps	32,100 CUP	9.5	1,128 fps	36,700 CUP
280 GR. SFT JHP	AP70N	.430"	1.700"	8.0	917 fps	27,400 CUP	9.7	1,090 fps	38,200 CUP
300 GR. HDY XTP	AP70N	.430"	1.600"	8.0	972 fps	31,200 CUP	9.6	1,113 fps	38,200 CUP
325 GR. BTB LFN GC	AP70N	.430"	1.730"	8.0	942 fps	27,700 CUP	10.0	1,090 fps	38,000 CUP
330 GR. BTB LFN GC	AP70N	.430"	1.730"	8.0	943 fps	27,800 CUP	9.5	1,058 fps	37,000 CUP
355 GR. BTB LFN GC	AP70N	.430"	1.710"	7.8	922 fps	30,700 CUP	8.8	991 fps	37,300 CUP

44 Auto Mag	Case: Federal (reformed)	Barrel length: 6"
	Twist: 1:18"	Trim length: 1.293"
	Primer: CCI 350	

				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
180 GR. SIE JHC	AR2205	.430"	1.610"	25.0	1,316 fps	-	27.0	1,478 fps	-
200 GR. HDY XTP	AR2205	.430"	1.610"	25.0	1,379 fps	-	26.0	1,427 fps	-
225 GR. SPR JHP SWC	AR2205	.429"	1.595"	20.0	1,126 fps	-	22.0	1,269 fps	-
240 GR. NOS HP	AR2205	.429"	1.600"	20.0	1,125 fps	-	21.0	1,183 fps	-

445 Super Mag	Case: Starline	Barrel length: 10"
	Twist: 1:20"	Trim length: 1.590"
	Primer: Federal 210	

				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
180 GR. SIE JHC	AR2205	.430"	1.925"	34.5	1,655 fps	-	37.0	1,901 fps	-
200 GR. BAR X	AR2205	.430"	1.925"	35.0	1,795 fps	-	38.0	1,885 fps	-
225 GR. BAR X	AR2205	.430"	1.925"	34.0	1,708 fps	-	37.5	1,864 fps	-

444 Marlin	Case: Remington	Barrel length: 15"
	Twist: 1:38"	Trim length: 2.215"
	Primer: Remington 9 1/2	

				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
200 GR. BAR XFB	AR2207	.429"	2.550"	46.0	2,086 fps	34,400 CUP	51.2C	2,348 fps	42,900 CUP
	AR2219	.429"	2.550"	50.0	1,940 fps	30,200 CUP	52.0C	2,037 fps	33,600 CUP
	Bench Mark 2	.429"	2.550"	50.0	1,940 fps	27,600 CUP	54.0	2,102 fps	35,800 CUP
225 GR. BAR XFB	AR2207	.429"	2.550"	42.2	1,916 fps	32,300 CUP	46.9	2,158 fps	42,300 CUP
	AR2219	.429"	2.550"	47.0	1,846 fps	33,400 CUP	50.0C	1,986 fps	37,000 CUP
	Bench Mark 2	.429"	2.550"	49.0	1,901 fps	34,500 CUP	52.0C	2,044 fps	38,100 CUP
240 GR. SIE JHC	AR2207	.430"	2.535"	44.0	1,969 fps	36,100 CUP	49.2C	2,179 fps	42,100 CUP

PISTOL

444 Marlin				Case: Remington Twist: 1:38" Primer: Remington 9 1/2			Barrel length: 15" Trim length: 2.215"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
	AR2219	.430"	2.535"	49.5	1,900 fps	31,400 CUP	52.0C	2,012 fps	35,900 CUP
	Bench Mark 2	.430"	2.535"	51.0	1,948 fps	31,600 CUP	55.0C	2,093 fps	40,600 CUP
	AR2206H	.430"	2.535"	51.0	1,760 fps	29,600 CUP	53.0C	1,862 fps	33,100 CUP
265 GR. HDY JFP	AR2207	.430"	2.550"	42.0	1,867 fps	31,200 CUP	47.0	2,092 fps	41,100 CUP
	AR2219	.430"	2.550"	47.0	1,803 fps	33,200 CUP	52.0C	2,028 fps	38,300 CUP
	Bench Mark 2	.430"	2.550"	49.0	1,855 fps	31,000 CUP	53.0C	2,004 fps	40,700 CUP
	AR2206H	.430"	2.550"	50.0	1,763 fps	29,300 CUP	53.0C	1,891 fps	34,800 CUP
270 GR. SPR JFP	AR2207	.429"	2.540"	42.0	1,898 fps	34,900 CUP	46.5	2,083 fps	41,400 CUP
	AR2219	.429"	2.540"	47.0	1,823 fps	31,700 CUP	52.0C	2,026 fps	38,100 CUP
	Bench Mark 2	.429"	2.540"	50.0	1,902 fps	33,500 CUP	54.0C	2,041 fps	41,700 CUP
	AR2206H	.429"	2.540"	50.0	1,781 fps	29,300 CUP	53.0C	1,893 fps	33,400 CUP
275 GR. BAR FP	AR2207	.430"	2.520"	40.0	1,866 fps	33,500 CUP	44.5	2,049 fps	41,800 CUP
	AR2219	.430"	2.520"	46.0	1,802 fps	33,800 CUP	51.0C	2,044 fps	43,100 CUP
	Bench Mark 2	.430"	2.520"	48.0	1,866 fps	35,900 CUP	51.0C	1,964 fps	43,300 CUP
	AR2206H	.430"	2.520"	47.0	1,705 fps	27,100 CUP	52.0C	1,941 fps	36,200 CUP
280 GR. SFT HP	AR2207	.430"	2.620"	38.0	1,765 fps	37,300 CUP	42.5	1,977 fps	42,300 CUP
	AR2219	.430"	2.620"	44.5	1,809 fps	33,400 CUP	49.5	1,986 fps	42,400 CUP
	Bench Mark 2	.430"	2.620"	46.0	1,815 fps	38,300 CUP	49.5C	1,941 fps	42,600 CUP
	AR2206H	.430"	2.620"	47.0	1,760 fps	30,300 CUP	52.0C	1,973 fps	37,600 CUP
	AR2208	.430"	2.620"	49.0	1,707 fps	33,000 CUP	52.0C	1,875 fps	36,800 CUP
300 GR. SFT HP	AR2207	.430"	2.620"	38.5	1,816 fps	36,200 CUP	42.5	1,946 fps	42,500 CUP
	AR2219	.430"	2.620"	43.0	1,694 fps	30,600 CUP	48.0	1,905 fps	42,600 CUP
	Bench Mark 2	.430"	2.620"	46.0	1,790 fps	36,200 CUP	48.5	1,893 fps	41,900 CUP
	AR2206H	.430"	2.620"	47.0	1,722 fps	33,600 CUP	50.0C	1,853 fps	35,600 CUP
	AR2208	.430"	2.620"	47.0	1,631 fps	30,700 CUP	50.0C	1,753 fps	35,700 CUP
45 GAP (Glock Auto)				Case: Speer Twist: 1:16" Primer: Winchester SP			Barrel length: 5" Trim length: 0.750"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
155 GR. LSWC CAST	AS30N	.452"	1.110"	3.9	974 fps	18,000 PSI	4.4	1,047 fps	22,300 PSI
185 GR. HDY XTP	AS30N	.451"	1.060"	3.7	816 fps	18,800 PSI	4.1	881 fps	21,400 PSI
	AP70N	.451"	1.060"	5.5	864 fps	17,700 PSI	6.3	1,027 fps	22,300 PSI
200 GR. SPR GDHP	AS30N	.451"	1.080"	3.3	718 fps	17,300 PSI	3.7	796 fps	20,400 PSI
	AP70N	.451"	1.080"	5.2	838 fps	18,500 PSI	5.7	924 fps	20,900 PSI

PISTOL

45 ACP				Case: Winchester Twist: 1:16" Primer: Federal 150			Barrel length: 5" Trim length: 0.893"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
150 GR. CAST LSWC	AP50N	.452"	1.210"	4.5	930 fps	12,900 PSI	5.4	1,090 fps	19,200 PSI
	AP100	.452"	1.210"	8.5	970 fps	14,900 PSI	9.5	1,165 fps	20,400 PSI
155 GR. CAST LSWC	AS30N	.451"	1.230"	4.9	1,040 fps	16,100 CUP	5.2	1,082 fps	17,700 CUP
	AP50N	.452"	1.245"	5.0	940 fps	9,200 PSI	6.2	1,175 fps	20,400 PSI
	AP70N	.451"	1.230"	6.5	1,015 fps	13,000 CUP	7.0	1,135 fps	16,700 CUP
155 GR. SFIRE	AP70N	.451"	1.220"	5.4	828 fps	12,300 CUP	6.0	1,050 fps	16,900 CUP
160 GR. BAR TAC-XP	AS30N	.451"	1.200"	3.4	833 fps	17,100 PSI	3.9	906 fps	20,000 PSI
	AP70N	.451"	1.200"	5.4	938 fps	17,100 PSI	5.9	1,047 fps	19,500 PSI
175 GR. CAST LSWC	AP50N	.452"	1.250"	4.5	845 fps	12,000 PSI	5.5	1,020 fps	17,900 PSI
180 GR. LFP	AS30N	.452"	1.140"	3.8	783 fps	11,600 CUP	4.5	910 fps	16,700 CUP
	Trail Boss	.452"	1.140"	3.5	664 fps	7,100 CUP	5.0	852 fps	13,700 CUP
	AP70N	.452"	1.140"	5.3	755 fps	11,100 CUP	6.4	1,019 fps	17,600 CUP
185 GR. CAST LSWC	AP50N	.452"	1.271"	4.5	800 fps	8,000 PSI	5.8	1,030 fps	20,100 PSI
185 GR. HDY JSWC	AS30N	.451"	1.135"	4.5	855 fps	14,500 CUP	4.9	981 fps	17,400 CUP
	AP70N	.451"	1.135"	6.0	908 fps	13,100 CUP	6.4	977 fps	16,800 CUP
200 GR. CAST LSWC	AS30N	.451"	1.225"	3.6	759 fps	11,800 CUP	4.3	888 fps	17,000 CUP
	Trail Boss	.451"	1.225"	3.5	652 fps	9,200 CUP	5.5	816 fps	16,100 CUP
	AP50N	.452"	1.255"	4.0	755 fps	11,100 PSI	5.0	960 fps	21,000 PSI
	AP70N	.451"	1.225"	5.8	889 fps	13,900 CUP	6.3	962 fps	16,800 CUP
200 GR. SPR JHP	AS30N	.451"	1.155"	3.9	714 fps	15,200 CUP	4.3	785 fps	17,700 CUP
	AP70N	.451"	1.155"	5.8	889 fps	15,100 CUP	6.2	949 fps	17,200 CUP
230 GR. CAST LRN	AS30N	.452"	1.200"	3.5	716 fps	13,700 CUP	4.0	793 fps	16,800 CUP
	Trail Boss	.452"	1.200"	3.5	658 fps	11,200 CUP	4.5	761 fps	15,100 CUP
	AP50N	.452"	1.250"	3.8	720 fps	9,700 PSI	4.5	840 fps	18,100 PSI
	AP70N	.452"	1.200"	4.5	703 fps	11,400 CUP	5.4	857 fps	16,800 CUP
230 GR. HDY FMJ FP	AS30N	.451"	1.200"	3.7	670 fps	15,900 CUP	4.0	732 fps	17,000 CUP
	AP70N	.451"	1.200"	5.1	716 fps	11,800 CUP	5.6	844 fps	16,800 CUP

45 SUPER				Case: Winchester Twist: 1:16" Primer: Federal 150			Barrel length: 5" Trim length: 0.893"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
185 GR. HDY JSWC	AP70N	.451"	1.195"	6.0	908 fps	13,100 CUP	7.0	1,067 fps	20,100 CUP
200 GR. SPR JHP	AP70N	.451"	1.155"	5.8	889 fps	15,100 CUP	6.7	1,014 fps	20,100 CUP
230 GR. HDY FMJ FP	AP70N	.451"	1.200"	5.1	716 fps	11,800 CUP	6.0	877 fps	19,400 CUP

PISTOL

45 Colt				Case: Winchester Twist: 1:16" Primer: Winchester LP			Barrel length: 7.26" Trim length: 1.280"		
NOTE: See Single Action Pistol section for more loads.									
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
200 GR. HDY XTP	AP70N	.452"	1.600"	8.0	915 fps	9,600 CUP	9.0	1,068 fps	13,900 CUP
225 GR. HDY FTX	AS30N	.452"	1.600"	4.4	538 fps	9,400 PSI	5.5	761 fps	13,600 PSI
	AP70N	.452"	1.600"	6.4	684 fps	7,800 PSI	8.2	916 fps	13,200 PSI
250 GR. HDY XTP	AP70N	.452"	1.595"	7.5	705 fps	10,300 CUP	8.5	856 fps	14,000 CUP
260 GR. SPR JHP	AP70N	.451"	1.595"	7.0	661 fps	9,400 CUP	8.0	813 fps	14,000 CUP
300 GR. SIE JFP	AP70N	.452"	1.670"	6.6	593 fps	11,200 CUP	7.3	700 fps	13,700 CUP
45 Colt (Ruger, Freedom Arms & T/C only)				Case: Winchester Twist: 1:16" Primer: Winchester LP			Barrel length: 7.26" Trim length: 1.280"		
WARNING: These loads are intended for Ruger, Freedom Arms and Thompson Contender pistols only. Do not use these loads in other pistols chambered for the 45 Colt.									
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
240 GR. SIE JHC	AR2205	.452"	1.600"	20.0	1,169 fps	20,100 CUP	26.0	1,413 fps	30,000 CUP
250 GR. HDY XTP	AR2205	.452"	1.600"	20.0	1,150 fps	23,500 CUP	24.6	1,343 fps	30,300 CUP
300 GR. SPR JFP	AR2205	.451"	1.650"	19.0	1,051 fps	23,600 CUP	22.3	1,202 fps	29,900 CUP
325 GR. CPB LFN PB	AR2205	.452"	1.680"	20.0	1,053 fps	22,300 CUP	23.0	1,189 fps	28,000 CUP
335 GR. CPB LFN GC	AR2205	.452"	1.680"	20.0	1,011 fps	21,100 CUP	22.5C	1,155 fps	28,300 CUP
360 GR. CPB LFN GC	AR2205	.452"	1.680"	19.5	1,004 fps	21,100 CUP	22.0C	1,167 fps	29,800 CUP
45 Winchester Magnum				Case: Winchester Twist: 1:16" Primer: CCI 350			Barrel length: 5" Trim length: 1.193"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
230 GR. HDY FMJ FP	AR2205	.451"	1.500"	24.0	1,160 fps	27,400 CUP	25.0	1,259 fps	29,400 CUP
240 GR. SIE JHC	AR2205	.451"	1.555"	24.0	1,164 fps	29,000 CUP	25.0	1,266 fps	33,000 CUP
250 GR. NOS JHP	AR2205	.451"	1.500"	23.0	1,141 fps	34,000 CUP	24.0	1,239 fps	37,100 CUP
260 GR. SPR JHP	AR2205	.451"	1.505"	22.0	1,148 fps	32,600 CUP	23.0	1,209 fps	35,400 CUP
450 Extreme				Case: Starline Twist: 1:24" Primer: CCI 350			Barrel length: 8" Trim length: 1.340"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
240 GR. HDY XTP-MAG.	AR2205	.452"	1.725"	31.0	1,744 fps	40,100 PSI	33.0C	1,827 fps	44,700 PSI
260 GR. HDY XTP-MAG.	AR2205	.452"	1.725"	29.5	1,649 fps	39,600 PSI	30.5	1,722 fps	44,800 PSI
265 GR. CPB LFP/GC	AR2205	.453"	1.670"	29.0	1,651 fps	39,900 PSI	31.0	1,736 fps	44,900 PSI
300 GR. HDY XTP-MAG.	AR2205	.452"	1.725"	25.6	1,465 fps	38,900 PSI	27.3	1,564 fps	45,600 PSI

