



7mm-08 Remington

.284"	7mm
	TNT@ HP
Weight (grains)	110
Ballistic Coefficient	0.384
Sectional Density	0.195
COAL Tested	2.760"
Speer Part No.	1616

Propellant	Case	Primer	START CHARGE		MAXIMUM CHARGE	
			Weight (grains)	Muzzle Velocity (feet/sec)	Weight (grains)	Muzzle Velocity (feet/sec)
IMR 3031	Remington	CCI 200	42.0	3023	46.0 C	3250
Alliant Reloder 15	Remington	CCI 200	44.0	2930	48.0	3238
Alliant Power Pro 2000-MR	Federal	Federal 210	45.4	3024	48.7	3228
Alliant AR-Comp	Federal	Federal 210	40.0	2950	44.3	3208
Winchester 760	Remington	CCI 250	47.0	2917	51.0 C	3206
Hodgdon Varget	Remington	CCI 200	43.0	2891	47.0	3194
Hodgdon H414	Remington	CCI 250	48.0	2858	52.0 C	3176
Hodgdon H380	Remington	CCI 250	49.0	2857	53.0 C	3174
IMR 4064	Remington	CCI 200	42.0	2890	46.0	3141
Vihtavuori N140	Remington	CCI 200	42.0	2855	46.0	3137
IMR 4895	Remington	CCI 200	40.0	2851	44.0	3066
Hodgdon H4350	Remington	CCI 200	47.0	2779	51.0 C	3044
IMR 4350	Remington	CCI 200	47.0	2777	51.0 C	3035
IMR 4320	Remington	CCI 200	41.0	2735	45.0	2973
Accurate 2460	Remington	CCI 250	39.0	2690	43.0	2908
Hodgdon H335	Remington	CCI 250	39.0	2659	43.0	2906

WARNING: Improper handloading practices can result in serious personal injury and/or property damage. Refer to the current SPEER® Reloading Manual for handloading instructions. Be thoroughly familiar with those instructions before using these loads. As Vista Outdoor Operations LLC has no control over individual handloading practices or the condition of firearms in which the resulting ammo may be used, we disclaim all liability for any damages that may result from the use of this information.

Maximum loads should be used with CAUTION • C = Compressed Load