

One Book / One Caliber

2008
EDITION

*The
Complete
Reloading
Manual
for the
7mm Rem.
Magnum*



Containing Unabridged Information
from U.S. Bullet
and Powder Makers

*Accurate * Alliant * Hodgdon * Hornady
IMR * Lyman * Nosler * RCBS * Scot
Sierra * Speer * Winchester and Others*

**1,431 Proven & Tested Loads
69 Various Bullet Designs
53 Different Powders**

The Complete Reloading Manual for the 7mm Remington Magnum

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7MM REM. MAG. - HORNADY BULLETS

120 GRAIN BULLETS:

SECTIONAL DENSITY: .213
 DIAMETER: .284"

#2810 SP
 Ballistic Coefficient — .350
 C.O.L. — 3.240"



#2815 HP
 Ballistic Coefficient — .334
 C.O.L. — 3.230"



VELOCITY

POWDER	2800 fps	2900 fps	3000 fps	3100 fps	3200 fps	3300 fps
IMR 4320	48.6 gr.	50.6 gr.	52.6 gr.	54.6 gr.		
RL-15	48.9 gr.	51.0 gr.	53.0 gr.	55.1 gr.		
WIN 760	53.0 gr.	55.1 gr.	57.2 gr.	59.3 gr.	61.5 gr.	
H414	53.4 gr.	55.4 gr.	57.4 gr.	59.4 gr.	61.5 gr.	
IMR 4350	56.3 gr.	58.2 gr.	60.2 gr.	62.2 gr.	64.2 gr.	
H4350	57.6 gr.	59.5 gr.	61.4 gr.	63.4 gr.	65.3 gr.	
IMR 4831	58.3 gr.	60.3 gr.	62.3 gr.	64.3 gr.	66.2 gr.	
H450		65.0 gr.	67.6 gr.	70.2 gr.	72.8 gr.	75.4 gr.

SHOOTER'S LOG

7MM REM. MAG. - HORNADY BULLETS

139 GRAIN BULLETS:

SECTIONAL DENSITY: .246
DIAMETER: .284"

#2820 SP
Ballistic Coefficient — .392
C.O.L. — 3.290"



#2825 BTSP
Ballistic Coefficient — .453
C.O.L. — 3.290"



POWDER	VELOCITY					
	2700 fps	2800 fps	2900 fps	3000 fps	3100 fps	3200 fps
H414	53.1 gr.	55.5 gr.	57.9 gr.	60.2 gr.		
WIN 760	53.3 gr.	55.7 gr.	58.1 gr.	60.5 gr.		
IMR 4350		56.7 gr.	59.1 gr.	61.5 gr.	63.9 gr.	
IMR 4831	57.9 gr.	60.0 gr.	62.1 gr.	64.1 gr.	66.2 gr.	
H4350	57.9 gr.	60.1 gr.	62.2 gr.	64.3 gr.		
RL-19	59.5 gr.	61.4 gr.	63.4 gr.	65.3 gr.	67.3 gr.	
RL-22	61.5 gr.	63.5 gr.	65.5 gr.	67.5 gr.	69.5 gr.	
IMR 7628	63.4 gr.	65.1 gr.	66.9 gr.	68.6 gr.	70.4 gr.	72.1 gr.
H450		63.8 gr.	66.5 gr.	69.3 gr.	72.0 gr.	
H1000	68.1 gr.	70.4 gr.	72.7 gr.	75.0 gr.		