PISTOL

454 Casull				Case: Freedom Arms			Barrel length: 9.375"		
				Twist: 1:24"			Trim length: 1.380"		
				Primer: Winchester SR					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
240 GR. SIE JHC	AP70N	.452"	1.680"	10.2	1,212 fps	24,400 CUP	11.5	1,325 fps	37,500 CUP
240 GR. FA JHP	AR2205	.452"	1.765"	29.0	1,512 fps	22,300 CUP	34.0C	1,834 fps	43,300 CUP
250 GR. MEI LRNFP	Trail Boss	.452"	1.680"	6.7	862 fps	14,800 CUP	9.0	1,011 fps	19,300 CUP
250 GR. NOS JHP	AP70N	.451"	1.700"	10.8	1,221 fps	25,700 CUP	12.0	1,290 fps	35,300 CUP
250 GR. BAR X	AR2205	.451"	1.780"	26.0	1,580 fps	40,800 CUP	28.5C	1,685 fps	50,000 CUP
260 GR. SPR JHP	AP70N	.451"	1.675"	10.3	1,157 fps	25,500 CUP	11.5	1,245 fps	34,900 CUP
260 GR. FA JFP	AR2205	.452"	1.765"	28.0	1,421 fps	19,000 CUP	33.0C	1,762 fps	42,100 CUP
265 GR. CPB LFP GC	Trail Boss	.452"	1.700"	7.0	836 fps	18,800 CUP	9.0	984 fps	27,100 CUP
300 GR. CPB LFN GC	Trail Boss	.452"	1.800"	6.5	767 fps	14,900 CUP	8.0	865 fps	23,900 CUP
300 GR. FA JFP	AR2205	.452"	1.775"	27.0	1,541 fps	41,100 CUP	31.0C	1,702 fps	52,400 CUP
325 GR. CPB LFN PB	Trail Boss	.452"	1.760"	5.0	636 fps	13,600 CUP	7.0	798 fps	23,700 CUP
	AR2205	.452"	1.760"	24.7	1,389 fps	30,300 CUP	25.5C	1,452 fps	36,900 CUP
325 GR. SFT HP	AR2205	.451"	1.750"	23.0	1,323 fps	42,600 CUP	25.5	1,460 fps	52,600 CUP
335 GR. CPB LFN GC	Trail Boss	.452"	1.770"	4.8	618 fps	15,500 CUP	6.8	778 fps	25,600 CUP
	AR2205	.452"	1.770"	23.0	1,306 fps	30,000 CUP	25.5	1,460 fps	42,800 CUP
360 GR. CPB LFN GC	Trail Boss	.452"	1.760"	5.0	615 fps	18,000 CUP	6.0	699 fps	27,300 CUP
	AR2205	.452"	1.760"	21.0	1,205 fps	31,000 CUP	24.0	1,406 fps	48,300 CUP
395 GR. CPB LFN GC	Trail Boss	.452"	1.770"	4.0	519 fps	19,200 CUP	5.0	607 fps	23,600 CUP
	AR2205	.452"	1.770"	18.0	1,076 fps	29,600 CUP	21.0	1,269 fps	48,300 CUP

460 S&W MAGNUM				Case: Starline			Barrel length: 10.743"		
				Twist: 1:20"			Trim length: 1.790"		
				Primer: Winchester LRM					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
200 GR. BAR XPB	AR2205	.451"	2.320"	41.0	2,077 fps	35,200 PSI	45.5C	2,238 fps	42,200 PSI
225 GR. BAR X	AR2205	.451"	2.110"	37.0	2,007 fps	42,100 PSI	41.0C	2,191 fps	54,400 PSI
240 GR. HDY XTP MAG.	AR2205	.452"	2.160"	40.0	2,018 fps	43,200 PSI	45.0C	2,198 fps	51,800 PSI
250 GR. BAR X	AR2205	.451"	2.200"	36.0	1,938 fps	45,700 PSI	40.0C	2,074 fps	57,200 PSI
260 GR. NOS PART	AR2205	.451"	2.175"	38.0	1,939 fps	45,000 PSI	43.0C	2,098 fps	51,300 PSI
265 GR. SFT HP	AR2205	.451"	2.180"	38.0	1,940 fps	44,800 PSI	43.5C	2,109 fps	53,100 PSI
300 GR. HDY XTP MAG.	AR2205	.452"	2.160"	36.0	1,852 fps	49,000 PSI	40.0C	1,988 fps	57,000 PSI
325 GR. CPB LFN PB	Trail Boss	.452"	2.200"	7.0	734 fps	16,500 PSI	11.0	914 fps	20,400 PSI
	AR2205	.452"	2.200"	34.0	1,790 fps	51,100 PSI	38.0	1,897 fps	56,400 PSI
325 GR. SFT HP	AR2205	.451"	2.175"	33.0	1,716 fps	46,700 PSI	37.0	1,859 fps	57,300 PSI
	AR2207	.451"	2.175"	37.0	1,556 fps	36,200 PSI	41.0C	1,695 fps	42,500 PSI
335 GR. CPB WLN GC	Trail Boss	.452"	2.180"	7.0	726 fps	17,700 PSI	10.0	887 fps	22,200 PSI
	AR2205	.452"	2.180"	33.0	1,719 fps	50,000 PSI	37.5	1,849 fps	55,700 PSI
360 GR. CPB WLN GC	Trail Boss	.452"	2.190"	7.0	712 fps	19,600 PSI	9.0	827 fps	24,200 PSI
	AR2205	.452"	2.190"	31.0	1,632 fps	49,500 PSI	35.5	1,776 fps	56,500 PSI
	AR2207	.452"	2.190"	37.0	1,531 fps	38,200 PSI	40.0C	1,644 fps	43,200 PSI
395 GR. CPB WLN GC	Trail Boss	.452"	2.185"	7.0	695 fps	21,100 PSI	8.0	754 fps	24,000 PSI
	AR2205	.452"	2.185"	28.0	1,516 fps	48,700 PSI	32.0	1,647 fps	56,600 PSI
	AR2207	.452"	2.185"	35.0	1,484 fps	40,000 PSI	38.0C	1,596 fps	46,600 PSI

PISTOL

45-70 Government				Case: Winchester Twist: 1:20" Primer: CCI 200			Barrel length: 15" Trim length: 2.100"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
300 GR. CAST LFP	AR2207	.458"	2.465"	30.0	1,175 fps	14,400 CUP	35.5	1,418 fps	16,100 CUP
	AR2206H	.458"	2.465"	45.0	1,326 fps	14,400 CUP	51.0	1,464 fps	15,500 CUP
	AR2208	.458"	2.465"	45.0	1,276 fps	17,800 CUP	55.0	1,530 fps	20,600 CUP
300 GR. SIE HP	AR2207	.458"	2.525"	45.0	1,774 fps	16,700 CUP	55.0	2,076 fps	27,600 CUP
	AR2219	.458"	2.525"	54.0	1,699 fps	18,100 CUP	60.0	1,940 fps	28,000 CUP
	AR2206H	.458"	2.525"	58.0	1,654 fps	16,500 CUP	62.0C	1,874 fps	21,000 CUP
	AR2208	.458"	2.525"	57.0	1,512 fps	16,300 CUP	63.0C	1,821 fps	23,800 CUP
385 GR. CAST LFP	AR2207	.458"	2.505"	28.0	1,077 fps	13,300 CUP	32.0	1,249 fps	14,700 CUP
	AR2206H	.458"	2.505"	35.0	1,101 fps	11,900 CUP	42.0	1,301 fps	23,100 CUP
	AR2208	.458"	2.505"	42.5	1,293 fps	15,400 CUP	52.5	1,537 fps	21,800 CUP
405 GR. CAST LFP	AR2207	.458"	2.540"	27.0	1,057 fps	14,200 CUP	31.0	1,224 fps	17,100 CUP
	AR2206H	.458"	2.540"	40.0	1,261 fps	14,900 CUP	48.0	1,453 fps	18,900 CUP
	AR2208	.458"	2.540"	40.0	1,188 fps	15,600 CUP	50.0	1,445 fps	20,900 CUP
485 GR. CAST LFP	AR2207	.458"	2.540"	28.0	1,065 fps	16,400 CUP	32.0	1,233 fps	20,400 CUP
	AR2206H	.458"	2.540"	32.0	1,010 fps	15,600 CUP	39.0	1,209 fps	22,700 CUP
480 Ruger				Case: Homady Twist: 1:18" Primer: Winchester LP			Barrel length: 7.5" Trim length: 1.275"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
325 GR. HDY XTP	AR2205	.475"	1.620"	24.0	1,295 fps	32,600 PSI	27.2	1,477 fps	45,600 PSI
355 GR. BTB LFN GC	Trail Boss	.476"	1.630"	5.0	621 fps	16,700 PSI	6.5	740 fps	22,700 PSI
370 GR. CPB LFP	Trail Boss	.475"	1.640"	4.5	597 fps	16,000 PSI	5.7	689 fps	20,900 PSI
	AR2205	.475"	1.640"	22.5	1,248 fps	32,800 PSI	26.0C	1,427 fps	45,900 PSI
400 GR. HDY XTP	AR2205	.475"	1.620"	18.0	1,026 fps	31,600 PSI	21.0	1,211 fps	46,100 PSI
405 GR. CPB (w/GCK)	Trail Boss	.475"	1.620"	3.5	469 fps	15,200 PSI	5.5	645 fps	25,700 PSI
	AR2205	.475"	1.620"	19.0	1,112 fps	33,200 PSI	21.7	1,255 fps	45,500 PSI
420 GR. BTB LFN GC	Trail Boss	.476"	1.640"	3.5	467 fps	16,200 PSI	5.0	597 fps	24,300 PSI
	AR2205	.476"	1.640"	19.5	1,125 fps	39,100 PSI	21.3C	1,214 fps	46,400 PSI
475 Linebaugh				Case: Homady Twist: 1:20" Primer: Winchester LP			Barrel length: 8" Trim length: 1.390"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
325 GR. HDY XTP	AR2205	.475"	1.740"	27.0	1,288 fps	28,000 PSI	31.2	1,546 fps	47,700 PSI
370 GR. CPB LFP	Trail Boss	.475"	1.770"	6.0	661 fps	16,000 PSI	8.5	824 fps	27,500 PSI
	AR2205	.475"	1.770"	25.5	1,259 fps	31,800 PSI	28.5	1,443 fps	47,400 PSI
400 GR. HDY XTP	AR2205	.475"	1.740"	21.0	1,049 fps	28,200 PSI	25.0	1,301 fps	48,800 PSI
405 GR. CPB LFP GC	Trail Boss	.475"	1.745"	5.5	603 fps	19,000 PSI	7.5	732 fps	29,600 PSI
	AR2205	.475"	1.745"	22.0	1,148 fps	32,400 PSI	25.0	1,304 fps	46,200 PSI

