



The GPA Par Calculator is optimized for Microsoft Excel. While compatible with Google Sheets, some protections and formatting may not function as intended and could result in unintended edits.

UNDERSTANDING THE LAYOUT

The calculator is organized into three areas:

MATCH INFO (Top Section)

- General inputs (date, location, stage name)

STAGE INPUTS (Per Stage Rows)

- Define each stage (targets, positions, shot and movement factors)

Enter your stage data in the light grey input fields.

All other values calculate automatically.

CALCULATED OUTPUTS

- User inputs generate Stage Par and Total Match Par automatically

PAR FACTORS

The stage inputs are organized into 4 categories:

STOCK PAR

Core elements every stage includes.

DISTANCE

Measure the distance between shooting positions and enter it here. (Estimates within roughly 1 foot are sufficient.)

PER SHOT Factors

Applied per shot (typically 2 per target).

Example: A target beyond 25 yards requiring 2 hits = 2 entries.

PER MOVEMENT Factors

Applied per movement between positions.

Typically 0–1 per movement.

Undefined

Used for elements not captured elsewhere. Apply when a stage introduces additional difficulty not reflected in distance, targets, or standard factors (e.g., delayed target availability, heavily disrupted flow, or complex visual processing).

Use sparingly.

Par Calculator									
MATCH DATE		Date		LOCATION		Club or Range, City			
TOTAL MATCH PAR		0.0							
STOCK		Draw		1					
		Reloads		1.5					
		Total Shots		0.2					
		Total Targets		#					
DISTANCE		SP→P1		ENTER DISTANCE IN FEET					
		P1→P2							
		P2→P3							
		P3→P4							
		P4→P5							
		P5→P6							
		P6→P7							
		P7→P8							
		P8→P9							
		P9→P10							
PER SHOT		Headshot		0.1					
		SHO/WHO		0.3					
		Target >25 yards away		0.5					
		Moving Target		0.5					
		Low/No Light		0.2					
		Limited Stage		0.1					
PER MOVEMENT		Unloaded Start		2.0					
		Seated Start with Pos. Change		1.0					
		Mags Not at Start Position		1.0					
		Laying on Back Start		1.0					
		Car Start Must Exit		2.0					
		Go To Knee/Squat		2.0					
		Go Prone		3.0					
		Push Over Object		1.0					
		Open a Door		1.0					
		Pop Open a Window		0.3					
		Carry a Prop		2.0					
		Stomp Box		1.0					
		Undefined (select)		1.0					

BUILDING A MATCH

1

BUILD YOUR STAGE

- ✦ Build from scratch, or
- ✦ Adapt an existing stage
- ✦ Online Stage Builders like PractiSim™ often offer prebuilt stages.

Define:

- ✦ Targets and required hits
- ✦ Number of Shooting positions

You are building structure at this point—not time.

2

STAGE DATA

Input your stage details into the calculator:

- ✦ Stock factors
- ✦ Per Target factors
- ✦ Per Movement factors

The calculator will generate an initial par estimate.

3

VERIFY WITH REAL DISTANCE

After physically building the stage:

1. Measure or step off distances between positions
SP → P1, P1 → P2, P2 → P3 etc.

Close counts—within ~1 foot is sufficient.

2. Enter those distances into the calculator

This really ties the stage together. Your par is finalized.

4

FINAL PAR

The calculator outputs:

Individual Stage Par Times and **Total Match Par Time**

Use this to:

- ✦ Generate official Stage and Match Par Times
- ✦ Submit results for GPA classification
- ✦ Maintain consistent standards across stages

Par Calculator						
MATCH DATE	Monday, May 4, 2026		LOCATION	Bridgeville Rifle & Pistol Club		
TOTAL MATCH PAR 121.6	Stage 1: Split Decision	Stage 2: Crossfire Corridor	Stage 3: Hard Left, Hard Right	Stage 4: Hold or Push	Stage 5: No Easy Path	Stage 6: Commit and Move
	Stage Par: 20.12	Stage Par: 21.86	Stage Par: 12.10	Stage Par: 21.74	Stage Par: 24.64	Stage Par: 21.11
	# Par	# Par	# Par	# Par	# Par	# Par