SHOOTER'S LOG

7MM REM. MAG. - HORNADY BULLETS

154 GRAIN BULLETS:

SECTIONAL DENSITY: .273
 DIAMETER: .284"

#2830 SP
 Ballistic Coefficient — .433
 C.O.L. — 3.290"



#2835 RN
 Ballistic Coefficient — .279
 C.O.L. — 3.188"



POWDER	VELOCITY				
	2600 fps	2700 fps	2800 fps	2900 fps	3000 fps
H414	50.6 gr.	52.7 gr.	54.9 gr.	57.0 gr.	
WIN 760	50.5 gr.	52.8 gr.	55.1 gr.	57.4 gr.	
IMR 4350	51.8 gr.	54.0 gr.	56.3 gr.	58.5 gr.	
IMR 4831	53.1 gr.	55.5 gr.	57.8 gr.	60.1 gr.	
H4350	53.9 gr.	56.0 gr.	58.2 gr.	60.4 gr.	62.5 gr.
RL-19		57.7 gr.	59.8 gr.	61.9 gr.	64.0 gr.
RL-22		58.5 gr.	60.9 gr.	63.2 gr.	65.6 gr.
IMR 7828	59.5 gr.	61.5 gr.	63.6 gr.	65.6 gr.	67.7 gr.
H450		61.7 gr.	64.2 gr.	66.8 gr.	69.3 gr.
H1000		64.7 gr.	67.3 gr.	70.0 gr.	

SHOOTER'S LOG

7MM REM. MAG. - HORNADY BULLETS

162 GRAIN BULLETS:

SECTIONAL DENSITY: .287
 DIAMETER: .284"

#2840 BTHP MATCH
 Ballistic Coefficient — .534
 C.O.L. — 3.290"



#2845 BTSP
 Ballistic Coefficient — .514
 C.O.L. — 3.290"



POWDER	VELOCITY				
	2600 fps	2700 fps	2800 fps	2900 fps	3000 fps
WIN 760	50.5 gr.	53.2 gr.	55.9 gr.		
IMR 4350	52.0 gr.	54.5 gr.	57.0 gr.	59.5 gr.	
IMR 4831	53.1 gr.	55.5 gr.	57.8 gr.	60.1 gr.	
H4350	53.7 gr.	56.2 gr.	58.8 gr.	61.3 gr.	
RL-19	55.5 gr.	57.7 gr.	59.9 gr.	62.1 gr.	64.3 gr.
RL-22	56.3 gr.	58.7 gr.	61.2 gr.	63.6 gr.	66.0 gr.
IMR 7828	58.8 gr.	61.2 gr.	63.5 gr.	65.9 gr.	
H450		61.2 gr.	63.9 gr.	66.6 gr.	69.3 gr.
H1000	62.2 gr.	64.8 gr.	67.4 gr.	70.0 gr.	

SHOOTER'S LOG

7MM REM. MAG. - HORNADY BULLETS

175 GRAIN BULLETS:

SECTIONAL DENSITY: .310
DIAMETER: .284"

#2850 SP

Ballistic Coefficient — .462
C.O.L. — 3.290"



#2855 RN

Ballistic Coefficient — .285
C.O.L. — 3.280"



POWDER	VELOCITY				
	2500 fps	2600 fps	2700 fps	2800 fps	2900 fps
IMR 4350	50.0 gr.	52.6 gr.	55.2 gr.	57.8 gr.	
IMR 4831	51.2 gr.	53.7 gr.	56.2 gr.	58.6 gr.	
H4350	53.6 gr.	54.1 gr.	56.6 gr.	59.1 gr.	
RL-19		54.5 gr.	57.1 gr.	59.7 gr.	62.3 gr.
RL-22		55.9 gr.	58.4 gr.	60.9 gr.	63.4 gr.
IMR 7828		58.0 gr.	60.6 gr.	63.2 gr.	65.7 gr.
H450	56.1 gr.	59.3 gr.	62.4 gr.		
H1000	60.7 gr.	63.6 gr.	66.5 gr.		

SHOOTER'S LOG

7MM REM. MAG. - NOSLER BULLETS

7mm Remington Magnum

Although not a barnburner when first introduced in 1962, the 7mm Remington Magnum has steadily grown in popularity over the succeeding years to a position near the top it now enjoys. This is as it should be, since the "seven mag" provides the kind of performance hunters the world over have been demanding: fast, flat, and accurate with enough power for most of the medium-to-big game the fields of the world have to offer.