PISTOL

50 Action Express				Case: Speer Twist: 1:19" Primer: CCI 350			Barrel length: 6" Trim length: 1.280"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
325 GR. SPR AE UCHP	AR2205	.500"	1.575"	29.0	1,201 fps	-	30.8	1,294 fps	-
500 Linebaugh				Case: Starline Twist: 1:20" Primer: CCI 350			Barrel length: 8" Trim length: 1.400"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
410 GR. LFP	Trail Boss	.511"	1.800"	8.5	752 fps	15,400 PSI	10.0	815 fps	17,400 PSI
	AR2205	.511"	1.800"	32.0	1,294 fps	30,400 PSI	33.7	1,369 fps	34,800 PSI
425 GR. LFP (w/GCK)	Trail Boss	.511"	1.800"	7.5	664 fps	13,100 PSI	9.5	768 fps	16,400 PSI
	AR2205	.511"	1.800"	30.0	1,244 fps	29,400 PSI	32.0	1,356 fps	35,200 PSI
450 GR. MT. BAL LWSC	Trail Boss	.512"	1.840"	9.2	759 fps	19,700 PSI	10.0	800 fps	25,000 PSI
468 GR. LFP	Trail Boss	.511"	1.800"	7.3	640 fps	14,400 PSI	9.2	730 fps	18,100 PSI
	AR2205	.511"	1.800"	28.5	1,209 fps	29,300 PSI	30.5	1,297 fps	35,000 PSI
500 Wyoming Express				Case: Freedom Arms Twist: 1:20" Primer: Federal 210			Barrel length: 9" Trim length: 1.360"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
350 GR. HDY XTP	AR2205	.500"	1.740"	31.0	1,378 fps	32,400 PSI	35.0C	1,584 fps	44,200 PSI
370 GR. CPB LGC	Trail Boss	.500"	1.740"	7.0	698 fps	19,100 PSI	10.0	859 fps	23,800 PSI
	AR2205	.500"	1.740"	31.0	1,382 fps	33,600 PSI	34.0C	1,535 fps	43,300 PSI
400 GR. CPB LGC	Trail Boss	.500"	1.750"	8.0	738 fps	23,200 PSI	10.0	842 fps	28,000 PSI
	AR2205	.500"	1.750"	30.0	1,390 fps	39,900 PSI	33.0	1,509 fps	46,700 PSI
420 GR. BLT MTN PB	AR2205	.500"	1.765"	23.0	1,038 fps	28,700 PSI	27.0C	1,274 fps	31,600 PSI
440 GR. CPB LGC	Trail Boss	.500"	1.740"	6.0	600 fps	20,100 PSI	8.0	717 fps	24,800 PSI
	AR2205	.500"	1.740"	26.0	1,220 fps	34,400 PSI	30.0C	1,413 fps	48,300 PSI
500 S&W Magnum				Case: Starline Twist: 1:18" Primer: Winchester LR			Barrel length: 10" Trim length: 1.615"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
275 GR. BAR XPB	AR2205	.500"	2.085"	40.0	1,891 fps	41,000 PSI	44.0	2,047 fps	48,400 PSI
325 GR. BAR XPB	AR2205	.500"	2.290"	40.0	1,788 fps	40,700 PSI	43.0	1,920 fps	49,200 PSI
350 GR. HDY XTP	AR2205	.500"	1.985"	38.0	1,675 fps	41,400 PSI	42.5	1,863 fps	49,900 PSI
370 GR. CPB LGC	Trail Boss	.500"	2.020"	8.0	746 fps	13,500 PSI	12.0	926 fps	19,000 PSI
	AR2205	.500"	2.020"	40.0	1,688 fps	38,700 PSI	42.0	1,784 fps	48,900 PSI
375 GR. BAR XPB	AR2205	.500"	2.290"	33.0	1,550 fps	38,000 PSI	36.8	1,717 fps	50,500 PSI
385 GR. REM. HP	AR2205	.500"	2.150"	37.0	1,644 fps	41,900 PSI	41.0	1,788 fps	51,800 PSI
400 GR. SIE JSP	AR2205	.500"	2.050"	36.5	1,585 fps	42,000 PSI	39.5	1,698 fps	49,100 PSI
440 GR. CPB LGC	Trail Boss	.500"	2.025"	7.0	643 fps	14,600 PSI	10.0	799 fps	21,200 PSI
	AR2205	.500"	2.025"	34.0	1,496 fps	41,900 PSI	37.0	1,609 fps	49,400 PSI
500 GR. HDY SP	AR2205	.500"	2.065"	30.0	1,360 fps	42,300 PSI	32.2	1,436 fps	49,300 PSI

RIFLE DATA

17 Ackley Hornet				Case: Winchester (reformed)			Barrel length: 24"		
				Twist: 1:10"			Trim length: 1.380"		
				Primer: Remington 7 1/2					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
20 GR. HDY V-MAX	AR2205	.172"	1.800"	8.5	3,080 fps	41,200 CUP	9.2	3,238 fps	45,700 CUP
	AR2207	.172"	1.800"	11.5	3,246 fps	32,700 CUP	12.5C	3,515 fps	44,400 CUP
25 GR. HDY HP	AR2207	.172"	1.760"	10.9	3,015 fps	38,800 CUP	11.6	3,176 fps	45,900 CUP
	AR2219	.172"	1.760"	12.0	2,894 fps	42,500 CUP	13.0C	3,153 fps	45,400 CUP
30 GR. BER HP	AR2207	.172"	1.800"	10.0	2,711 fps	33,400 CUP	10.7	2,923 fps	45,600 CUP
	AR2219	.172"	1.800"	11.5	2,745 fps	36,100 CUP	12.2	2,984 fps	45,700 CUP
	Bench Mark 2	.172"	1.800"	12.2	2,900 fps	43,200 CUP	13.0C	2,975 fps	44,800 CUP

17 Hornet				Case: Homady			Barrel length: 24"		
				Twist: 1:9"			Trim length: 1.340"		
				Primer: Federal 205M					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
20 GR. HDY V-MAX	AR2207	.172"	1.715"	11.0	3,226 fps	32,200 PSI	11.8C	3,463 fps	39,300 PSI
25 GR. HDY V-MAX	AR2207	.172"	1.715"	10.3	2,983 fps	34,900 PSI	11.1C	3,187 fps	42,500 PSI
	AR2219	.172"	1.715"	12.0	3,091 fps	30,600 PSI	12.8C	3,283 fps	36,200 PSI
30 GR. BER HP	AR2207	.172"	1.715"	10.0	2,815 fps	38,700 PSI	10.8C	3,024 fps	47,300 PSI
	AR2219	.172"	1.715"	11.7	2,853 fps	40,500 PSI	12.5C	3,020 fps	48,000 PSI

17 Ackley Bee				Case: Winchester (reformed)			Barrel length: 22"		
				Twist: 1:10"			Trim length: 1.325"		
				Primer: Winchester SR					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
25 GR. HDY HP	AR2205	.172"	1.650"	10.0	2,910 fps	36,500 CUP	11.0	3,131 fps	45,300 CUP
	AR2207	.172"	1.650"	12.5	2,976 fps	32,400 CUP	13.5	3,365 fps	45,300 CUP

17 Mach IV				Case: Remington			Barrel length: 21.75"		
				Twist: 1:10"			Trim length: 1.390"		
				Primer: Winchester SR					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
25 GR. HDY HP	AR2207	.172"	1.770"	15.0	3,237 fps	36,500 CUP	16.0	3,576 fps	49,800 CUP
	AR2206	-	-	16.5	3,300 fps	-	18.5	3,700 fps	-

RIFLE DATA

17 Remington Fireball				Case: Remington Twist: 1:9" Primer: Remington 7 1/2			Barrel length: 24" Trim length: 1.400"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
20 GR. HDY V-MAX	AR2207	.172"	1.830"	16.0	3,811 fps	39,200 CUP	17.3	4,037 fps	47,800 CUP
	AR2219	.172"	1.830"	18.0	3,652 fps	37,500 CUP	19.5C	4,019 fps	49,200 CUP
	Bench Mark 2	.172"	1.830"	18.5	3,758 fps	40,300 CUP	20.0C	4,013 fps	49,100 CUP
	Bench Mark 8208	.172"	1.830"	18.0	3,636 fps	33,900 CUP	20.2C	4,038 fps	44,700 CUP
25 GR. HDY HP	AR2207	.172"	1.800"	15.4	3,549 fps	40,500 CUP	17.0	3,789 fps	49,900 CUP
	AR2219	.172"	1.800"	17.0	3,504 fps	38,500 CUP	18.3	3,704 fps	48,900 CUP
	Bench Mark 2	.172"	1.800"	17.5	3,550 fps	41,900 CUP	19.0	3,745 fps	48,500 CUP
	Bench Mark 8208	.172"	1.800"	17.0	3,453 fps	34,900 CUP	19.2	3,854 fps	48,900 CUP
30 GR. BER HP	AR2207	.172"	1.800"	14.9	3,299 fps	42,400 CUP	15.9	3,481 fps	50,400 CUP
	AR2219	.172"	1.800"	16.5	3,295 fps	38,500 CUP	18.0	3,533 fps	49,300 CUP
	Bench Mark 2	.172"	1.800"	17.0	3,307 fps	39,700 CUP	18.7C	3,569 fps	49,400 CUP
	Bench Mark 8208	.172"	1.800"	16.5	3,316 fps	38,400 CUP	18.6	3,634 fps	50,200 CUP
17-222				Case: Remington (reformed) Twist: 1:10" Primer: Winchester SR			Barrel length: 21.75" Trim length: 1.690"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
25 GR. HDY HP	AR2207	.172"	2.070"	16.2	3,448 fps	42,500 CUP	17.2	3,601 fps	49,800 CUP
	AR2206	.172"	2.070"	19.0	3,415 fps	-	20.0	3,625 fps	-
	AR2206H	.172"	2.070"	19.5	3,439 fps	39,800 CUP	20.5	3,646 fps	48,000 CUP
17-223				Case: Remington (reformed) Twist: 1:10" Primer: Winchester SR			Barrel length: 22" Trim length: 1.750"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
25 GR. HDY HP	AR2206H	.172"	2.130"	21.0	3,681 fps	-	23.0	3,960 fps	-
17 Remington				Case: Remington Twist: 1:9" Primer: Remington 7 1/2			Barrel length: 24" Trim length: 1.786"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
20 GR. HDY V-MAX	AR2219	.172"	2.170"	21.0	3,963 fps	37,500 CUP	23.2	4,292 fps	49,500 CUP
	Bench Mark 2	.172"	2.170"	22.0	3,985 fps	38,000 CUP	24.5	4,342 fps	50,500 CUP
	Bench Mark 8208	.172"	2.170"	24.0	4,138 fps	40,500 CUP	25.5	4,378 fps	48,500 CUP
	AR2206H	.172"	2.170"	23.0	4,037 fps	37,000 CUP	25.5C	4,436 fps	47,500 CUP
	AR2208	.172"	2.170"	23.5	3,936 fps	37,800 CUP	25.5C	4,208 fps	45,200 CUP
25 GR. HDY HP	AR2219	.172"	2.150"	19.5	3,656 fps	40,500 CUP	21.8	3,921 fps	49,700 CUP
	Bench Mark 2	.172"	2.150"	21.5	3,791 fps	43,000 CUP	23.3	4,038 fps	50,600 CUP
	Bench Mark 8208	.172"	2.150"	22.7	3,882 fps	42,800 CUP	24.2	4,072 fps	48,500 CUP
	AR2206H	.172"	2.150"	21.0	3,760 fps	40,500 CUP	23.0	4,033 fps	48,500 CUP
	AR2208	.172"	2.150"	22.0	3,759 fps	39,600 CUP	24.5	4,123 fps	50,800 CUP
25 GR. REM HP	Bench Mark 1	.172"	2.120"	17.5	3,535 fps	43,300 PSI	20.5	3,965 fps	61,500 PSI
	AR2206	.172"	2.120"	19.5	3,625 fps	44,000 PSI	22.0	4,000 fps	61,500 PSI

RIFLE DATA

17 Remington				Case: Remington Twist: 1:9" Primer: Remington 7 1/2			Barrel length: 24" Trim length: 1.786"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
30 GR. BER HP	AR2219	.172"	2.150"	18.0	3,311 fps	38,700 CUP	20.0	3,594 fps	49,800 CUP
	Bench Mark 2	.172"	2.150"	20.0	3,444 fps	43,200 CUP	22.0	3,709 fps	50,500 CUP
	Bench Mark 8208	.172"	2.150"	21.2	3,527 fps	42,900 CUP	22.6	3,700 fps	48,800 CUP
	AR2206H	.172"	2.150"	20.0	3,495 fps	44,000 CUP	22.0	3,696 fps	49,900 CUP
	AR2208	.172"	2.150"	20.0	3,405 fps	39,700 CUP	22.5	3,742 fps	49,700 CUP
20 Tactical				Case: Winchester (reformed) Twist: 1:12" Primer: Remington 7 1/2			Barrel length: 24" Trim length: 1.750"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
33 GR. HDY V-MAX	AR2207	.204"	2.245"	20.0	3,434 fps	40,500 PSI	22.5	3,844 fps	55,100 PSI
	AR2219	.204"	2.245"	23.0	3,529 fps	42,900 PSI	25.5	3,852 fps	54,900 PSI
	Bench Mark 2	.204"	2.245"	23.0	3,506 fps	41,900 PSI	25.5	3,844 fps	54,500 PSI
	AR2206H	.204"	2.245"	25.0	3,573 fps	42,700 PSI	27.0C	3,800 fps	50,600 PSI
	AR2208	.204"	2.245"	25.0	3,344 fps	37,900 PSI	27.0C	3,659 fps	49,600 PSI
36 GR. BER HP	AR2207	.204"	2.200"	20.0	3,434 fps	45,000 PSI	22.0	3,675 fps	55,000 PSI
	AR2219	.204"	2.200"	22.0	3,434 fps	44,900 PSI	24.2	3,686 fps	54,500 PSI
	Bench Mark 2	.204"	2.200"	22.0	3,358 fps	42,000 PSI	24.5	3,678 fps	54,400 PSI
	AR2206H	.204"	2.200"	24.0	3,453 fps	42,900 PSI	26.5C	3,746 fps	54,900 PSI
	AR2208	.204"	2.200"	25.0	3,456 fps	45,200 PSI	27.0C	3,681 fps	54,300 PSI
204 Ruger				Case: Hornady Twist: 1:12" Primer: Federal 205M			Barrel length: 24" Trim length: 1.840"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
24 GR. HDY NTX	AR2207	.204"	2.290"	22.6	4,294 fps	54,100 PSI	24.0	4,400 fps	56,600 PSI
	AR2219	.204"	2.290"	26.3	4,143 fps	48,700 PSI	28.0	4,358 fps	56,000 PSI
	Bench Mark 2	.204"	2.290"	27.3	4,109 fps	45,500 PSI	29.0	4,373 fps	54,500 PSI
	Bench Mark 8208	.204"	2.290"	27.0	3,997 fps	40,600 PSI	30.0C	4,447 fps	56,000 PSI
	AR2206H	.204"	2.290"	27.0	4,061 fps	43,400 PSI	29.5C	4,423 fps	54,900 PSI
26 GR. BAR VG FB	AR2207	.204"	2.250"	23.0	4,124 fps	54,100 PSI	24.5	4,258 fps	57,300 PSI
	AR2219	.204"	2.250"	25.9	4,055 fps	52,200 PSI	27.5	4,229 fps	57,100 PSI
	Bench Mark 2	.204"	2.250"	27.0	4,036 fps	47,600 PSI	28.7	4,279 fps	56,700 PSI
	Bench Mark 8208	.204"	2.250"	27.7	4,132 fps	48,400 PSI	29.5C	4,309 fps	54,900 PSI
	AR2206H	.204"	2.250"	28.2	4,067 fps	48,900 PSI	30.0C	4,302 fps	57,300 PSI
	AR2208	.204"	2.250"	27.5	3,962 fps	47,500 PSI	30.0C	4,110 fps	51,000 PSI
30 GR. BER FB VAR	AR2207	.204"	2.235"	22.2	3,789 fps	45,100 PSI	24.2	4,073 fps	56,300 PSI
	AR2219	.204"	2.235"	24.5	3,740 fps	44,500 PSI	26.6	4,054 fps	56,700 PSI
	Bench Mark 2	.204"	2.235"	25.7	3,754 fps	44,500 PSI	28.0	4,076 fps	56,800 PSI
	Bench Mark 8208	.204"	2.235"	26.7	3,798 fps	44,500 PSI	28.8	4,118 fps	56,400 PSI
	AR2206H	.204"	2.235"	26.2	3,800 fps	44,500 PSI	28.5	4,124 fps	56,800 PSI
	AR2208	.204"	2.235"	27.1	3,640 fps	41,300 PSI	29.5C	4,028 fps	55,200 PSI
32 GR. HDY V-MAX	AR2219	.204"	2.250"	25.5	3,826 fps	48,300 PSI	27.5	4,030 fps	56,400 PSI
	Bench Mark 2	.204"	2.250"	26.0	3,770 fps	45,500 PSI	28.0	4,047 fps	57,100 PSI

