



*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

.223 Remington

Bullet Weight: 36 gr **Case Trim Length:** 1.750" **S.D.** 0.102
Bullet Style: Varmint Grenade **Primer:** WSR **B.C.** 0.149
COAL: 2.190" **Barrel Length:** 24"
Case: Winchester **Twist Rate:** 1:12"

Powder	Minimum		Maximum		
	Charge (grains)	Velocity (fps)	Charge (grains)	Velocity (fps)	Load Density (%)
Benchmark	25.0	3514	27.0	3800	97
◆ TAC	27.5	3681	29.5	3876	99

Bullet Weight: 45 gr **Case Trim Length:** 1.750" **S.D.** 0.128
Bullet Style: Banded Spitzer **Primer:** WSR **B.C.** 0.195
COAL: 2.210" **Barrel Length:** 24"
Case: Winchester **Twist Rate:** 1:12"

Bullet Weight: 45 gr **Case Trim Length:** 1.750" **S.D.** 0.128
Bullet Style: TSX FB **Primer:** WSR **B.C.** 0.188
COAL: 2.200" **Barrel Length:** 24"
Case: Winchester **Twist Rate:** 1:12"

Powder	Minimum		Maximum		
	Charge (grains)	Velocity (fps)	Charge (grains)	Velocity (fps)	Load Density (%)
◆ XMR 2015	22.5	3225	24.5	3496	90
TAC	26.0	3333	28.0	3549	94

.223 Remington

Bullet Weight: 50 gr

Bullet Style: Varmint Grenade

COAL: 2.200"

Case: Winchester

Case Trim Length: 1.750"

Primer: Fed 205

Barrel Length: 24"

Twist Rate: 1:12"

S.D. 0.142

B.C. 0.183

Powder	Minimum		Maximum		
	Charge (grains)	Velocity (fps)	Charge (grains)	Velocity (fps)	Load Density (%)
♦ RL10X	19.2	2810	22.2	3202	88
AA2520	26.0	3069	29.0	3383	103

Bullet Weight: 53 gr

Bullet Style: TSX FB

COAL: 2.200"

Case: Winchester

Case Trim Length: 1.750"

Primer: WSR

Barrel Length: 24"

Twist Rate: 1:12"

S.D. 0.151

B.C. 0.204

Powder	Minimum		Maximum		
	Charge (grains)	Velocity (fps)	Charge (grains)	Velocity (fps)	Load Density (%)
TAC	24.0	3051	26.0	3307	90
♦ H4895	23.5	2970	25.5	3292	99

Bullet Weight: 55 gr

Bullet Style: MPG FB

COAL: 2.220"

Case: Winchester

Case Trim Length: 1.750"

Primer: WSR

Barrel Length: 24"

Twist Rate: 1:12"

S.D. 0.157

B.C.

Powder	Minimum		Maximum		
	Charge (grains)	Velocity (fps)	Charge (grains)	Velocity (fps)	Load Density (%)
♦ Win 748	23.0	2910	26.0	3212	93
TAC	23.0	2884	25.5	3223	92

Bullet Weight: 62 gr

Bullet Style: TSX BT

COAL: 2.250"

Case: Winchester

Case Trim Length: 1.750"

Primer: WSR

Barrel Length: 24"

Twist Rate: 1:12"

S.D. 0.177

B.C. 0.287

Powder	Minimum		Maximum		
	Charge (grains)	Velocity (fps)	Charge (grains)	Velocity (fps)	Load Density (%)
TAC	22.5	2787	24.5	3055	88
♦ Varget	23.5	2807	25.5	3021	102

.223 Remington

Bullet Weight: 70 gr

Bullet Style: TSX BT

COAL: 2.250"

Case: Winchester

Case Trim Length: 1.750"

Primer: WSR

Barrel Length: 24"

Twist Rate: 1:12"

S.D. 0.199

B.C. 0.314

Powder	Minimum		Maximum		
	Charge (grains)	Velocity (fps)	Charge (grains)	Velocity (fps)	Load Density (%)
H4895	21.5	2623	23.5	2879	98
RL 15	22.5	2706	24.5	2915	102