With the variety of bullet weights available, this caliber is extremely versatile, and can be tailored to suit most of the world's trophies. The 120-grain and 140-grain loads are perfect for the long range requirements of the wide open plains for the likes of pronghorn or springbuck. For deer or sheep-sized game, the 150- and 160-grain bullets provide the retained energy necessary for the shots at the extreme ranges so often encountered. For sure stopping power on the heavy hide and bone of the truly big game, the 175-grain bullets

guarantee that solid anchor so sought after by knowledgeable hunters everywhere.

My fondness for the 7mm Remington Magnum really started to blossom when it stopped a large and amorous Alaska-Yukon bull moose with a single 175-grain Partition® at about 25 yards in the middle of an Alaskan alder thicket.

When you see nearly 1,700 pounds of horns, hide and hair fold up and fall to the shot, it really builds confidence in the round's ability to perform.

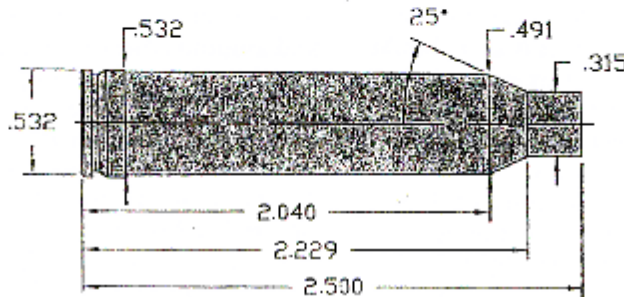
Since that initial positive demonstration, the last 25-plus years have seen me using the "seven mag" on a wide variety of game the world over and with a sampling of many bullet weights and rifle manufacturers. The results have not always been single shot successes, but generally when more is required the blame lies with the rifleman, not the round.

If you had to choose just one caliber to hunt North America's big game, the 7mm Remington Magnum wouldn't be a bad choice. In fact, with the 175-grain bullet, I've bagged most of America's and Africa's tougher game, including kudu, moose, eland, elk, grizzly and zebra! It is the caliber I use most and the one of choice when I know I must have the best!



Ken is Vice President, Executive Publisher of Guns & Ammo and Petersen's Hunting magazines.

7MM REM. MAG. - NOSLER BULLETS



RIFLE:	Barrel:	Wiseman
	Length:	24"
	Twist:	1-9"
CASE:		Winchester
PRIMER:		Fed. 215

Comments from the lab

In the lab, we have found that load densities greater than 80 percent will yield the most consistent performance in the 7mm Remington Magnum. Such densities are difficult to obtain in this cartridge except with the slowest burning powders. Any powder having a burn rate equal to or slower than IMR 4350 will likely yield good results with all bullet weights. We also found more uniform ignition when using Federal 215 primers.

The industry maximum overall cartridge length (O.A.L.) was established to assure proper feeding in modern sporting firearms. For the 7mm Remington Magnum, this length has been established at 3.290". Optimum accuracy is usually achieved with a slightly longer cartridge length.

7MM REM. MAG. - NOSLER BULLETS

Nosler[®]

120 Grain



120 gr. Solid Base[®]
Ballistic Tip[®] (red)

