

Distances

The Metric System is used in USA Archery and FITA Target Archery Rounds

Since FITA is an international organization with a French name, started in France by Europeans it is not unusual that it should have chosen to use metric measurements rather than English ones. However, the English system, and the influence of British Archery tradition, have not gone unfelt.

The traditional indoor shooting distance was 20 yards; the metric equivalent of 18 meters is only about a foot shorter, a trivial, though duly marked, difference. The target sizes of 40, 60, 80, and 122 centimeters closely match English equivalents of 16, 24, 32 and 48 inches.

Common Target Distances (as of 2008)	Meters	Approx. Yards	Feet	Rough Football Field equivalent
Normal indoor distance	18	20	59	
Long indoor distance	25	27	22	
Longest Outdoor Distance (8-12 yrs)	30	33	98	1/3
Longest Outdoor Distance (13-14 yrs)	50	55	164	1/2
Longest Outdoor Distance Girls (15-16 yrs)	60	66	197	2/3
Longest Outdoor Distance Boys (15-16 yrs)	70	77	230	3/4
Longest Outdoor Distance Girls (17-18 yrs)	70	77	230	3/4
Longest Outdoor Distance Boys (17-18 yrs)	90	99	295	1
Longest Outdoor Distance Women	70	77	230	3/4
Longest Outdoor Distance Men	90	99	295	1
Olympic Distance Men and Women	70	77	230	3/4
Recurve (50# Target Bow) Flight World Record	485.27	530	1592	1-3/4
Compound (60# Target Bow) Flight World Record	719.53	787	2,360	2-2/3

In the end, archery is a mental game of skill and coordination. The ultimate aim is consistency; the ability to do exactly the same thing over and over again. The skill must be learned into habit through practice, while providing the ability to recognize and selectively correct out or incorporate changes into the archery routine.