

Note: Proper location of the forend stop laterally is a matter of opinion, depending on where you want the forend of the rifle to ride on the bag. This location may also be dictated by the type of bench top size or position on the ground. Most shooters will find that they prefer to set the forend stop at about 2/3 - 3/4 the maximum length of the forend stop support rod. This gives plenty of room for the rifle to travel rearward during recoil without losing contact with the bag. The height of the forend stop should be adjusted so that it is high enough to make good contact with the rifle's forend, while keeping the stock from riding over the stop, but not so high as to interfere with the barrel.

F. Using Your Sinclair Competition Shooting Rest

Elevation Control:

Elevation changes can be made in three different ways. The most coarse elevation adjustment is made by loosening the center column locking handle about a 1/4 of a turn and lifting the entire center column to the desired position. Lock the center column back in place by tightening the handle. Finer elevation changes are made by loosening the post locking handle about a 1/4 of a turn and rotating the hand wheel (clockwise to go up; counterclockwise to go down). This is a much finer adjustment than the first method. Lock the handle when in the desired position. The finest elevation adjustment is made with the rear speed screw.

Attaching Accessories:

All rest accessories mount to the rest base plate using the two quarter inch thru holes located near the front leg screws. These holes are counter-bored on the under side of the rest base plate for use with 1/4-20 socket head cap screws. These screws will be provided with the accessories.

G. Helpful Hints

Initial Set Up on the Bench:

- 1) Unless needed to elevate the rest beyond the capabilities of the center column and threaded post, the front leg screws should not protrude more than 1" from the bottom of the rest base. This keeps the rest's center of gravity as low as possible, giving you maximum stability.
- 2) Monitor the integral bubble level at the rear of the rest while using the front leg screws to make the rest level on the bench top. When the rest itself is level, lock the leg screws in place using the jam nuts.
- 3) The speed screw and windage screw should be at approximately the half-way point of their adjustment ranges to allow maximum adjustment in any direction. This is easily accomplished visually.
- 4) When setting up elevation to get on target, use the center column first, then the handwheel.



Photo F



The Sinclair Competition Shooting Rest

Windage Models: #749-101-023/#749-008-509

Non Windage Models: #749-013-831

Fixed Models: #749-122-023

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Your new Sinclair Competition Shooting Rest will provide you with years of reliable service. Sinclair recommends an annual degreasing and re-lubing of all exposed threaded parts to maintain this high level of service (more frequently if operating in extreme sandy or dusty conditions). Please read the following instructions as your new rest requires some final assembly prior to use.

Final Assembly of Sinclair Competition Shooting Rest:

A. Configuring Right or Left-Handed Operation of Shooting Rest:

Your Sinclair Competition Shooting Rest is a true ambidextrous shooting platform that is easily set up for use by both right and left-handed shooters. Your Shooting Rest has been shipped to you without the locking handles installed to prevent damage during shipment.

For Non-Windage Adjustable Skip to B

The windage mechanism on your rest has been shipped assembled for a right handed shooter. Left-handed shooters please see diagram A and follow the instructions below:

- 1) Locate the windage adjustment screw and knob. Completely remove this screw from the pivot block by grasping the knob and threading it counter-clockwise.
- 2) Locate the windage plunger assembly opposite the windage screw and knob. Remove this assembly by grasping the black hex piece and threading it counter-clockwise. **DO NOT ADJUST OR REMOVE THE SET SCREW WITHIN THIS ASSEMBLY.**
- 3) Install the windage plunger assembly into the threaded hole that you removed the windage adjustment screw from in step 1. Thread the assembly completely into the pivot block until it stops against the side of the pivot block and tighten. No wrench is required, finger tight is adequate.
- 4) Install the windage screw into the threaded hole you removed the windage assembly from in step 2. Thread the screw until the pivot block is roughly square with the middle of the rest base. At this time the windage adjustment knob should be on the right side.