*Most Accurate Load Tested

**Compressed Load

Ballistic Coefficient .417
Sectional Density .213

Powder	Charge Weight in Grains	Muzzle Velocity (fps)	Load Density
IMR 4895	Max. 56.0	3358 fps	69%
	54.0	3263 fps	66%
	52.0*	3168 fps	64%
IMR 4320	Max. 59.0	3260 fps	72%
	57.0	3170 fps	70%
	55.0*	3080 fps	67%
H 414	Max. 62.0	3260 fps	76%
	60.0	3194 fps	73%
	58.0*	3127 fps	71%
N 160	Max. 66.0*	3405 fps	81%
	64.0	3330 fps	78%
	62.0	3255 fps	76%
RL 19	Max. 70.0*	3570 fps	86%
	68.0	3470 fps	83%
	66.0	3370 fps	81%
IMR 4350 <i>(Most Accurate Powder Tested)</i>	Max. 66.0*	3348 fps	81%
	64.0	3243 fps	78%
	62.0	3138 fps	76%
H 450	Max. 68.5	3440 fps	84%
	66.5	3360 fps	81%
	64.5*	3280 fps	79%
AA 3100	Max. 68.5*	3472 fps	84%
	66.5	3357 fps	81%
	64.5	3242 fps	79%
RL 22	Max. 71.0*	3562 fps	87%
	69.0	3467 fps	84%
	67.0	3372 fps	82%
IMR 4831	Max. 68.0	3370 fps	83%
	66.0	3250 fps	81%
	64.0*	3130 fps	78%

7MM REM. MAG. - NOSLER BULLETS

Nosler®

140 Grain



140 gr. Partition®
Spitzer

Ballistic Coefficient .434
Sectional Density .248



140 gr. Solid Base®
Ballistic Tip® (red)

Ballistic Coefficient .485
Sectional Density .248

*Most Accurate Load Tested

**Compressed Load

Powder	Charge Weight in Grains	Muzzle Velocity (fps)	Load Density
IMR 4895	Max. 54.0	3128 fps	69%
	52.0	3023 fps	67%
	50.0*	2918 fps	64%
IMR 4064	Max. 56.0	3088 fps	72%
	54.0	2983 fps	69%
	52.0*	2878 fps	67%
IMR 4320	Max. 57.0	3110 fps	73%
	55.0	3010 fps	71%
	53.0*	2910 fps	68%
H 380	Max. 55.0*	2938 fps	71%
	53.0	2833 fps	68%
	51.0	2728 fps	65%
R1. 19	Max. 65.5*	3318 fps	84%
	63.5	3243 fps	81%
	61.5	3168 fps	79%
IMR 4350	Max. 65.0*	3282 fps	83%
	63.0	3207 fps	81%
	61.0	3132 fps	78%
N 160	Max. 60.0	3031 fps	77%
	58.0	2963 fps	74%
	56.0*	2894 fps	72%
R1. 22	Max. 67.5	3340 fps	87%
	65.5	3250 fps	84%
	63.5*	3160 fps	81%
IMR 4831	Max. 66.0	3220 fps	85%
	64.0	3120 fps	82%
	62.0*	3020 fps	80%
N 165 (Most Accurate Powder Test)	Max. 66.0	3061 fps	85%
	64.0	2982 fps	82%
	62.0*	2903 fps	80%

7MM REM. MAG. - NOSLER BULLETS

Nosler

150 Grain



150 gr. Partition[®]
Spitzer

Ballistic Coefficient .455
Sectional Density .268



150 gr. Solid Base[®]
Ballistic Tip[®] (red)

Ballistic Coefficient .493
Sectional Density .268

*Most Accurate Load Tested

**Compressed Load

Powder	Charge	Weight in Grains	Muzzle Velocity (fps)	Load Density
IMR 4895	Max.	52.0	2960 fps	67%
		50.0	2870 fps	64%
		48.0*	2780 fps	62%
IMR 4064	Max.	53.0	2968 fps	68%
		51.0	2873 fps	66%
		49.0*	2778 fps	63%
IMR 4320	Max.	55.0	3048 fps	71%
		53.0	2953 fps	68%
		51.0*	2858 fps	66%
IMR 4350	Max.	63.0*	3248 fps	81%
		61.0	3138 fps	79%
		59.0	3028 fps	76%
IMR 4831 (Most Accurate Powder Tested)	Max.	65.0	3240 fps	84%
		63.0	3130 fps	81%
		61.0*	3020 fps	79%
N 160	Max.	59.5	2925 fps	77%
		57.5	2853 fps	74%
		55.5*	2780 fps	71%
AA 3100	Max.	64.0	3138 fps	82%
		62.0	3043 fps	80%
		60.0*	2948 fps	77%
H 4831	Max.	63.0*	3080 fps	81%
		61.0	3000 fps	79%
		59.0	2920 fps	76%
IMR 7828	Max.	67.5*	3152 fps	87%
		65.5	3067 fps	84%
		63.5	2982 fps	82%
N 165	Max.	66.0	3017 fps	85%
		64.0	2941 fps	82%
		62.0*	2865 fps	80%