RIFLE DATA

204 Ruger				Case: Homady Twist: 1:12" Primer: Federal 205M			Barrel length: 24" Trim length: 1.840"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
	Bench Mark 8208	.204"	2.250"	27.5	3,917 fps	47,500 PSI	29.0	4,130 fps	56,500 PSI
	AR2206H	.204"	2.250"	27.0	3,669 fps	40,500 PSI	29.0C	3,980 fps	51,100 PSI
	AR2208	.204"	2.250"	27.0	3,557 fps	38,300 PSI	29.0C	3,798 fps	47,400 PSI
35 GR. BER HP	AR2219	.204"	2.240"	24.0	3,586 fps	45,600 PSI	26.3	3,828 fps	55,400 PSI
	Bench Mark 2	.204"	2.240"	25.0	3,590 fps	44,100 PSI	26.6	3,863 fps	56,600 PSI
	Bench Mark 8208	.204"	2.240"	27.0	3,830 fps	50,700 PSI	28.2	3,961 fps	56,300 PSI
	AR2206H	.204"	2.240"	26.0	3,576 fps	42,200 PSI	28.2C	3,910 fps	55,700 PSI
	AR2208	.204"	2.240"	28.0	3,705 fps	48,300 PSI	29.0C	3,812 fps	53,100 PSI
40 GR. HDY V-MAX	AR2219	.204"	2.250"	23.0	3,319 fps	41,500 PSI	25.1	3,639 fps	55,900 PSI
	Bench Mark 2	.204"	2.250"	24.0	3,419 fps	45,200 PSI	25.7	3,646 fps	55,400 PSI
	Bench Mark 8208	.204"	2.250"	26.0	3,586 fps	48,300 PSI	27.3	3,754 fps	56,300 PSI
	AR2206H	.204"	2.250"	26.0	3,500 fps	45,500 PSI	27.7C	3,741 fps	56,000 PSI
	AR2208	.204"	2.250"	26.0	3,395 fps	44,100 PSI	28.1C	3,647 fps	55,100 PSI
50 GR. BER HPBT	AR2219	.204"	2.300"	22.0	3,105 fps	48,300 PSI	23.5	3,252 fps	55,100 PSI
	Bench Mark 2	.204"	2.300"	22.5	3,110 fps	47,800 PSI	24.0	3,256 fps	54,300 PSI
	Bench Mark 8208	.204"	2.300"	23.0	3,129 fps	47,800 PSI	24.9	3,327 fps	56,100 PSI
	AR2206H	.204"	2.300"	24.0	3,167 fps	46,900 PSI	25.7	3,352 fps	56,000 PSI
	AR2208	.204"	2.300"	24.0	3,071 fps	44,900 PSI	26.0	3,287 fps	55,200 PSI
22 Hornet				Case: Winchester Twist: 1:16" Primer: Winchester SR			Barrel length: 24" Trim length: 1.393"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
35 GR. HDY V-MAX	AR2205	.224"	1.725"	10.5	2,630 fps	35,600 CUP	11.6C	2,896 fps	42,500 CUP
	AR2207	.224"	1.725"	10.5	2,223 fps	23,100 CUP	11.5C	2,420 fps	26,300 CUP
40 GR. SPR SP	AR2205	.224"	1.725"	9.0	2,421 fps	39,900 CUP	10.2	2,567 fps	43,000 CUP
	AR2207	.224"	1.725"	10.5	2,253 fps	26,100 CUP	11.5C	2,488 fps	32,800 CUP
45 GR. BAR XBT	AR2205	.224"	1.850"	8.5	2,198 fps	37,000 CUP	9.8	2,346 fps	42,700 CUP
	AR2207	.224"	1.850"	10.5	2,217 fps	31,500 CUP	11.5C	2,390 fps	36,900 CUP
45 GR. HDY SP	AR2207	.224"	1.750"	10.5	2,239 fps	28,000 CUP	11.5C	2,400 fps	32,000 CUP
50 GR. SIE SP	AR2205	.224"	1.850"	8.4	2,131 fps	39,700 CUP	9.4	2,256 fps	41,800 CUP
	AR2207	.224"	1.850"	10.5	2,102 fps	28,200 CUP	11.5C	2,296 fps	34,100 CUP
53 GR. BAR XFB	AR2205	.224"	1.850"	8.0	1,887 fps	37,600 CUP	8.7	2,062 fps	43,000 CUP
	AR2207	.224"	1.850"	10.0	2,025 fps	31,600 CUP	11.0C	2,165 fps	40,600 CUP
55 GR. HDY SP	AR2205	.224"	1.850"	8.0	1,915 fps	41,800 CUP	9.0	2,095 fps	43,000 CUP
	AR2207	.224"	1.850"	10.0	1,955 fps	30,000 CUP	11.5C	2,273 fps	41,000 CUP

RIFLE DATA

22 K Hornet				Case: Winchester (reformed)			Barrel length: 24"		
				Twist: 1:14"			Trim length: 1.393"		
				Primer: Winchester SR					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
35 GR. HDY V-MAX	AR2205	.224"	1.725"	11.0	2,809 fps	39,500 CUP	12.3	3,023 fps	46,000 CUP
40 GR. NOS BT	AR2205	.224"	1.900"	11.0	2,684 fps	37,500 CUP	12.2C	2,871 fps	45,500 CUP
45 GR. BAR XBT	AR2205	.224"	1.850"	10.5	2,524 fps	40,900 CUP	11.3	2,633 fps	45,300 CUP
45 GR. SPR SP	AR2205	.224"	1.750"	10.7	2,574 fps	40,700 CUP	11.7	2,747 fps	45,500 CUP
50 GR. SIE BK	AR2205	.224"	1.900"	10.0	2,398 fps	40,200 CUP	11.0	2,538 fps	45,700 CUP
	AR2207	.224"	1.900"	11.5	2,246 fps	30,100 CUP	12.5C	2,460 fps	38,700 CUP
53 GR. BAR XFB	AR2205	.224"	1.850"	9.5	2,208 fps	39,000 CUP	10.5	2,366 fps	45,900 CUP
	AR2207	.224"	1.850"	11.2	2,195 fps	30,200 CUP	12.5C	2,386 fps	42,600 CUP
55 GR. HDY SP	AR2205	.224"	1.850"	10.0	2,315 fps	43,400 CUP	11.0	2,445 fps	46,100 CUP
	AR2207	.224"	1.850"	11.5	2,223 fps	31,100 CUP	12.5C	2,388 fps	39,400 CUP

218 Bee				Case: Winchester			Barrel length: 24"		
				Twist: 1:16"			Trim length: 1.335"		
				Primer: Winchester SR					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
35 GR. HDY V-MAX	AR2205	.224"	1.650"	11.0	2,656 fps	30,400 CUP	13.3	3,035 fps	38,300 CUP
40 GR. SIE BK	AR2205	.224"	1.820"	11.0	2,608 fps	33,800 CUP	12.8	2,865 fps	38,700 CUP
46 GR. SPR JFP	AR2205	.224"	1.670"	9.0	2,143 fps	23,300 CUP	10.7	2,424 fps	38,200 CUP
	AR2207	.224"	1.670"	13.5	2,417 fps	26,700 CUP	15.0C	2,708 fps	37,200 CUP
50 GR. NOS BT	AR2205	.224"	1.900"	9.5	2,195 fps	29,500 CUP	10.8	2,421 fps	38,400 CUP
	AR2207	.224"	1.900"	13.5	2,420 fps	29,500 CUP	14.9C	2,654 fps	38,500 CUP

221 Remington Fireball				Case: Remington			Barrel length: 24"		
				Twist: 1:14"			Trim length: 1.390"		
				Primer: Remington 7 1/2					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
35 GR. HDY V-MAX	AR2205	.224"	1.745"	14.8	3,110 fps	37,500 CUP	16.5	3,403 fps	50,600 CUP
	AR2207	.224"	1.745"	18.0	3,056 fps	31,900 CUP	20.0C	3,423 fps	44,700 CUP
36 GR. BAR VG FB	AR2207	.224"	1.830"	18.0	3,177 fps	35,000 CUP	19.0C	3,361 fps	41,500 CUP
40 GR. NOS BT	AR2205	.224"	1.830"	14.5	3,042 fps	43,100 CUP	16.0	3,251 fps	50,200 CUP
	AR2207	.224"	1.830"	17.0	2,851 fps	30,000 CUP	19.0C	3,195 fps	40,300 CUP
	AR2219	.224"	1.830"	19.7	2,883 fps	33,200 CUP	21.0C	3,087 fps	39,100 CUP
45 GR. BAR X	AR2205	.224"	1.830"	13.8	2,848 fps	43,500 CUP	15.3	3,015 fps	48,600 CUP
	AR2207	.224"	1.830"	17.6	2,934 fps	37,200 CUP	19.5C	3,184 fps	46,500 CUP
	AR2219	.224"	1.830"	19.0	2,762 fps	31,600 CUP	20.5C	2,978 fps	39,900 CUP
45 GR. SIE SPT	AR2205	.224"	1.800"	14.0	2,872 fps	40,900 CUP	15.7	3,078 fps	49,100 CUP
	AR2207	.224"	1.800"	17.5	2,851 fps	31,700 CUP	19.5C	3,178 fps	43,700 CUP
	AR2219	.224"	1.800"	19.0	2,767 fps	31,400 CUP	20.5C	2,955 fps	37,000 CUP
50 GR. SPR TNT HP	AR2205	.224"	1.830"	13.0	2,629 fps	36,500 CUP	14.8	2,901 fps	51,200 CUP
	AR2207	.224"	1.830"	16.5	2,661 fps	27,800 CUP	18.5C	2,996 fps	40,800 CUP
	AR2219	.224"	1.830"	19.0	2,703 fps	31,600 CUP	21.0C	2,968 fps	40,100 CUP
52 GR. SIE HPBT	AR2205	.224"	1.830"	13.0	2,612 fps	40,900 CUP	14.5	2,798 fps	48,100 CUP
	AR2207	.224"	1.830"	16.7	2,692 fps	33,700 CUP	18.5C	2,967 fps	45,300 CUP
	AR2219	.224"	1.830"	18.9	2,693 fps	35,100 CUP	21.0C	2,987 fps	46,800 CUP

RIFLE DATA

221 Remington Fireball				Case: Remington Twist: 1:14" Primer: Remington 7 1/2			Barrel length: 24" Trim length: 1.390"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
55 GR. HDY SPSX	AR2205	.224"	1.830"	13.5	2,643 fps	48,100 CUP	14.5	2,742 fps	49,300 CUP
	AR2207	.224"	1.830"	16.7	2,655 fps	34,100 CUP	18.5	2,922 fps	46,800 CUP
	AR2219	.224"	1.830"	18.9	2,681 fps	36,000 CUP	21.0C	2,944 fps	48,200 CUP
222 Remington				Case: Winchester Twist: 1:14" Primer: Winchester SR			Barrel length: 24" Trim length: 1.690"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
35 GR. NOS BT LF	AR2207	.224"	2.130"	19.3	3,472 fps	44,800 PSI	20.5	3,612 fps	47,300 PSI
	AR2219	.224"	2.130"	21.6	3,290 fps	39,700 PSI	23.2	3,527 fps	47,600 PSI
	Bench Mark 2	.224"	2.130"	22.5	3,316 fps	34,600 PSI	25.0C	3,665 fps	48,600 PSI
	Bench Mark 8208	.224"	2.130"	22.1	3,096 fps	32,500 PSI	24.5C	3,516 fps	42,200 PSI
35 GR. HDY V-MAX	AR2205	.224"	2.025"	15.0	3,095 fps	38,100 CUP	17.2	3,342 fps	43,000 CUP
	AR2207	.224"	2.025"	20.5	3,366 fps	36,500 CUP	22.0	3,591 fps	43,300 CUP
	AR2219	.224"	2.025"	23.5	3,316 fps	36,500 CUP	25.2C	3,591 fps	45,600 CUP
	Bench Mark 2	.224"	2.025"	23.5	3,138 fps	33,700 CUP	25.0C	3,368 fps	40,900 CUP
	Bench Mark 8208	.224"	2.025"	23.0	3,181 fps	32,000 PSI	25.0C	3,464 fps	40,500 PSI
36 GR. BAR VG FB	AR2207	.224"	2.150"	19.3	3,277 fps	40,500 PSI	20.5	3,470 fps	46,700 PSI
	AR2219	.224"	2.150"	22.3	3,331 fps	41,400 PSI	23.7	3,535 fps	47,500 PSI
	Bench Mark 2	.224"	2.150"	22.0	3,178 fps	38,500 PSI	24.0C	3,471 fps	48,300 PSI
	Bench Mark 8208	.224"	2.150"	22.0	3,144 fps	36,700 PSI	25.0C	3,582 fps	40,400 PSI
40 GR. SIE HP	AR2207	.224"	2.125"	19.5	3,201 fps	35,200 CUP	21.4	3,480 fps	45,700 CUP
	AR2219	.224"	2.125"	20.7	2,966 fps	31,700 CUP	23.0	3,313 fps	44,000 CUP
	Bench Mark 2	.224"	2.125"	23.5	3,110 fps	34,800 CUP	25.0	3,303 fps	40,700 CUP
	Bench Mark 8208	.224"	2.125"	22.5	3,049 fps	30,400 PSI	25.0C	3,452 fps	42,800 PSI
	AR2206H	.224"	2.125"	20.0	2,572 fps	23,300 CUP	24.0C	3,133 fps	34,200 CUP
40 GR. HDY V-MAX	Bench Mark 1	.224"	2.132"	21.0	3,030 fps	28,500 PSI	23.5	3,525 fps	49,400 PSI
	AR2206	.224"	2.132"	23.0	3,060 fps	31,100 PSI	24.5C	3,365 fps	40,600 PSI
45 GR. SPR SP	AR2205	.224"	2.130"	11.0	2,259 fps	24,300 CUP	14.5	2,863 fps	46,100 CUP
	AR2207	.224"	2.130"	18.9	3,011 fps	33,400 CUP	21.0	3,315 fps	44,800 CUP
	AR2219	.224"	2.130"	20.5	2,914 fps	34,600 CUP	22.5	3,173 fps	43,600 CUP
	Bench Mark 2	.224"	2.130"	23.0	3,092 fps	39,700 CUP	24.5	3,290 fps	44,900 CUP
	Bench Mark 8208	.224"	2.130"	22.2	3,121 fps	38,700 PSI	23.6	3,327 fps	47,200 PSI
	AR2206H	.224"	2.130"	20.0	2,510 fps	25,000 CUP	23.8C	3,080 fps	35,900 CUP
45 GR. HDY SP	Bench Mark 1	.224"	2.132"	21.0	3,000 fps	33,300 PSI	23.5	3,345 fps	46,300 PSI
50 GR. HDY SP	AR2207	.224"	2.130"	18.5	2,890 fps	34,000 CUP	20.5	3,160 fps	44,200 CUP
	Bench Mark 1	.224"	2.132"	20.0	2,830 fps	32,000 PSI	22.5	3,220 fps	47,500 PSI
	AR2219	.224"	2.130"	20.2	2,810 fps	33,300 CUP	22.2	3,079 fps	43,200 CUP
	Bench Mark 2	.224"	2.130"	22.5	2,994 fps	39,200 CUP	24.0	3,168 fps	45,800 CUP
	Bench Mark 8208	.224"	2.130"	21.9	3,006 fps	39,200 PSI	23.3	3,201 fps	47,100 PSI
	AR2206	.224"	2.132"	22.0	2,905 fps	34,100 PSI	24.0	3,225 fps	46,300 PSI
	AR2206H	.224"	2.130"	20.0	2,466 fps	23,900 CUP	23.8C	3,022 fps	36,500 CUP
	AR2208	.224"	2.130"	23.0	2,884 fps	33,600 CUP	25.0C	3,114 fps	40,600 CUP
53 GR. HDY HP	AR2207	.224"	2.140"	17.5	2,800 fps	35,300 CUP	19.5	3,038 fps	45,500 CUP
	Bench Mark 1	.224"	2.200"	20.5	2,890 fps	42,500 PSI	21.6	3,060 fps	49,800 PSI