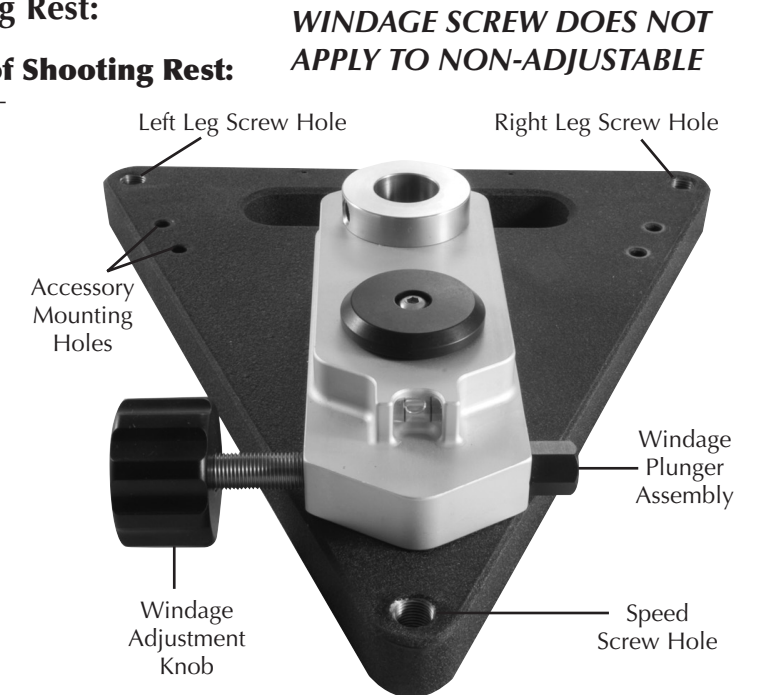


Diagram A

B. Installation of Locking Handles:

- 1) Locate the smaller white box contained within this package. Inside this box you will find 2 locking handles, 2 leg screws, a speed screw and a small parts bag containing 3 jam nuts and 3 nylon washers (see diagram B).
- 2) Thread one of the locking handles into the threaded hole located on the center column. This locking handle will lock the threaded post in place after adjustment when shooting.

This is where final assembly can get a little tricky. When describing the location of the locking handles we will look at the rest from the rear, as though shooting (see diagram A). For most shooters the center column locking handle (the handle installed in the silver aluminum pivot top block) should be located on the side opposite the windage adjustment knob (right handed shooters should install this handle in the hole located at approximately 4 o'clock in the aluminum block, lefties should install this locking handle in the hole located at approximately 8 o'clock). The locking handle installed in the center column should be on the same side as the windage adjustment knob (right handed shooters rotate the center column so that this locking handle is at 8 o'clock, lefties rotate the center column so the locking handle is at 4 o'clock). Setting your rest up in this manner allows you to use the two finest elevation adjustments (handwheel and speed screw) with your non-shooting hand while shooting and allowing you to lock

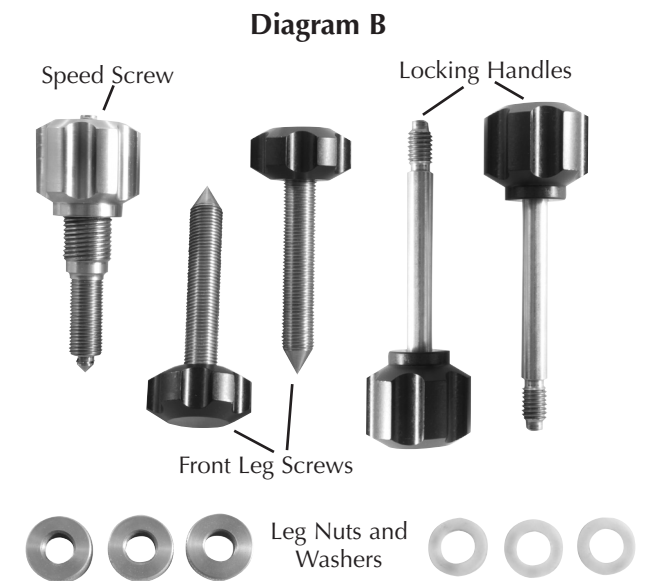


Diagram B

the threaded post securely.

- 3) Start threading the other locking handle into the silver pivot top block. ONLY THREAD THIS HANDLE A COUPLE OF TURNS INTO THE BLOCK.
- 4) Index the center column with the locking handle oriented either at 8 o'clock (righties) or 4 o'clock (lefties). Line up the keyway in the center column with the locking handle you installed in step 3.
- 5) **Slowly** thread the center column locking handle into the silver pivot block until you can barely feel it stop against the center column, then back it out 1/4 turn.
- 6) Lift up on the center column and double check that the locking handle is aligned with the center column keyway, if you can lift the center column up, but not out, the locking handle is in the keyway. If this is not the case, rotate the center column until it is aligned and check again until it is.
- 7) After the center column keyway is aligned with the locking handle. Lock the center column in place.

C. Installing the Leg Screws:

Please find the leg screws you removed from the small white box in "B" and refer to diagrams A and B for definition of terms used below.