Use Maximum Loads with Caution

7MM REM. MAG. - NOSLER BULLETS

Nosler

160 Grain



160 gr. Partition®
Splatzer

*Most Accurate Load Tested
**Compressed Load

Ballistic Coefficient .475
Sectional Density .283

Powder	Charge Weight in Grains	Muzzle Velocity (fps)	Load Density
IMR 4064	Max. 53.0*	2908 fps	66%
	51.0	2823 fps	63%
	49.0	2738 fps	61%
IMR 4320	Max. 53.0*	2880 fps	66%
	51.0	2790 fps	63%
	49.0	2700 fps	61%
IMR 4350	Max. 60.0*	2998 fps	74%
	58.0	2943 fps	72%
	56.0	2888 fps	69%
AA 3100	Max. 60.0	2950 fps	74%
	58.0	2880 fps	72%
	56.0*	2810 fps	69%
RL 19	Max. 61.5*	3046 fps	76%
	59.5	2973 fps	74%
	57.5	2901 fps	71%
RL 22	Max. 63.0	3058 fps	78%
	61.0	2963 fps	76%
	59.0*	2868 fps	73%
IMR 4831	Max. 63.0*	3008 fps	78%
	61.0	2933 fps	76%
	59.0	2858 fps	73%
N 165 (Most Accurate Powder Tested)	Max. 61.0*	2904 fps	76%
	59.0	2846 fps	73%
	57.0	2789 fps	72%
IMR 7828	Max. 66.5	3090 fps	82%
	64.5	2990 fps	80%
	62.5*	2890 fps	77%
H 870	Max. 79.5*	3112 fps	99%
	77.5	3047 fps	96%
	75.5	2982 fps	94%

7MM REM. MAG. - NOSLER BULLETS

Nosler[®]

