



# TAKE AIM AT RIFLE RELOADING DAT

## CARTRIDGE

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### 7MM-08 REMINGTON

**Case:** Remington    **Twist:** 1:9.5"    **Primer:** Remington 9 1/2, Large Rifle    **Barrel Length:** 24"

**Trim Length:** 2.025"

**BULLET WEIGHT****100 GR. BAR XFB**

Manufacturer	Powder	Bullet Diam.	C.O.L.	Starting Loads			Maximum Loads		
				Grs.	Vel. (ft/s)	Pressure	Grs.	Vel. (ft/s)	Pressure
Hodgdon	Varget	.284"	2.650"	42.0	3,060	40,800 CUP	45.7	3,277	49,600 CUP

**BULLET WEIGHT****115 GR. SPR HP**

Manufacturer	Powder	Bullet Diam.	C.O.L.	Starting Loads			Maximum Loads		
				Grs.	Vel. (ft/s)	Pressure	Grs.	Vel. (ft/s)	Pressure
Hodgdon	Varget	.284"	2.655"	43.0	3,019	41,200 CUP	46.3	3,216	50,100 CUP

**BULLET WEIGHT****120 GR. NOS BT**

Manufacturer	Powder	Bullet Diam.	C.O.L.	Starting Loads			Maximum Loads		
				Grs.	Vel. (ft/s)	Pressure	Grs.	Vel. (ft/s)	Pressure
Hodgdon	Varget	.284"	2.800"	42.5	2,996	43,800 CUP	45.0	3,117	49,900 CUP

**BULLET WEIGHT****130 GR. SIE HPBT**

Manufacturer	Powder	Bullet Diam.	C.O.L.	Starting Loads			Maximum Loads		
				Grs.	Vel. (ft/s)	Pressure	Grs.	Vel. (ft/s)	Pressure
Hodgdon	Varget	.284"	2.800"	40.0	2,830	43,400 CUP	43.5	3,004	50,100 CUP

**BULLET WEIGHT****139 GR. HDY SP**

Manufacturer	Powder	Bullet Diam.	C.O.L.	Starting Loads			Maximum Loads		
				Grs.	Vel. (ft/s)	Pressure	Grs.	Vel. (ft/s)	Pressure
Hodgdon	Varget	.284"	2.800"	40.5	2,721	44,700 CUP	43.5	2,877	50,000 CUP

**BULLET WEIGHT****140 GR. SFT SP**

Manufacturer	Powder	Bullet Diam.	C.O.L.	Starting Loads			Maximum Loads		
				Grs.	Vel. (ft/s)	Pressure	Grs.	Vel. (ft/s)	Pressure
Hodgdon	Varget	.284"	2.750"	39.5	2,695	43,700 CUP	42.2	2,819	49,800 CUP

**BULLET WEIGHT****145 GR. SPR SP**

Manufacturer	Powder	Bullet Diam.	C.O.L.	Starting Loads			Maximum Loads		
				Grs.	Vel. (ft/s)	Pressure	Grs.	Vel. (ft/s)	Pressure
Hodgdon	Varget	.284"	2.730"	39.0	2,639	46,200 CUP	41.5	2,745	50,200 CUP

**BULLET WEIGHT****150 GR. SIE HPBT**

Manufacturer	Powder	Bullet Diam.	C.O.L.	Starting Loads			Maximum Loads		
				Grs.	Vel. (ft/s)	Pressure	Grs.	Vel. (ft/s)	Pressure
Hodgdon	Varget	.284"	2.800"	38.5	2,597	42,400 CUP	41.3	2,731	50,000 CUP

**BULLET WEIGHT****150 GR. BAR TTSX BT**

Manufacturer	Powder	Bullet Diam.	C.O.L.	Starting Loads			Maximum Loads		
				Grs.	Vel. (ft/s)	Pressure	Grs.	Vel. (ft/s)	Pressure
Hodgdon	Varget	.284"	2.770"	37.3	2,448	43,400 CUP	39.7	2,580	50,700 CUP

**BULLET WEIGHT****154 GR. HDY SP**

Manufacturer	Powder	Bullet Diam.	C.O.L.	Starting Loads			Maximum Loads		
				Grs.	Vel. (ft/s)	Pressure	Grs.	Vel. (ft/s)	Pressure
Hodgdon	Varget	.284"	2.800"	38.5	2,530	44,100 CUP	41.2	2,666	50,300 CUP

**BULLET WEIGHT****160 GR. SPR SPBT**

Manufacturer	Powder	Bullet Diam.	C.O.L.	Starting Loads			Maximum Loads		
				Grs.	Vel. (ft/s)	Pressure	Grs.	Vel. (ft/s)	Pressure
Hodgdon	Varget	.284"	2.800"	36.5	2,451	43,400 CUP	39.0	2,562	49,900 CUP

**BULLET WEIGHT****162 GR. HDY A-MAX**

Manufacturer	Powder	Bullet Diam.	C.O.L.	Starting Loads			Maximum Loads		
				Grs.	Vel. (ft/s)	Pressure	Grs.	Vel. (ft/s)	Pressure
Hodgdon	Varget	.284"	2.875"	38.5	2,504	43,400 CUP	41.0	2,644	49,800 CUP

**BULLET WEIGHT****168 GR. SIE HPBT**

Manufacturer	Powder	Bullet Diam.	C.O.L.	Starting Loads			Maximum Loads		
				Grs.	Vel. (ft/s)	Pressure	Grs.	Vel. (ft/s)	Pressure
Hodgdon	Varget	.284"	2.800"	37.5	2,430	44,600 CUP	40.0	2,540	50,100 CUP

**BULLET WEIGHT****175 GR. NOS PART**

Manufacturer	Powder	Bullet Diam.	C.O.L.	Starting Loads			Maximum Loads		
				Grs.	Vel. (ft/s)	Pressure	Grs.	Vel. (ft/s)	Pressure
Hodgdon	Varget	.284"	2.800"	35.0	2,231	43,400 CUP	37.5	2,344	49,500 CUP



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