C = Compressed Load; L = Lead Projectile

RIFLE DATA

222 Remington				Case: Winchester Twist: 1:14" Primer: Winchester SR			Barrel length: 24" Trim length: 1.690"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
	AR2219	.224"	2.140"	19.3	2,724 fps	34,900 CUP	21.5	3,005 fps	46,000 CUP
	Bench Mark 2	.224"	2.140"	21.5	2,852 fps	38,800 CUP	23.0	3,063 fps	45,500 CUP
	Bench Mark 8208	.224"	2.140"	21.4	2,844 fps	36,100 PSI	22.8	3,117 fps	48,200 PSI
	AR2206H	.224"	2.140"	20.0	2,585 fps	27,800 CUP	23.5C	3,043 fps	41,600 CUP
	AR2208	.224"	2.140"	23.0	2,863 fps	33,500 CUP	25.0C	3,097 fps	42,700 CUP
55 GR. SPR SP	AR2207	.224"	2.130"	17.5	2,733 fps	33,400 CUP	19.5	3,017 fps	45,300 CUP
	AR2219	.224"	2.130"	19.0	2,654 fps	31,600 CUP	21.2	2,953 fps	45,100 CUP
	Bench Mark 2	.224"	2.130"	21.5	2,843 fps	38,100 CUP	23.2	3,052 fps	45,100 CUP
	Bench Mark 8208	.224"	2.130"	21.8	2,905 fps	38,400 PSI	23.2C	3,120 fps	48,500 PSI
	AR2206H	.224"	2.130"	20.0	2,569 fps	28,900 CUP	23.5C	3,023 fps	39,900 CUP
	AR2208	.224"	2.130"	23.0	2,860 fps	34,500 CUP	25.0C	3,095 fps	43,000 CUP
55 GR. NOS BT	Bench Mark 1	.224"	2.145"	20.0	2,845 fps	38,800 PSI	22.0	3,055 fps	48,900 PSI
	AR2206	.224"	2.145"	22.0	2,850 fps	36,700 PSI	23.7	3,125 fps	49,800 PSI
60 GR. HDY V-MAX	AR2207	.224"	2.160"	16.9	2,633 fps	36,100 CUP	18.0	2,771 fps	42,400 CUP
	AR2219	.224"	2.160"	19.0	2,592 fps	34,800 CUP	20.7	2,818 fps	42,900 CUP
	Bench Mark 2	.224"	2.160"	19.7	2,627 fps	35,900 CUP	21.0	2,805 fps	42,800 CUP
	Bench Mark 8208	.224"	2.160"	20.5	2,737 fps	39,200 PSI	21.8	2,920 fps	48,200 PSI
	AR2206H	.224"	2.160"	21.7	2,802 fps	38,500 CUP	23.1C	2,937 fps	43,500 CUP
	AR2208	.224"	2.160"	22.0	2,734 fps	36,600 CUP	23.5C	2,906 fps	42,800 CUP
63 GR. SIE SP	AR2207	.224"	2.125"	16.9	2,597 fps	36,200 CUP	18.8	2,793 fps	43,800 CUP
	AR2219	.224"	2.125"	18.6	2,531 fps	33,600 CUP	20.7	2,780 fps	44,400 CUP
	Bench Mark 2	.224"	2.125"	21.0	2,732 fps	39,000 CUP	22.5	2,903 fps	45,700 CUP
	Bench Mark 8208	.224"	2.125"	20.2	2,681 fps	39,300 PSI	21.5	2,865 fps	48,400 PSI
	AR2206H	.224"	2.125"	20.0	2,537 fps	30,300 CUP	23.5C	2,965 fps	45,500 CUP
	AR2208	.224"	2.125"	22.0	2,718 fps	34,500 CUP	24.0C	2,935 fps	43,800 CUP
	Bench Mark 1	-	-	18.5	2,520 fps	-	20.3	2,765 fps	-
	AR2206	-	-	20.5	2,605 fps	-	23.0	2,925 fps	-
223 Remington (5.6 x 45mm)				Case: Winchester Twist: 1:12" Primer: Winchester SR			Barrel length: 24" Trim length: 1.750"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
35 GR. NOS BT LF	AR2207	.224"	2.280"	20.4	3,599 fps	45,100 PSI	21.7	3,780 fps	52,000 PSI
	AR2219	.224"	2.280"	24.3	3,610 fps	43,800 PSI	25.8	3,771 fps	50,600 PSI
	Bench Mark 2	.224"	2.280"	24.5	3,555 fps	42,700 PSI	27.2C	3,851 fps	52,900 PSI
	Bench Mark 8208	.224"	2.280"	25.2	3,560 fps	41,100 PSI	28.0C	3,891 fps	53,400 PSI
	AR2206H	.224"	2.280"	24.3	3,522 fps	39,600 PSI	27.0C	3,891 fps	53,000 PSI
	AR2208	.224"	2.280"	25.2	3,424 fps	38,500 PSI	28.0C	3,751 fps	49,300 PSI
36 GR. BAR VG FB	AR2207	.224"	2.200"	21.1	3,511 fps	36,800 PSI	22.5	3,723 fps	51,800 PSI
	AR2219	.224"	2.200"	24.2	3,523 fps	44,300 PSI	25.7	3,721 fps	52,700 PSI
	Bench Mark 2	.224"	2.200"	24.4	3,508 fps	44,100 PSI	26.0	3,702 fps	50,800 PSI
	Bench Mark 8208	.224"	2.200"	25.4	3,548 fps	44,500 PSI	27.0C	3,728 fps	50,600 PSI
	AR2206H	.224"	2.200"	25.5	3,487 fps	36,500 PSI	27.3C	3,755 fps	49,200 PSI
AR2208	.224"	2.200"	24.8	3,278 fps	37,000 PSI	27.5C	3,593 fps	47,300 PSI	
40 GR. NOS BT	AR2207	.224"	2.280"	20.5	3,147 fps	29,400 CUP	22.5	3,601 fps	49,600 CUP

C = Compressed Load; L = Lead Projectile

RIFLE DATA

223 Remington (5.6 x 45mm)				Case: Winchester Twist: 1:12" Primer: Winchester SR			Barrel length: 24" Trim length: 1.750"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
40 GR.	Bench Mark 1	-	-	22.5	3,180 fps	-	25.2	3,560 fps	-
40 GR. NOS BT	AR2219	.224"	2.280"	23.5	3,376 fps	34,600 CUP	25.5	3,574 fps	48,000 CUP
	Bench Mark 2	.224"	2.280"	25.3	3,404 fps	39,600 CUP	27.3	3,666 fps	51,000 CUP
	Bench Mark 8208	.224"	2.280"	25.0	3,433 fps	41,500 PSI	26.7C	3,659 fps	50,400 PSI
40 GR.	AR2206	-	-	24.8	3,240 fps	-	27.5C	3,590 fps	-
40 GR. NOS BT	AR2206H	.224"	2.280"	25.0	3,204 fps	32,100 CUP	27.5C	3,573 fps	44,500 CUP
	AR2208	.224"	2.280"	25.0	3,310 fps	34,400 CUP	28.0C	3,674 fps	47,200 CUP
45 GR. SFIRE	AR2207	.224"	2.220"	19.0	3,097 fps	40,200 PSI	21.8	3,414 fps	51,400 PSI
	AR2219	.224"	2.220"	22.0	3,088 fps	38,900 PSI	24.6C	3,399 fps	50,800 PSI
	Bench Mark 2	.224"	2.220"	22.5	3,130 fps	39,600 PSI	25.0	3,410 fps	51,000 PSI
	Bench Mark 8208	.224"	2.220"	23.0	3,124 fps	38,800 PSI	26.0C	3,491 fps	52,100 PSI
45 GR. SIE SP	AR2207	.224"	2.240"	20.0	3,009 fps	28,800 CUP	22.0	3,472 fps	49,100 CUP
	AR2219	.224"	2.240"	23.0	3,164 fps	36,000 CUP	25.0	3,424 fps	47,400 CUP
	Bench Mark 2	.224"	2.240"	25.3	3,327 fps	41,100 CUP	27.3	3,554 fps	51,100 CUP
	Bench Mark 8208	.224"	2.240"	24.5	3,287 fps	41,700 PSI	26.8	3,550 fps	52,000 PSI
	AR2206H	.224"	2.240"	25.0	3,211 fps	33,800 CUP	27.5C	3,454 fps	43,400 CUP
	AR2208	.224"	2.240"	25.0	3,071 fps	30,200 CUP	28.0C	3,477 fps	43,700 CUP
50 GR. SPR SP	AR2207	.224"	2.210"	19.5	3,023 fps	32,400 CUP	21.5	3,223 fps	45,900 CUP
50 GR.	Bench Mark 1	-	-	21.5	2,980 fps	-	23.8	3,300 fps	-
50 GR. SPR SP	AR2219	.224"	2.210"	22.0	3,018 fps	36,500 CUP	24.0	3,301 fps	49,300 CUP
	Bench Mark 2	.224"	2.210"	24.0	3,139 fps	38,600 CUP	26.5	3,396 fps	50,400 CUP
	Bench Mark 8208	.224"	2.210"	23.5	3,111 fps	40,500 PSI	25.8	3,407 fps	53,300 PSI
50 GR.	AR2206	-	-	24.0	3,130 fps	-	26.5C	3,455 fps	-
50 GR. SPR SP	AR2206H	.224"	2.210"	25.0	3,200 fps	38,300 CUP	27.5C	3,468 fps	51,300 CUP
	AR2208	.224"	2.210"	26.5	3,242 fps	40,800 CUP	27.5C	3,383 fps	44,800 CUP
53 GR. SIE HP	AR2207	.224"	2.200"	19.5	2,986 fps	34,200 CUP	21.5	3,188 fps	46,700 CUP
53 GR.	Bench Mark 1	-	-	21.0	2,890 fps	-	23.0	3,165 fps	-
53 GR. SIE HP	AR2219	.224"	2.200"	21.5	2,912 fps	39,200 CUP	23.5	3,183 fps	48,900 CUP
	Bench Mark 2	.224"	2.200"	24.0	3,102 fps	39,900 CUP	26.0	3,308 fps	49,800 CUP
	Bench Mark 8208	.224"	2.200"	23.0	3,032 fps	41,400 PSI	25.4	3,310 fps	53,400 PSI
53 GR.	AR2206	-	-	24.0	3,050 fps	-	26.5	3,365 fps	-
53 GR. SIE HP	AR2206H	.224"	2.200"	25.0	3,166 fps	37,400 CUP	27.0C	3,383 fps	48,600 CUP
	AR2208	.224"	2.200"	24.0	3,026 fps	38,400 CUP	27.0C	3,389 fps	47,900 CUP
55 GR. HDY FMJ	AS30N	.224"	2.200"	-	-	-	3.2	1,060 fps	3,700 CUP
	Trail Boss	.224"	2.200"	-	-	-	4.0	1,074 fps	-
55 GR. SFIRE	AR2207	.224"	2.220"	18.0	2,852 fps	42,700 PSI	20.4	3,084 fps	51,400 PSI
	AR2219	.224"	2.220"	21.0	2,894 fps	42,800 PSI	23.1	3,113 fps	51,700 PSI
	Bench Mark 2	.224"	2.220"	21.0	2,903 fps	42,600 PSI	23.4	3,128 fps	51,000 PSI
	AR2206H	.224"	2.220"	22.0	2,941 fps	40,600 PSI	24.6C	3,226 fps	53,500 PSI
	AR2208	.224"	2.220"	23.5	2,990 fps	45,200 PSI	25.1C	3,149 fps	51,700 PSI
55 GR. BAR TSX FB	AR2219	.224"	2.180"	21.0	2,953 fps	48,600 PSI	22.4	3,083 fps	51,300 PSI
	Bench Mark 2	.224"	2.180"	20.0	2,885 fps	47,600 PSI	22.2	3,066 fps	52,200 PSI
	Bench Mark 8208	.224"	2.180"	21.5	2,949 fps	47,600 PSI	23.0	3,105 fps	52,900 PSI
	AR2206H	.224"	2.180"	21.0	2,910 fps	43,700 PSI	22.6	3,110 fps	51,500 PSI
	AR2208	.224"	2.180"	22.8	2,996 fps	47,600 PSI	24.0C	3,134 fps	53,300 PSI