- 1) Remove the jam nuts and washers from the small baggy.
- 2) Thread these jam nuts onto the two pointed leg screws and the speed screw. The jam nuts should be threaded onto the leg screws with the "bevel" oriented toward the tip of the screw.
- 3) Slide the washers onto the leg screws and speed screw.
- 4) Apply a small amount of grease (any medium weight grease will do fine) to the lead thread of the two pointed leg screws. The speed screw does not require any grease.
- 5) Thread the two front leg screws into the threaded holes located at the front of the rest, thread these screw all the way through the base plate then retract them until the points of the leg screws do not protrude from the bottom of the base plate.
- 6) Thread the jam nut onto the speed screw until it stops against the shoulder of the threads. Thread the speed screw into the rear threaded hole until the jam nut stops on the top surface of the rest base plate. Tighten the jam nut (use pliers or a similar tool if necessary).
- 7) Retract the speed screw pin back into the main body of the speed screw by turning the large fluted knob counter-clockwise. The tip of the speed screw pin should not protrude from the bottom surface of the rest base while retracted in this position, if it does, you should re-position the speed screw slightly by loosening the jam nut and threading the body of the speed screw out of the hole until the tip of the pin no longer protrudes from the bottom of the rest base. Doing this will prevent damage to the speed screw pin during transport.

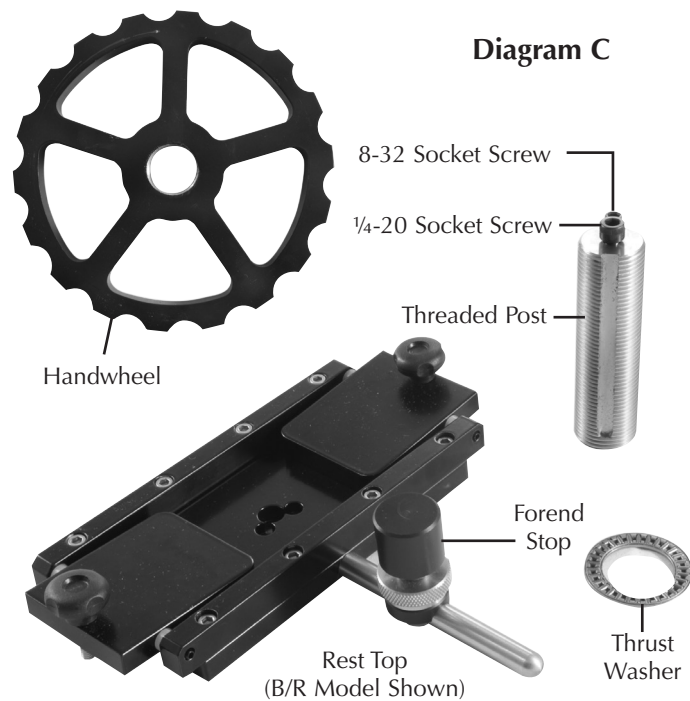
D. Installing the Rest Top and Post to the Rest:

Please find the larger white box contained within this package. Inside this box you will find your rest top, threaded post, handwheel and thrust bearing. **These last steps require at least two different hex wrenches: 3/16" and 3/64" and in the case of the All-Purpose Top 3/32" for final assembly.** Please see diagrams A and C as well as photos D, E and F to follow the instructions below:

- 1) Insert the threaded post into the center column with the black screws oriented upward and the post keyway oriented toward the post locking handle. Leave about 1 1/2" of the threaded post protruding from the top of the center column, lock the post in place using the post locking handle.
- 2) Slip the thrust bearing over the threaded post.
- 3) Apply a small amount of grease to the exposed threads of the threaded post and thread the handwheel onto the threaded post a few threads to get it started.
- 4) Loosen the post locking handle and thread the handwheel clockwise several revolutions until the handwheel is making contact with the thrust bearing and approximately 1" of the threaded post remains exposed beyond the handwheel. Lock the post in place.
- 5) Remove the two socket cap screws protruding from the top of the threaded post using 3/16" and 3/64" hex wrenches.
- 6) a) For Benchrest rest top - remove the side plates and bag straps (using a 3/64" hex wrench) before installing the top to the post. This step is necessary, to make the top installation easier and also to prep for installation of the sandbag.
- b) For All-Purpose rest top - remove both of the bag straps and the sandbag by loosening the four stainless steel screws securing the bag strap and bag to the top plate of the bag from the top (using a 3/32" hex wrench).

You may also wish to remove the side angle plates by loosening the two quick levers and sliding the ears towards the center of the rest top plate, when the hex bolts reach the openings at the end of the slots, lift the entire assemblies out of the top plate. Removing these angle plates can make it easier to apply the torque you need to apply to the mounting screws.

- 7) Locate your rest top on top of the threaded post with the stainless steel forend stop post pointing forward as shown in photo F.
- 8) Drop the larger of the two socket cap screws you removed in step 5 through the largest hole in the rest top plate.