175 Grain



175 gr. Partition[®]
Spitzer

*Most Accurate Load Tested

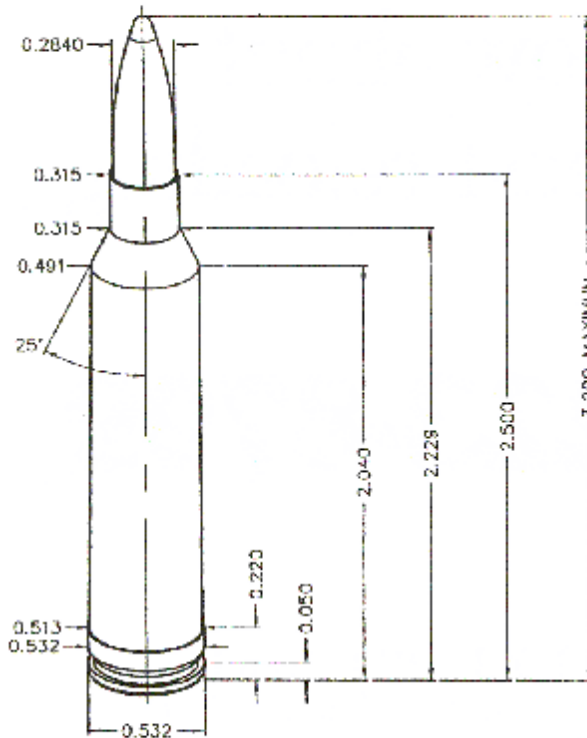
**Compressed Load

Ballistic Coefficient .519
Sectional Density .310

Powder	Charge Weight in Grains	Muzzle Velocity (fps)	Load Density
IMR 4320	Max. 51.0	2720 fps	66%
	49.0	2620 fps	64%
	47.0*	2520 fps	61%
H 414	Max. 55.0	2700 fps	71%
	53.0	2640 fps	69%
	51.0*	2580 fps	66%
IMR 4350	Max. 58.0*	2860 fps	75%
	56.0	2760 fps	73%
	54.0	2660 fps	70%
RL 19	Max. 58.5	2820 fps	76%
	56.5	2720 fps	73%
	54.5*	2619 fps	71%
IMR 4831	Max. 60.0	2870 fps	78%
	58.0	2780 fps	75%
	56.0*	2690 fps	73%
RL 22 (Most Accurate Powder Tested)	Max. 62.5*	2970 fps	81%
	60.5	2890 fps	79%
	58.5	2810 fps	76%
IMR 7828	Max. 65.0	2950 fps	84%
	63.0	2850 fps	82%
	61.0*	2750 fps	79%
H 1000	Max. 65.5	2850 fps	85%
	63.5	2800 fps	82%
	61.5*	2750 fps	80%
AA 8700	Max. 73.5	2797 fps	95%
	71.5	2729 fps	93%
	69.5*	2661 fps	90%

7MM REM. MAG. - SIERRA BULLETS

7mm Remington Magnum



Test Specifications

Firearm Used: Winchester M70
Bbl. Length/Twist: 26"/1x 9 1/2"

Test Components

Cases: Remington
Trim-to Length: 2.490"
Primers: Remington 9 1/2M

Remarks:

The history of U.S. ordnance is full of examples of good cartridges which have passed into obsolescence. The .219 Zipper, .284 Winchester and 6.5 Remington Magnum were all fine ideas, but terribly limited by the rifles for which they were introduced. Some, like the .244 and .280 Remington, have survived after being reintroduced in different rifles or in slightly modified versions of the same gun. When Remington brought out their 7mm Magnum in 1962 however, they did everything right the first time. Introduced in what was then the new Model 700 bolt action, both rifle and cartridge have gone on to become phenomenally popular. Today, the 7mm Remington Magnum consistently ranks among the top ten most popular cartridges, based on reloading die sales.

Remington only had two real competitors in this market. One was the 7mm Weatherby Magnum, offered in Weatherby's rather expensive Mark V rifle. The other was the 7x61mm Sharpe & Hart, chambered in the infrequently encountered Shultz & Larsen. While the performance of all three is quite similar, only the Remington was readily available in an affordable package. The real secret to its success is quite simple; it's fast, flat, accurate, and potent.

The 7mm Remington Magnum is, first and foremost, a hunting cartridge and has been used to take virtually every big game species in North America, including big bears. Realistically, it is probably at its best when used in long-

7MM REM. MAG. - SIERRA BULLETS

7mm Remington Magnum, continued

range, open country hunting typical of western big game territory. While its primary use is in the hunting fields, the cartridge's flat trajectory and inherent accuracy has attracted the interest of competitive shooters as well. Eight years after its introduction, it was used in conjunction with Sierra's 168 grain MatchKing to win the prestigious 1000 yard Wimbledon match at Camp Perry. At this writing, the U.S. Secret Service countersniper teams are armed with custom built 7mm Remington Magnums. Considering their stringent requirements for 1000 yard accuracy, this is quite a recommendation for the versatile 7mm Remington Magnum.

.284 100 gr. HP
Cartridge OAL: 3.150"



Powder ↓ / Velocity →	3200	3300	3400	3500	3550
IMR-4895	57.2	58.8	60.3		
IMR-4064	56.5	58.2	59.9	61.8	
760	62.5	64.4	66.3		
H414	61.2	63.1	64.9		
AA-4350	65.5	66.8	68.1	69.5	
IMR-4350	62.8	64.6	66.4	68.3	
Viht N160	65.0	66.6	68.3	70.0	
IMR-4831	68.0	69.7	71.4	73.1	73.8
H450		70.9	72.3	73.6	74.2
AA-3100	69.0	70.8	72.5		
H4831	70.3	71.8	73.3	74.8	75.5
Energy/ft.lbs.	2273	2418	2566	2720	2798

Accuracy Load: IMR-4831/71.4 grs.; 3400 fps/2566 ft.lbs.