RIFLE DATA

223 Remington (5.6 x 45mm)				Case: Winchester Twist: 1:12" Primer: Winchester SR			Barrel length: 24" Trim length: 1.750"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
55 GR. SPR SP	AR2207	.224"	2.200"	19.0	2,841 fps	34,800 CUP	21.0	3,150 fps	47,600 CUP
	Bench Mark 1	-	-	20.5	2,715 fps	-	22.6	2,995 fps	-
	AR2219	.224"	2.200"	21.0	2,841 fps	38,600 CUP	23.0	3,106 fps	48,900 CUP
	Bench Mark 2	.224"	2.200"	24.0	3,113 fps	42,600 CUP	25.6	3,264 fps	50,000 CUP
	Bench Mark 8208	.224"	2.200"	23.0	3,024 fps	42,100 PSI	25.3	3,268 fps	53,100 PSI
	AR2206	-	-	24.5	3,130 fps	-	25.5	3,260 fps	-
	AR2206H	.224"	2.200"	25.0	3,176 fps	39,700 CUP	26.0	3,315 fps	49,000 CUP
	AR2208	.224"	2.200"	25.5	3,174 fps	41,300 CUP	27.5C	3,384 fps	49,700 CUP
60 GR. HDY V-MAX	AR2207	.224"	2.250"	18.0	2,747 fps	42,500 CUP	20.0	2,953 fps	47,600 CUP
	AR2219	.224"	2.250"	22.0	2,873 fps	40,300 CUP	23.5	3,063 fps	49,800 CUP
	Bench Mark 2	.224"	2.250"	23.0	2,913 fps	42,500 CUP	24.6	3,086 fps	49,900 CUP
	Bench Mark 8208	.224"	2.250"	21.5	2,857 fps	43,500 PSI	23.6	3,057 fps	51,700 PSI
	AR2206H	.224"	2.250"	24.0	2,918 fps	37,600 CUP	26.0C	3,174 fps	50,100 CUP
	AR2208	.224"	2.250"	25.0	2,924 fps	40,400 CUP	27.0C	3,159 fps	51,900 CUP
62 GR. SFT SCIR	AR2219	.224"	2.260"	19.5	2,717 fps	45,400 PSI	21.2	2,904 fps	52,300 PSI
	Bench Mark 2	.224"	2.260"	20.8	2,755 fps	45,400 PSI	22.7	2,948 fps	52,800 PSI
	Bench Mark 8208	.224"	2.260"	21.4	2,787 fps	43,400 PSI	23.2	2,999 fps	53,000 PSI
	AR2206H	.224"	2.260"	21.0	2,740 fps	42,300 PSI	23.0	3,004 fps	53,000 PSI
	AR2208	.224"	2.260"	22.1	2,773 fps	44,700 PSI	24.1	2,974 fps	52,600 PSI
63 GR. SIE SP	AR2207	.224"	2.200"	18.0	2,680 fps	33,600 CUP	20.0	2,846 fps	44,600 CUP
	AR2219	.224"	2.200"	20.0	2,672 fps	38,100 CUP	22.0	2,862 fps	48,400 CUP
	Bench Mark 2	.224"	2.200"	22.0	2,845 fps	41,800 CUP	24.2	3,066 fps	50,500 CUP
	Bench Mark 8208	.224"	2.200"	21.0	2,783 fps	43,000 PSI	23.1	2,995 fps	52,400 PSI
	AR2206H	.224"	2.200"	23.5	2,831 fps	43,300 CUP	25.5	3,078 fps	50,000 CUP
	AR2208	.224"	2.200"	24.5	3,000 fps	42,400 CUP	26.4C	3,199 fps	50,700 CUP
69 GR. SIE HPBT	AR2219	.224"	2.235"	21.0	2,746 fps	40,500 CUP	23.0	2,932 fps	49,400 CUP
	Bench Mark 2	.224"	2.235"	21.5	2,770 fps	39,700 CUP	23.5	2,970 fps	49,700 CUP
	Bench Mark 8208	.224"	2.235"	21.0	2,696 fps	42,200 PSI	23.8	2,959 fps	52,900 PSI
	AR2206	-	-	22.0	2,675 fps	-	24.0	2,920 fps	-
	AR2206H	.224"	2.235"	24.0	2,870 fps	41,100 CUP	26.0C	3,069 fps	49,700 CUP
	AR2208	.224"	2.235"	24.0	2,784 fps	39,200 CUP	26.0C	3,010 fps	50,200 CUP
70 GR. SPR SP	AR2219	.224"	2.140"	19.0	2,515 fps	37,500 CUP	23.0	2,962 fps	51,200 CUP
	Bench Mark 2	.224"	2.140"	20.5	2,665 fps	45,200 CUP	22.8	2,869 fps	51,000 CUP
	Bench Mark 8208	.224"	2.140"	20.0	2,621 fps	44,100 PSI	21.8	2,797 fps	52,800 PSI
	AR2206H	.224"	2.140"	23.0	2,782 fps	40,400 CUP	25.0	2,997 fps	50,500 CUP
	AR2208	.224"	2.140"	23.5	2,827 fps	41,000 CUP	26.0C	3,024 fps	48,400 CUP
75 GR. JLK VLD	AR2219	.224"	2.250"	20.0	2,594 fps	40,700 CUP	22.0	2,785 fps	48,100 CUP
	Bench Mark 2	.224"	2.250"	21.5	2,610 fps	41,900 CUP	23.5	2,829 fps	49,400 CUP
	Bench Mark 8208	.224"	2.250"	20.0	2,538 fps	40,800 PSI	22.7	2,804 fps	53,900 PSI
	AR2206H	.224"	2.250"	22.5	2,696 fps	39,900 CUP	24.5	2,905 fps	50,000 CUP
	AR2208	.224"	2.250"	22.5	2,693 fps	40,600 CUP	25.0C	2,907 fps	48,400 CUP
77 GR. SIE HPBT	AR2219	.224"	2.260"	20.0	2,578 fps	44,900 CUP	21.8	2,721 fps	50,900 CUP
	Bench Mark 2	.224"	2.260"	20.5	2,523 fps	27,400 CUP	22.8	2,763 fps	50,000 CUP
	Bench Mark 8208	.224"	2.260"	20.5	2,535 fps	41,800 PSI	23.2	2,792 fps	55,000 PSI
	AR2206H	.224"	2.260"	20.0	2,474 fps	40,300 CUP	22.6C	2,727 fps	50,200 CUP

RIFLE DATA

223 Remington (5.6 x 45mm)				Case: Winchester Twist: 1:12" Primer: Winchester SR			Barrel length: 24" Trim length: 1.750"			
				Start loads			Maximum loads			
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure	
80 GR. SIE HPBT	AR2208	.224"	2.260"	21.0	2,528 fps	42,700 CUP	23.7C	2,737 fps	50,700 CUP	
	AR2219	.224"	2.550"	20.0	2,546 fps	40,700 CUP	22.0	2,744 fps	49,000 CUP	
	Bench Mark 2	.224"	2.550"	20.5	2,525 fps	43,900 CUP	22.5	2,700 fps	49,600 CUP	
	Bench Mark 8208	.224"	2.550"	19.0	2,456 fps	44,400 PSI	21.0	2,628 fps	52,900 PSI	
	AR2206	-	-	20.5	2,500 fps	-	22.5	2,710 fps	-	
	AR2206H	.224"	2.550"	21.5	2,578 fps	40,100 CUP	24.0	2,825 fps	50,000 CUP	
82 GR. BER BT TARG	AR2208	.224"	2.550"	22.0	2,547 fps	40,300 CUP	25.0C	2,869 fps	51,500 CUP	
	Bench Mark 8208	.224"	2.375"	18.4	2,392 fps	44,440 PSI	19.9	2,554 fps	52,100 PSI	
	AR2206H	.223"	2.375"	18.9	2,448 fps	46,500 PSI	20.4	2,585 fps	52,700 PSI	
90 GR. SIE HPBT	AR2208	.224"	2.375"	20.0	2,417 fps	44,000 PSI	21.5	2,590 fps	52,800 PSI	
	Bench Mark 8208	.224"	2.380"	18.0	2,270 fps	45,600 PSI	19.6	2,419 fps	52,800 PSI	
	AR2206H	.224"	2.380"	20.0	2,352 fps	47,500 PSI	21.5	2,481 fps	53,500 PSI	
222 Remington Magnum	AR2208	.224"	2.380"	21.0	2,332 fps	46,700 PSI	22.3C	2,447 fps	52,100 PSI	
					Start loads			Maximum loads		
	Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
40 GR. SIE SP	AR2205	.224"	2.145"	15.5	2,714 fps	29,400 CUP	17.0	3,062 fps	36,600 CUP	
	AR2207	.224"	2.145"	23.0	3,592 fps	45,400 CUP	24.5	3,760 fps	49,100 CUP	
	AR2219	.224"	2.145"	25.0	3,318 fps	35,300 CUP	27.0	3,622 fps	48,400 CUP	
	AR2206H	.224"	2.145"	26.5	3,363 fps	34,800 CUP	29.0	3,490 fps	45,400 CUP	
45 GR. SPR SP	AR2207	.224"	2.220"	22.0	3,392 fps	42,400 CUP	24.0	3,641 fps	50,200 CUP	
	AR2219	.224"	2.220"	24.5	3,159 fps	33,300 CUP	26.5	3,532 fps	50,300 CUP	
	AR2206H	.224"	2.220"	26.5	3,314 fps	35,400 CUP	29.0	3,442 fps	49,700 CUP	
50 GR. HDY SP	AR2207	.224"	2.305"	21.5	3,147 fps	39,600 CUP	23.5	3,379 fps	45,400 CUP	
	AR2219	.224"	2.305"	24.0	3,128 fps	38,100 CUP	26.0	3,385 fps	49,300 CUP	
	AR2206H	.224"	2.305"	26.0	3,166 fps	41,400 CUP	28.5	3,306 fps	45,900 CUP	
53 GR. SIE HP	AR2207	.224"	2.275"	21.0	3,076 fps	38,400 CUP	23.0	3,282 fps	45,900 CUP	
	AR2219	.224"	2.275"	24.0	3,014 fps	39,200 CUP	25.0	3,285 fps	49,800 CUP	
	AR2206H	.224"	2.275"	25.5	3,137 fps	40,800 CUP	28.0	3,272 fps	48,500 CUP	
55 GR. HDY SP	AR2207	.224"	2.325"	21.0	3,024 fps	37,800 CUP	23.0	3,222 fps	46,300 CUP	
	AR2219	.224"	2.325"	22.5	2,867 fps	36,500 CUP	24.5	3,191 fps	49,300 CUP	
	AR2206H	.224"	2.325"	25.5	3,121 fps	39,000 CUP	28.0	3,257 fps	48,900 CUP	
63 GR. SIE SP	AR2207	.224"	2.280"	18.5	2,845 fps	40,200 CUP	20.5	3,019 fps	47,800 CUP	
	AR2219	.224"	2.280"	21.5	2,763 fps	38,100 CUP	23.5	2,934 fps	48,900 CUP	
	AR2206H	.224"	2.280"	24.5	2,869 fps	37,800 CUP	26.5	3,046 fps	48,400 CUP	

RIFLE DATA

22 PPC				Case: Sako (reformed)			Barrel length: 24"		
				Twist: 1:14"			Trim length: 1.510"		
				Primer: Remington 7 1/2					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
40 GR. NOS BT	Bench Mark 2	.224"	2.065"	27.0	3,349 fps	37,500 CUP	30.0	3,675 fps	49,200 CUP
	Bench Mark 8208	.224"	2.065"	27.0	3,366 fps	38,400 CUP	29.3C	3,684 fps	47,000 CUP
	AR2208	.224"	2.065"	27.5	3,314 fps	36,000 CUP	29.5C	3,560 fps	45,700 CUP
50 GR. SPR SP	Bench Mark 1	-	-	23.5	3,030 fps	-	26.0	3,350 fps	-
	AR2219	.224"	2.065"	25.0	3,204 fps	42,000 CUP	26.0	3,385 fps	48,000 CUP
	Bench Mark 2	.224"	2.065"	27.0	3,204 fps	40,000 CUP	29.0	3,430 fps	49,600 CUP
	Bench Mark 8208	.224"	2.065"	26.0	3,213 fps	40,600 CUP	28.8C	3,507 fps	50,400 CUP
	AR2206	-	-	24.8	3,020 fps	-	27.5	3,350 fps	-
	AR2206H	.224"	2.065"	26.0	2,989 fps	37,100 CUP	28.0	3,347 fps	46,500 CUP
	AR2208	.224"	2.065"	27.5	3,205 fps	37,100 CUP	29.5	3,408 fps	48,200 CUP
53 GR. HDY HP	Bench Mark 1	-	-	23.5	3,050 fps	-	25.5	3,310 fps	-
	AR2219	.224"	2.065"	24.0	3,046 fps	39,800 CUP	26.0	3,333 fps	48,500 CUP
	Bench Mark 2	.224"	2.065"	26.5	3,141 fps	40,200 CUP	28.5	3,368 fps	49,400 CUP
	Bench Mark 8208	.224"	2.065"	25.5	3,112 fps	37,300 CUP	28.2	3,418 fps	48,700 CUP
	AR2206H	.224"	2.065"	26.0	3,079 fps	41,500 CUP	28.0	3,321 fps	49,000 CUP
	AR2208	.224"	2.065"	26.5	3,179 fps	39,100 CUP	28.5	3,363 fps	48,900 CUP
55 GR. SPR SP	AR2219	.224"	2.050"	24.0	3,052 fps	41,400 CUP	26.0	3,306 fps	50,000 CUP
	Bench Mark 2	.224"	2.050"	26.0	3,080 fps	39,900 CUP	28.2	3,310 fps	49,600 CUP
	Bench Mark 8208	.224"	2.050"	25.0	3,006 fps	35,400 CUP	28.0	3,362 fps	48,600 CUP
	AR2206H	.224"	2.050"	26.0	3,047 fps	42,000 CUP	28.0	3,346 fps	50,000 CUP
	AR2208	.224"	2.050"	26.5	3,147 fps	43,600 CUP	28.5	3,317 fps	47,800 CUP