(In the past we have recommended the use of a threadlocker such as Red Loctite™ when installing rest tops to threaded posts. The improved double screw design of the Sinclair Competition Rest eliminates the need for Loctite™, but still requires you to firmly tighten the attachment screws. If you prefer to use threadlocker, now is the time to apply it to either the mounting screw or the hole in the threaded post)

- 9) Place the rest top plate onto the threaded post with the forend stop supporting rod pointing toward the front of the rest while aligning the screw in step 8 with the larger of the two holes in the threaded post. Start the threads of the screw into the post using the 3/16" hex wrench (do not tighten).
- 10) Drop the other socket cap screw from step 5 into the smaller hole in the rest top plate that aligns with the second threaded hole on the threaded post. Using the 3/64" hex wrench start this second screw into the threaded hole.
- 11) Make sure the rest top is oriented in the manner showed in photo F and tighten both screws using the appropriate hex wrench as tightly as possible without stripping either wrench or screw head.

E. Bag Filling and Set Up of Rest Top

Our BenchRest rest tops require the use of an "owl ear" front sandbag from either Protektor or Edgewood while our All-Purpose rest top is shipped with one of our bags already installed. After installing the rest top to the threaded post your rest top is in the proper condition to install and/or fill your front sand bag. The use of a small funnel is highly recommended, especially for the All-Purpose sand bag.



Photo D

E.1 Bag Filling and Installation for BenchRest Rest Top

- 1) Fill the sandbag with clean, dry sand to desired firmness.
- 2) Place the bag on top of the rest top main plate and reinstall the bag straps and side plates you removed in step 7a (above), keeping the flaps on the bag between the screws protruding from the bottom of the bag straps.
- 3) Install the two thumb screws found in the small part bag into the side plates.
- 4) Adjust the amount of "squeeze" on the forend of your rifle by threading these thumb screws in or out of their holes.

E.2. Bag Filling of All-Purpose Rest Top

- 1) Re-install the rest top side angle plates if you removed them in step 6b (above) onto the rest top and slide them out to their furthest position.

Note that the sandbag is constructed from both leather and cordura. If you are going to be shooting a wood stocked rifle from this rest top Sinclair recommends using the leather side of the bag as currently installed. For fiberglass or other composite stocks the cordura side of the bag is recommended. **Sinclair strongly recommends removing the front swivel stud before shooting from any rest top regardless of rifle type and material make up of the bag. Failure to remove the front swivel stud from the forend will result in severe damage to the bag.**

- 2) Note that the sandbag is stitched such that there is an opening on the back edge of the sandbag. Place a small funnel into this opening and fill the sandbag with approximately 3/4 cup of clean, dry, white sand (see photo E). You may fill with more or less as desired. Work the sand around in the bag until it is evenly distributed throughout the entire sandbag.
- 3) Re-install the sandbag to the rest top plate using the bag straps and button head screws. Be sure to install the bag so that the opening of the bag is facing toward the rear of the rest.

To adjust the rest top to fit a particular rifle forend please follow steps 4 thru 6 below.

- 4) Starting with the angle side plates adjusted out to their widest position and the quick levers loosened and with the buttstock supported in a rear bag, place your rifle's forend onto the center of the sandbag.
- 5) Using your hand, squeeze the sand bag around your rifle's forend while sliding one of the angle side plates inward until it makes contact with the bag and lock the quick lever down. Repeat this with the other angle side plate.

You may find that you want more or less side pressure on the forend of your rifle. To make this adjustment loosen the quick levers and adjust in or out accordingly. To squeeze more tightly you may need to lift up on one of the ears of the sandbag in order to adjust the angle side plate more inward. You may also find that you need to add or remove sand to fit your particular needs.



Photo E

E.3. Setting Up the Forend Stop

When setting up the forend stop on your rest top you should start with the forend in place on the front sandbag and the buttstock supported by a rear bag. The forend stop can be adjusted in all directions or can be rotated parallel to the rest base if you prefer to shoot without a stop.

- 1) Find the forend stop located on the stainless post (forend stop support rod) protruding from the front of the rest top plate (see diagram C).
- 2) Loosen the jam nut securing the forend stop to its post.
- 3) Adjust the forend stop fore and aft depending on where you wish to stop the rifle when returning the rifle to battery. Tighten the jam nut when you have found the best location for the forend stop.
- 4) Locate the black plastic bumper on the forend stop. Turn the bumper clockwise or counter-clockwise to adjust the height of the forend stop. If you wish to lock the forend stop bumper in place, locate the set screw and tighten it down using a 3/32" hex wrench.