Hunting Load: IMR-4831/73.1 grs.; 3500 fps/2720 ft.lbs

INDICATES MAXIMUM LOAD - USE CAUTION
LOADS LESS THAN MINIMUM CHARGES SHOWN ARE NOT RECOMMENDED.

7MM REM. MAG. - SIERRA BULLETS

7mm Remington Magnum, continued

.284 120 gr. Spitzer
Cartridge OAL: 3.250"



Powder ¹ / Velocity →	2900	3000	3100	3200	3300	3400
IMR-3031	48.3	50.3	52.4	54.5		
IMR-4895	50.2	52.3	54.4	56.5	58.6	
IMR-4064		49.8	52.7	55.6	58.5	
IMR-4320	52.7	54.6	56.5	58.4	60.4	
H380	51.1	53.4	55.8	58.2	60.6	
760				60.4	62.8	65.2
IMR-4350	59.0	60.8	62.6	64.4	66.2	68.0
Viht N160	60.4	62.4	64.4	66.4	68.4	
IMR-4831	61.7	63.6	65.5	67.4	69.3	71.1
AA-3100	65.8	67.1	68.4	69.7	71.0	
H450		65.0	66.8	68.6	70.5	72.4
H4831		66.1	67.7	69.3	71.0	72.7
Viht N165	65.7	67.4	69.1	71.2		
<i>Energy/ft.lbs.</i>	<i>2240</i>	<i>2398</i>	<i>2560</i>	<i>2728</i>	<i>2901</i>	<i>3080</i>

Accuracy Load: IMR-4350/66.2 grs.; 3300 fps/2901 ft.lbs.

Hunting Load: IMR-4350/66.2 grs.; 3300 fps/2901 ft.lbs.

.284 140 gr. Spitzer BT
Cartridge OAL: 3.290"



.284 140 gr. Spitzer
Cartridge OAL: 3.290"



Powder ¹ / Velocity →	2600	2700	2800	2900	3000	3100
IMR-4895	46.8	49.0	51.2	53.5	55.8	
IMR-4064	47.5	49.8	52.1	54.4	56.7	59.0
IMR-4320	49.0	51.0	53.0	55.0	57.0	59.0
H380	47.2	49.5	51.9	54.3		
760				56.4	59.0	61.6
IMR-4350		54.1	56.8	59.5	62.3	65.1
Viht N160	53.5	56.3	59.1	62.0		
IMR-4831		55.2	58.0	60.8	63.5	66.2
AA-3100	61.0	62.8	64.6	66.4	68.2	69.8
H450		62.0	64.1	66.2	68.3	
H4831		60.4	62.1	63.9	65.7	67.5
Viht N165				64.8	67.4	69.9
<i>Energy/ft.lbs.</i>	<i>2101</i>	<i>2266</i>	<i>2437</i>	<i>2614</i>	<i>2797</i>	<i>2987</i>

Accuracy Load: IMR-4350/62.3 grs.; 3000 fps/2797 ft.lbs.

Hunting Load: 760/61.6 grs.; 3100 fps./2987 ft.lbs.

INDICATES MAXIMUM LOAD - USE CAUTION

LOADS LESS THAN MINIMUM CHARGES SHOWN ARE NOT RECOMMENDED.