22 BR Remington				Case: Remington (reformed)			Barrel length: 24"		
				Twist: 1:14"			Trim length: 1.510"		
				Primer: Remington 7 1/2					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
40 GR. NOS BT	AR2207	.224"	2.090"	25.5	3,645 fps	43,200 CUP	27.6	3,859 fps	50,400 CUP
	AR2219	.224"	2.090"	28.0	3,561 fps	38,000 CUP	30.0	3,795 fps	49,000 CUP
	Bench Mark 2	.224"	2.090"	30.0	3,542 fps	41,400 CUP	32.0	3,816 fps	49,200 CUP
	AR2206H	.224"	2.090"	31.0	3,594 fps	38,300 CUP	32.8	3,834 fps	46,400 CUP
	AR2208	.224"	2.090"	31.5	3,558 fps	36,500 CUP	33.5	3,788 fps	43,500 CUP
45 GR. SPR SP	AR2219	.224"	1.945"	29.0	3,409 fps	41,000 CUP	31.5	3,741 fps	49,400 CUP
	Bench Mark 2	.224"	1.945"	29.5	3,486 fps	41,100 CUP	31.6	3,702 fps	48,900 CUP
	AR2206H	.224"	1.945"	30.0	3,429 fps	41,600 CUP	32.5	3,768 fps	49,000 CUP
	AR2208	.224"	1.945"	31.5	3,502 fps	36,800 CUP	33.5	3,693 fps	43,600 CUP
50 GR. SPR SP	AR2219	.224"	1.945"	28.0	3,292 fps	37,000 CUP	30.5	3,637 fps	50,000 CUP
	Bench Mark 2	.224"	1.945"	29.5	3,398 fps	40,400 CUP	31.5	3,618 fps	49,700 CUP
	AR2206H	.224"	1.945"	29.5	3,404 fps	41,200 CUP	32.0	3,606 fps	48,000 CUP
	AR2208	.224"	1.945"	31.5	3,426 fps	38,900 CUP	33.5	3,624 fps	44,600 CUP
53 GR. HDY HP	AR2219	.224"	2.065"	28.0	3,270 fps	38,000 CUP	30.0	3,544 fps	48,400 CUP
	Bench Mark 2	.224"	2.065"	28.5	3,305 fps	41,200 CUP	30.5	3,523 fps	49,200 CUP
	AR2206H	.224"	2.065"	29.5	3,377 fps	41,900 CUP	31.5	3,566 fps	49,000 CUP
	AR2208	.224"	2.065"	31.0	3,425 fps	43,400 CUP	33.0	3,638 fps	51,100 CUP
55 GR. SPR SP	AR2219	.224"	2.050"	28.0	3,219 fps	40,000 CUP	30.0	3,439 fps	48,800 CUP
	Bench Mark 2	.224"	2.050"	28.5	3,302 fps	41,600 CUP	30.5	3,470 fps	49,600 CUP

C = Compressed Load: L = Lead Projectile

RIFLE DATA

22 BR Remington				Case: Remington (reformed)			Barrel length: 24"		
				Twist: 1:14"			Trim length: 1.510"		
				Primer: Remington 7 1/2					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
	AR2206H	.224"	2.050"	29.0	3,212 fps	37,100 CUP	31.0	3,478 fps	49,400 CUP
	AR2208	.224"	2.050"	30.0	3,308 fps	41,600 CUP	32.5	3,530 fps	49,300 CUP
63 GR. SIE SP	AR2219	.224"	2.015"	24.0	2,962 fps	40,800 CUP	26.5	3,120 fps	48,800 CUP
	Bench Mark 2	.224"	2.015"	27.0	3,088 fps	42,000 CUP	29.0	3,270 fps	49,300 CUP
	AR2206H	.224"	2.015"	26.0	2,994 fps	41,600 CUP	28.0	3,146 fps	49,400 CUP
	AR2208	.224"	2.015"	28.5	3,134 fps	44,500 CUP	30.5	3,307 fps	49,300 CUP
70 GR. SPR SP	AR2219	.224"	1.900"	22.0	2,696 fps	40,000 CUP	24.0	2,889 fps	49,900 CUP
	Bench Mark 2	.224"	1.900"	26.0	2,919 fps	43,400 CUP	28.0	3,095 fps	49,700 CUP
	AR2206H	.224"	1.900"	23.0	2,707 fps	41,400 CUP	24.5	2,845 fps	50,000 CUP
	AR2208	.224"	1.900"	26.0	2,858 fps	43,000 CUP	28.0	3,035 fps	49,500 CUP
				Case:			Barrel length: 24"		
5.6 x 50mm Magnum (5.6 x 50Rmm)				Twist: -			Trim length: -		
				Primer:					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
40 GR.	AR2206	-	-	-	-	-	29.0	3,630 fps	-
45 GR.	AR2206	-	-	-	-	-	28.5	3,550 fps	-
	AR2208	-	-	-	-	-	30.0	3,550 fps	-
50 GR.	AR2206	-	-	-	-	-	28.0	3,500 fps	-
	AR2208	-	-	-	-	-	29.5	3,500 fps	-
55 GR.	AR2206	-	-	-	-	-	27.0	3,300 fps	-
	AR2208	-	-	-	-	-	28.5	3,300 fps	-
60 GR.	AR2208	-	-	-	-	-	27.5	3,250 fps	-
70 GR.	AR2208	-	-	-	-	-	26.5	3,100 fps	-
				Case:			Barrel length: 24"		
22 Savage Hi Power (5.6 x 52Rmm)				Twist: -			Trim length: -		
				Primer:					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
70 GR.	AR2207	-	-	-	-	-	21.5	2,900 fps	-
	AR2208	-	-	-	-	-	24.5	2,900 fps	-
				Case: Weatherby			Barrel length: 23"		
224 Weatherby Magnum				Twist: 1:14"			Trim length: 1.915"		
				Primer: Federal 210					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
45 GR. SIE SP	AR2206H	.224"	2.375"	29.5	3,419 fps	-	32.0	3,861 fps	-
50 GR. HDY SP	AR2206	-	-	28.5	3,215 fps	-	30.5	3,580 fps	-
	AR2206H	.224"	2.375"	28.5	3,199 fps	-	31.0	3,648 fps	-
53 GR. SIE HP	AR2206	-	-	27.5	3,050 fps	-	30.0	3,540 fps	-
	AR2206H	.224"	2.310"	27.5	3,032 fps	-	30.0	3,522 fps	-
55 GR. HDY SP	AR2206	-	-	27.0	2,940 fps	-	29.5	3,450 fps	-
	AR2206H	.224"	2.375"	27.5	2,971 fps	-	30.0	3,503 fps	-

RIFLE DATA

224 Weatherby Magnum				Case: Weatherby Twist: 1:14" Primer: Federal 210			Barrel length: 23" Trim length: 1.915"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
	AR2209	.224"	2.375"	32.0	2,879 fps	-	34.0	3,240 fps	-
	AR2213SC	.224"	2.375"	31.5	2,834 fps	-	34.0	3,200 fps	-
60 GR. HDY SP	AR2206	-	-	26.0	2,800 fps	-	28.0	3,215 fps	-
	AR2206H	.224"	2.375"	26.0	2,792 fps	-	28.0	3,205 fps	-
	AR2209	.224"	2.375"	31.0	2,832 fps	-	34.0	3,240 fps	-
	AR2213SC	.224"	2.375"	31.0	2,781 fps	-	33.5	3,041 fps	-
70 GR. SPR SP	AR2209	.224"	2.310"	30.0	2,644 fps	-	32.0	2,777 fps	-
	AR2213SC	.224"	2.310"	30.0	2,395 fps	-	32.0	2,486 fps	-
219 Donaldson Wasp				Case: Winchester Twist: 1:14" Primer: Winchester LR			Barrel length: 28" Trim length: 1.740"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
40 GR. SIE SP	AR2206H	.224"	2.130"	-	-	-	28.0	3,312 fps	-
55 GR. HDY SP	AR2206H	.224"	2.130"	-	-	-	28.0	3,501 fps	-
219 Zipper				Case: Twist: - Primer:			Barrel length: 24" Trim length: -		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
45 GR.	AR2207	-	-	-	-	-	22.0	3,200 fps	-
	AR2206	-	-	-	-	-	25.0	3,200 fps	-
	AR2208	-	-	-	-	-	26.0	3,200 fps	-
50 GR.	AR2207	-	-	-	-	-	21.0	3,000 fps	-
	AR2206	-	-	-	-	-	24.0	3,000 fps	-
	AR2208	-	-	-	-	-	25.0	3,000 fps	-
52-53 GR.	AR2207	-	-	-	-	-	20.5	2,900 fps	-
	AR2206	-	-	-	-	-	23.5	2,900 fps	-
	AR2208	-	-	-	-	-	24.5	2,900 fps	-
55 GR.	AR2207	-	-	-	-	-	20.0	2,800 fps	-
	AR2206	-	-	-	-	-	23.0	2,800 fps	-
	AR2208	-	-	-	-	-	24.0	2,800 fps	-

RIFLE DATA

225 Winchester				Case: Winchester Twist: 1:14" Primer: Winchester LR			Barrel length: 26" Trim length: 1.920"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
40 GR. SPR SP	AR2219	.224"	2.370"	28.0	3,628 fps	39,700 CUP	31.0	3,896 fps	49,800 CUP
	AR2206	-	-	30.0	3,435 fps	-	33.0	3,780 fps	-
	AR2206H	.224"	2.370"	31.5	3,583 fps	39,600 CUP	34.0	3,811 fps	48,200 CUP
45 GR. HDY SP	AR2219	.224"	2.425"	27.0	3,303 fps	36,500 CUP	30.0	3,685 fps	50,000 CUP
	AR2206	-	-	29.0	3,345 fps	-	32.0	3,690 fps	-
	AR2206H	.224"	2.425"	31.0	3,504 fps	39,600 CUP	33.5	3,736 fps	49,300 CUP
50 GR. SIE SP	AR2219	.224"	2.400"	26.0	3,164 fps	37,500 CUP	29.0	3,401 fps	48,900 CUP
	AR2206	-	-	29.0	3,340 fps	-	32.0	3,685 fps	-
	AR2206H	.224"	2.400"	31.0	3,330 fps	38,400 CUP	34.0	3,722 fps	48,400 CUP
52 GR. SPR SP	AR2219	.224"	2.500"	26.0	3,128 fps	39,200 CUP	28.5	3,333 fps	48,000 CUP
	AR2206	-	-	28.0	3,110 fps	-	31.0	3,445 fps	-
	AR2206H	.224"	2.500"	29.5	3,239 fps	37,200 CUP	32.0	3,463 fps	49,600 CUP
55 GR. HDY SP	AR2219	.224"	2.420"	25.5	3,052 fps	38,600 CUP	28.0	3,283 fps	48,900 CUP
	AR2206	-	-	27.5	3,070 fps	-	30.5	3,405 fps	-
	AR2206H	.224"	2.420"	29.5	3,159 fps	36,000 CUP	32.0	3,476 fps	48,000 CUP
	AR2209	.224"	2.420"	35.0	2,970 fps	37,600 CUP	37.0	3,189 fps	46,000 CUP
60 GR. HDY SP	AR2206	-	-	27.0	3,040 fps	-	30.0	3,380 fps	-
	AR2206H	.224"	2.410"	29.0	3,125 fps	43,200 CUP	32.0	3,396 fps	49,000 CUP
	AR2209	.224"	2.410"	34.0	2,911 fps	37,000 CUP	36.0	3,120 fps	44,400 CUP
70 GR. SPR SP	AR2209	.224"	2.310"	32.0	2,696 fps	39,100 CUP	35.0	2,949 fps	47,800 CUP

22-250 Remington				Case: Winchester Twist: 1:14" Primer: Winchester LR			Barrel length: 24" Trim length: 1.902"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
35 GR. NOS LF	Bench Mark 2	.224"	2.350"	35.7	4,170 fps	48,700 PSI	38.0	4,476 fps	62,600 PSI
	Bench Mark 8208	.224"	2.350"	35.1	4,096 fps	46,900 PSI	39.0	4,469 fps	60,700 PSI
	AR2206H	.224"	2.350"	34.1	4,120 fps	47,200 PSI	37.5C	4,432 fps	58,200 PSI
	AR2208	.224"	2.350"	35.6	3,929 fps	42,900 PSI	39.5C	4,421 fps	61,000 PSI
36 GR. BAR VG FB	Bench Mark 2	.224"	2.350"	35.6	4,108 fps	51,700 PSI	37.8	4,335 fps	61,100 PSI
	Bench Mark 8208	.224"	2.350"	36.5	4,137 fps	50,700 PSI	38.8	4,404 fps	62,300 PSI
	AR2206H	.224"	2.350"	36.6	4,130 fps	50,700 PSI	39.0C	4,376 fps	61,400 PSI
	AR2208	.224"	2.350"	37.8	4,061 fps	50,800 PSI	40.2C	4,277 fps	59,800 PSI
40 GR. NOS BT	Bench Mark 2	.224"	2.350"	34.0	3,837 fps	41,600 CUP	36.5	4,114 fps	50,100 CUP
	Bench Mark 8208	.224"	2.350"	35.0	3,944 fps	47,000 PSI	39.0	4,336 fps	63,500 PSI
40 GR.	AR2206	-	-	34.0	3,780 fps	-	37.0	4,175 fps	-
40 GR. NOS BT	AR2206H	.224"	2.350"	34.0	3,750 fps	43,800 CUP	37.0	4,060 fps	48,700 CUP
	AR2208	.224"	2.350"	37.5	3,936 fps	43,400 CUP	39.5	4,135 fps	51,100 CUP
45 GR. BAR XBT	AR2219	.224"	2.340"	31.0	3,490 fps	44,600 CUP	32.5	3,720 fps	48,500 CUP
	Bench Mark 2	.224"	2.340"	33.5	3,786 fps	45,300 CUP	36.0	3,979 fps	51,000 CUP
	AR2206H	.224"	2.340"	34.0	3,660 fps	47,300 CUP	37.0	3,918 fps	49,100 CUP
	AR2208	.224"	2.340"	35.0	3,652 fps	46,000 CUP	38.0	3,921 fps	49,200 CUP
50 GR. SIE SP	AR2219	.224"	2.350"	30.0	3,441 fps	46,200 CUP	32.0	3,628 fps	50,300 CUP
	Bench Mark 2	.224"	2.350"	33.5	3,718 fps	45,900 CUP	36.0	3,903 fps	51,400 CUP
	Bench Mark 8208	.224"	2.350"	33.0	3,728 fps	55,200 PSI	36.0	3,925 fps	62,900 PSI

