



*Many different rifling twists are available in this chambering. It's important to know your rifle's twist rate before selecting a bullet.

*To stabilize in flight, 45-grain Banded Spitzers and 53-grain TSX bullets require a 1:12" or faster twist; 62-grain TSX and 55-grain MPG bullets need a 1:9" or faster twist. The 36-grain Varmint Grenade works fine in barrels with a 1:14" twist, while the 70-grain TSX needs a 1:8" or faster twist. The 50-grain Varmint Grenade requires a 1:10" or faster twist.

*Military cartridge case walls are often thicker than those of commercial .223 brass. Consequently, military cases may generate higher pressures. Too, the crimp around the primer must be removed before the military case can be reloaded.

*Data was developed using a SAAMI spec 1:12" twist barrel, which produced accurate load data; however, the above twist recommendations should be followed for best accuracy.

◆ Indicates most accurate load

5.56 Nato

Bullet Weight: 36 gr	Case Trim Length: 1.750"	S.D.	0.102
Bullet Style: VG FB	Primer: Fed 205	B.C.	0.149
COAL: 2.210"	Barrel Length: 20"		
Case: LC 09	Twist Rate: 1:7"		

Powder	Minimum		Maximum		
	Charge (grains)	Velocity (fps)	Charge (grains)	Velocity (fps)	Load Density (%)
Benchmark	26.6	3407	28.6	3695	100
◆ H335	27.0	3428	29.0	3633	91

Bullet Weight: 45 gr	Case Trim Length: 1.750"	S.D.	0.128
Bullet Style: TSX FB	Primer: Fed 205	B.C.	0.188
COAL: 2.190"	Barrel Length: 20"		
Case: LC 09	Twist Rate: 1:7"		

Powder	Minimum		Maximum		
	Charge (grains)	Velocity (fps)	Charge (grains)	Velocity (fps)	Load Density (%)
◆ H335	26.0	3151	28.0	3392	89
A-2460	26.8	3286	28.8	3479	95

5.56 Nato

Bullet Weight: 50 gr **Case Trim Length:** 1.750" **S.D.** 0.142
Bullet Style: TSX FB **Primer:** Fed 205 **B.C.** 0.197
COAL: 2.190" **Barrel Length:** 20"
Case: LC 09 **Twist Rate:** 1:7"

Powder	Minimum		Maximum		
	Charge (grains)	Velocity (fps)	Charge (grains)	Velocity (fps)	Load Density (%)
◆ RL 10x	22.2	2972	24.2	3217	90
H4895	24.6	2948	26.6	3234	98

Bullet Weight: 50 gr **Case Trim Length:** 1.750" **S.D.** 0.142
Bullet Style: VG FB **Primer:** Fed 205 **B.C.** 0.183
COAL: 2.230" **Barrel Length:** 20"
Case: LC 09 **Twist Rate:** 1:7"

Powder	Minimum		Maximum		
	Charge (grains)	Velocity (fps)	Charge (grains)	Velocity (fps)	Load Density (%)
◆ A-2460	23.0	2978	25.0	3157	86
H4895	23.8	2887	25.8	3158	98

Bullet Weight: 53 gr **Case Trim Length:** 1.750" **S.D.** 0.151
Bullet Style: TSX FB **Primer:** Fed 205 **B.C.** 0.204
COAL: 2.190" **Barrel Length:** 20"
Case: LC 09 **Twist Rate:** 1:7"

Powder	Minimum		Maximum		
	Charge (grains)	Velocity (fps)	Charge (grains)	Velocity (fps)	Load Density (%)
H4895	24.6	2886	26.6	3199	101
◆ Tac	25.6	2958	27.6	3161	93

Bullet Weight: 55 gr **Case Trim Length:** 1.750" **S.D.** 0.157
Bullet Style: TSX FB **Primer:** Fed 205 **B.C.** 0.209
COAL: 2.190" **Barrel Length:** 20"
Case: LC 09 **Twist Rate:** 1:7"

Powder	Minimum		Maximum		
	Charge (grains)	Velocity (fps)	Charge (grains)	Velocity (fps)	Load Density (%)
◆ H4895	24.2	2930	26.2	3160	100
Tac	25.2	2910	27.2	3144	93

5.56 Nato

Bullet Weight: 55 gr **Case Trim Length:** 1.750" **S.D.** 0.157
Bullet Style: RRLP FB **Primer:** Fed 205 **B.C.** 0.225
COAL: 2.240" **Barrel Length:** 20"
Case: LC 09 **Twist Rate:** 1:7"

Powder	Minimum		Maximum		
	Charge (grains)	Velocity (fps)	Charge (grains)	Velocity (fps)	Load Density (%)
♦ RL 10x	20.8	2805	22.8	3021	89
H4895	23.4	2830	25.4	3092	98

Bullet Weight: 62 gr **Case Trim Length:** 1.750" **S.D.** 0.177
Bullet Style: TSX BT **Primer:** Fed 205 **B.C.** 0.287
COAL: 2.240" **Barrel Length:** 20"
Case: LC 09 **Twist Rate:** 1:7"

Powder	Minimum		Maximum		
	Charge (grains)	Velocity (fps)	Charge (grains)	Velocity (fps)	Load Density (%)
♦ RL 15	25.2	2783	27.2	3019	105
TAC	25.0	2825	27.0	3027	93

Bullet Weight: 70 gr **Case Trim Length:** 1.750" **S.D.** 0.199
Bullet Style: TSX BT **Primer:** Fed 205 **B.C.** 0.314
COAL: 2.250" **Barrel Length:** 20"
Case: LC 09 **Twist Rate:** 1:7"

Powder	Minimum		Maximum		
	Charge (grains)	Velocity (fps)	Charge (grains)	Velocity (fps)	Load Density (%)
♦ H335	21.0	2535	23.0	2734	80
TAC	24.0	2675	26.0	2866	92