C = Compressed Load; L = Lead Projectile

RIFLE DATA

22-250 Remington				Case: Winchester Twist: 1:14" Primer: Winchester LR			Barrel length: 24" Trim length: 1.902"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
50 GR.	AR2206	-	-	33.5	3,565 fps	-	36.0	3,830 fps	-
50 GR. SIE SP	AR2206H	.224"	2.350"	33.5	3,530 fps	43,800 CUP	36.5	3,827 fps	50,200 CUP
	AR2208	.224"	2.350"	34.5	3,596 fps	43,600 CUP	37.5	3,834 fps	50,400 CUP
	AR2209	.224"	2.350"	39.0	3,410 fps	43,600 CUP	42.0	3,579 fps	48,900 CUP
52 GR. HDY A-MAX	AR2219	.224"	2.350"	29.0	3,379 fps	45,500 CUP	31.0	3,498 fps	48,000 CUP
	Bench Mark 2	.224"	2.350"	32.5	3,602 fps	45,800 CUP	34.6	3,755 fps	49,800 CUP
	Bench Mark 8208	.224"	2.350"	32.5	3,612 fps	52,200 PSI	35.5	3,837 fps	60,100 PSI
52 GR.	AR2206	-	-	32.5	3,505 fps	-	35.0	3,750 fps	-
52 GR. HDY A-MAX	AR2206H	.224"	2.350"	32.5	3,467 fps	44,400 CUP	35.5	3,729 fps	49,600 CUP
	AR2208	.224"	2.350"	34.0	3,630 fps	45,500 CUP	36.0	3,784 fps	50,000 CUP
	AR2209	.224"	2.350"	39.0	3,402 fps	43,800 CUP	41.0	3,557 fps	49,400 CUP
55 GR. SPR SP	Trail Boss	.224"	2.350"	9.1	1,664 fps	17,200 PSI	13.0	1,984 fps	26,600 PSI
	AR2219	.224"	2.350"	28.0	3,339 fps	46,200 CUP	30.0	3,480 fps	49,800 CUP
	Bench Mark 2	.224"	2.350"	31.6	3,532 fps	46,200 CUP	33.6	3,674 fps	50,200 CUP
	Bench Mark 8208	.224"	2.350"	32.0	3,514 fps	52,300 PSI	35.8	3,768 fps	62,700 PSI
55 GR.	AR2206	-	-	32.5	3,415 fps	-	35.0	3,680 fps	-
55 GR. SPR SP	AR2206H	.224"	2.350"	32.5	3,446 fps	45,000 CUP	35.5	3,670 fps	49,300 CUP
	AR2208	.224"	2.350"	34.0	3,490 fps	46,100 CUP	36.5	3,664 fps	50,400 CUP
	AR2209	.224"	2.350"	37.0	3,296 fps	46,400 CUP	39.0	3,490 fps	47,800 CUP
60 GR. HDY V-MAX	AR2219	.224"	2.350"	29.0	3,222 fps	50,900 PSI	31.5	3,434 fps	62,000 PSI
	Bench Mark 2	.224"	2.350"	29.0	3,183 fps	49,000 PSI	32.0	3,406 fps	59,900 PSI
	Bench Mark 8208	.224"	2.350"	31.5	3,412 fps	55,600 PSI	34.0	3,550 fps	61,000 PSI
	AR2206H	.224"	2.350"	32.0	3,340 fps	51,700 PSI	35.0	3,551 fps	61,300 PSI
	AR2208	.224"	2.350"	33.0	3,318 fps	52,200 PSI	35.8	3,503 fps	60,400 PSI
	AR2209	.224"	2.350"	39.0	3,374 fps	51,600 PSI	41.5C	3,570 fps	60,500 PSI
62 GR. BAR TAC-X BT	Bench Mark 8208	.224"	2.385"	31.6	3,367 fps	52,400 PSI	34.0	3,554 fps	62,400 PSI
	AR2206H	.224"	2.385"	31.9	3,467 fps	57,800 PSI	34.0	3,564 fps	60,900 PSI
	AR2208	.224"	2.385"	32.9	3,354 fps	54,200 PSI	35.0	3,500 fps	60,400 PSI
63 GR. SIE SP	Bench Mark 8208	.224"	2.350"	30.0	3,256 fps	52,400 PSI	33.0	3,459 fps	62,100 PSI
	AR2206H	.224"	2.350"	31.5	3,317 fps	47,300 CUP	34.0	3,486 fps	50,400 CUP
	AR2208	.224"	2.350"	29.5	3,039 fps	39,500 CUP	34.0	3,426 fps	50,400 CUP
	AR2209	.224"	2.350"	36.0	3,210 fps	45,400 CUP	38.0	3,391 fps	48,000 CUP
70 GR. SPR SP	Bench Mark 8208	.224"	2.230"	28.0	3,015 fps	49,800 PSI	31.0	3,246 fps	61,600 PSI
70 GR.	AR2206	-	-	28.0	3,000 fps	-	30.0	3,180 fps	-
70 GR. SPR SP	AR2206H	.224"	2.330"	28.0	2,933 fps	43,000 CUP	31.5	3,196 fps	50,700 CUP
	AR2208	.224"	2.330"	29.5	3,006 fps	44,700 CUP	32.0	3,196 fps	50,300 CUP
	AR2209	.224"	2.330"	34.0	3,007 fps	44,800 CUP	36.0	3,129 fps	49,600 CUP
	AR2213SC	.224"	2.330"	35.0	2,976 fps	42,000 CUP	38.0	3,189 fps	50,300 CUP
	AR2217	.224"	2.330"	36.0	3,042 fps	41,100 CUP	38.0	3,187 fps	47,500 CUP

RIFLE DATA

22-250 Improved (Ackley)				Case:			Barrel length: 26"		
				Twist: -			Trim length: -		
				Primer:					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
50 GR.	AR2206	-	-	-	-	-	36.5	3,800 fps	-
	AR2208	-	-	-	-	-	39.0	3,800 fps	-
	AR2209	-	-	-	-	-	42.5	3,800 fps	-
52-53 GR.	AR2206	-	-	-	-	-	35.5	3,750 fps	-
	AR2208	-	-	-	-	-	38.0	3,750 fps	-
	AR2209	-	-	-	-	-	41.0	3,750 fps	-
55 GR.	AR2206	-	-	-	-	-	34.5	3,650 fps	-
	AR2208	-	-	-	-	-	37.0	3,650 fps	-
	AR2209	-	-	-	-	-	40.0	3,650 fps	-
60-63 GR.	AR2206	-	-	-	-	-	32.5	3,500 fps	-
	AR2208	-	-	-	-	-	35.0	3,500 fps	-
	AR2209	-	-	-	-	-	38.0	3,500 fps	-
68-70 GR.	AR2206	-	-	-	-	-	31.5	3,400 fps	-
	AR2208	-	-	-	-	-	34.0	3,400 fps	-
	AR2209	-	-	-	-	-	37.0	3,400 fps	-

220 Swift				Case: Winchester			Barrel length: 24"		
				Twist: 1:14"			Trim length: 2.195"		
				Primer: Winchester LR					
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
35 GR. NOS LF	AR2206H	.224"	2.680"	37.6	4,171 fps	47,400 CUP	40.0	4,401 fps	52,300 CUP
	AR2208	.224"	2.680"	38.5	4,035 fps	43,500 CUP	41.0	4,251 fps	51,100 CUP
36 GR. BAR VG FB	Bench Mark 8208	.224"	2.635"	38.0	4,078 fps	46,800 CUP	40.0	4,296 fps	53,000 CUP
	AR2206H	.224"	2.635"	37.6	4,002 fps	44,300 CUP	40.0	4,251 fps	50,800 CUP
	AR2208	.224"	2.635"	40.0	4,076 fps	44,600 CUP	42.5	4,306 fps	50,900 CUP
40 GR.	AR2206	-	-	36.0	3,680 fps	-	38.0	3,950 fps	-
40 GR. SIE HP	AR2206H	.224"	2.680"	37.0	3,768 fps	41,400 CUP	40.0	4,126 fps	52,000 CUP
	AR2208	.224"	2.680"	38.0	4,007 fps	49,800 CUP	40.5	4,113 fps	49,800 CUP
45 GR.	AR2206	-	-	36.0	3,650 fps	-	37.5	3,800 fps	-
45 GR. HDY SP	AR2206H	.224"	2.680"	36.5	3,676 fps	38,400 CUP	39.5	3,996 fps	52,100 CUP
	AR2208	.224"	2.680"	36.0	3,777 fps	47,100 CUP	40.2	4,002 fps	52,100 CUP
50 GR.	AR2206	-	-	35.0	3,470 fps	-	38.5	3,920 fps	-
50 GR. HDY SP	AR2206H	.224"	2.680"	35.0	3,460 fps	39,000 CUP	38.0	3,840 fps	51,200 CUP
	AR2208	.224"	2.680"	34.5	3,616 fps	47,200 CUP	36.0	3,770 fps	50,200 CUP
52 GR. SIE HPBT	AR2206H	.224"	2.680"	33.8	3,588 fps	45,100 CUP	36.0	3,736 fps	50,000 CUP
	AR2208	.224"	2.680"	34.0	3,516 fps	42,700 CUP	36.5	3,687 fps	50,300 CUP
55 GR. HDY SP	AR2206H	.224"	2.680"	34.0	3,481 fps	45,900 CUP	37.0	3,698 fps	52,000 CUP
	AR2208	.224"	2.680"	34.0	3,516 fps	47,000 CUP	36.0	3,645 fps	51,900 CUP
	AR2209	.224"	2.680"	39.0	3,225 fps	42,000 CUP	42.0	3,619 fps	50,800 CUP
	AR2213SC	.224"	2.680"	41.5	3,194 fps	36,600 CUP	46.0	3,616 fps	46,600 CUP
60 GR. NOS PART	AR2206H	.224"	2.680"	30.5	3,165 fps	39,200 CUP	33.5	3,401 fps	49,600 CUP
	AR2208	.224"	2.680"	33.0	3,242 fps	40,000 CUP	36.0	3,473 fps	49,000 CUP
	AR2209	.224"	2.680"	37.0	3,230 fps	39,800 CUP	41.0	3,527 fps	50,600 CUP
	AR2213SC	.224"	2.680"	41.5	3,252 fps	41,600 CUP	46.0C	3,556 fps	51,800 CUP
62 GR. BAR TAC-X BT	AR2206H	.224"	2.680"	31.7	3,121 fps	45,700 CUP	33.7	3,364 fps	51,400 CUP

C = Compressed Load: L = Lead Projectile

RIFLE DATA

220 Swift				Case: Winchester Twist: 1:14" Primer: Winchester LR			Barrel length: 24" Trim length: 2.195"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
	AR2208	.224"	2.680"	32.3	3,161 fps	44,100 CUP	34.3	3,315 fps	50,400 CUP
	AR2209	.224"	2.680"	37.2	3,177 fps	43,500 CUP	40.5C	3,389 fps	52,400 CUP
63 GR. SIE SP	AR2206H	.224"	2.680"	32.5	3,218 fps	40,800 CUP	35.5	3,484 fps	51,000 CUP
	AR2208	.224"	2.680"	32.0	3,181 fps	42,200 CUP	34.0	3,407 fps	49,300 CUP
	AR2209	.224"	2.680"	37.0	3,181 fps	46,000 CUP	39.0	3,474 fps	52,000 CUP
	AR2213SC	.224"	2.680"	41.5	3,180 fps	37,200 CUP	46.0	3,586 fps	52,000 CUP
70 GR. SPR SP	AR2208	.224"	2.680"	31.0	3,103 fps	46,500 CUP	33.0	3,247 fps	49,900 CUP
	AR2209	.224"	2.680"	36.0	3,027 fps	45,200 CUP	38.0	3,313 fps	51,200 CUP
	AR2213SC	.224"	2.680"	37.0	2,991 fps	45,800 CUP	42.0	3,359 fps	52,600 CUP
	AR2217	.224"	2.680"	42.0	3,149 fps	43,800 CUP	44.0	3,317 fps	50,200 CUP
220 Jaybird				Case: Winchester (reformed) Twist: 1:10" Primer: Winchester LR			Barrel length: 26" Trim length: 1.990"		
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
52 GR. HDY BTHP	AR2209	.224"	2.450"	43.0	3,508 fps	-	47.0	3,992 fps	-
55 GR. SPR SP	AR2209	.224"	2.350"	43.0	3,509 fps	-	47.0	3,981 fps	-
60 GR. HDY HP	AR2209	.224"	2.450"	41.0	3,235 fps	-	45.0	3,763 fps	-
	AR2213SC	.224"	2.450"	43.0	3,362 fps	-	47.0	3,772 fps	-
69 GR. SIE HP	AR2213SC	.224"	2.450"	43.0	3,318 fps	-	47.0	3,654 fps	-
5.6 X 57mm RWS (5.6 x 57Rmm)				Case: Twist: - Primer:			Barrel length: 26" Trim length: -		
WARNING: If reloading old style thick walled brass reduce these loads by at least 4 grains to avoid dangerous pressures.									
				Start loads			Maximum loads		
Bullet	Powder	Bullet Diam.	C.O.L.	Grs.	Velocity	Pressure	Grs.	Velocity	Pressure
50 GR.	AR2208	-	-	-	-	-	37.0	3,700 fps	-
	AR2209	-	-	-	-	-	41.0	3,700 fps	-
55 GR.	AR2208	-	-	-	-	-	36.0	3,550 fps	-
	AR2209	-	-	-	-	-	40.0	3,550 fps	-
60 GR.	AR2208	-	-	-	-	-	35.0	3,450 fps	-
	AR2209	-	-	-	-	-	39.0	3,450 fps	-
69-70 GR.	AR2208	-	-	-	-	-	34.0	3,300 fps	-
	AR2209	-	-	-	-	-	38.0	3,300 fps	-
74 GR.	AR2209	-	-	-	-	-	37.0	3,250 fps	-