7MM REM. MAG. - SIERRA BULLETS

7mm Remington Magnum, continued

.284 150 gr. Spitzer BT
Cartridge OAL: 3.290"



.284 150 gr. MatchKing HPBT
Cartridge OAL: 3.290"



Powder ↓ / Velocity →	2500	2600	2700	2800	2900	3000
IMR-4895	46.0	47.6	49.3	50.9	52.5	
IMR-4064	45.4	47.4	49.4	51.5	53.5	
IMR-4320	46.4	48.3	50.2	52.1	54.0	
H380		48.0	50.6	53.1		
760			55.7	57.6	59.6	
IMR-4350		53.8	55.9	58.0	60.1	62.2
IMR-4831		56.0	58.0	60.0	62.0	64.0
AA-3100		59.1	61.0	62.9	64.8	66.7
H450		58.0	60.0	62.0	64.1	
H4831		58.2	60.1	62.0	63.9	65.8
Vihl N165			61.2	63.6	66.0	68.3
Energy/ft.lbs.	2081	2251	2428	2611	2801	2997

Accuracy Load: IMR-4350/60.1 grs.; 2900 fps/2801 ft.lbs.

Hunting Load: IMR-4831/64.0 grs.; 3000 fps/2997 ft.lbs.

Sierra does not recommend MatchKing bullets for hunting applications

INDICATES MAXIMUM LOAD - USE CAUTION
LOADS LESS THAN MINIMUM CHARGES SHOWN ARE NOT RECOMMENDED.

7MM REM. MAG. - SIERRA BULLETS

7mm Remington Magnum, continued

.284 160 gr. Spitzer BT
Cartridge OAL: 3.290"



.284 160 gr. HPBT
Cartridge OAL: 3.290"



Powder ↓ / Velocity →	2500	2600	2700	2800	2900	3000
IMR-4064	43.2	45.8	48.4	51.0	53.7	
IMR-4320	45.3	47.4	49.6	51.8	54.0	
H380	46.0	48.2	50.5			
760				53.7	56.4	59.0
IMR-4350	50.2	52.3	54.4	56.6	58.8	61.0
IMR-4831	51.7	54.0	56.2	58.4	60.6	62.8
AA-3100	57.0	59.0	61.0	63.0	65.0	
H450		56.0	58.6	61.2	63.9	66.6
H4831		56.4	58.5	60.6	62.7	64.8
Viht N165	53.3	56.6	59.7	62.9		
H1000	59.8	62.4	65.0	67.6	70.3	
Energy/ft.lbs.	2220	2401	2589	2785	2987	3197

Accuracy Load: IMR-4350/58.8 grs.; 2900 fps/2987 ft.lbs.

Hunting Load: IMR-4350/58.8 grs.; 2900 fps/2987 ft.lbs.

.284 168 gr. MatchKing HPBT
Cartridge OAL: 3.290"



Powder ↓ / Velocity →	2500	2600	2700	2800	2900	3000
IMR-4064	45.5	47.7	49.9	52.1		
IMR-4320	47.2	49.1	51.0	53.0		
H380	46.5	48.9	51.4			
760			52.7	55.3	57.9	
AA-4350	52.6	54.9	57.2	59.5		
IMR-4350	51.4	53.6	55.8	58.1	60.4	
IMR-4831	52.9	55.3	57.6	59.9	62.2	
H450		57.7	59.9	62.2	64.5	
H4831		57.2	59.3	61.4	63.5	65.6
Viht N165	55.5	58.5	61.5	64.6		
H1000	61.8	64.0	66.2	68.4		
Energy/ft.lbs.	2331	2521	2719	2924	3137	3357

Accuracy Load: H4831/65.6 grs.; 3000 fps/3357 ft.lbs.

Sierra does not recommend MatchKing bullets for hunting applications

INDICATES MAXIMUM LOAD - USE CAUTION

LOADS LESS THAN MINIMUM CHARGES SHOWN ARE NOT RECOMMENDED.

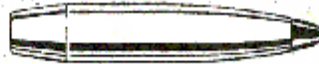
7MM REM. MAG. - SIERRA BULLETS

7mm Remington Magnum, continued

.284 170 gr. RN
 Cartridge OAL: 3.270"



.284 175 gr. Spitzer BT
 Cartridge OAL: 3.290"

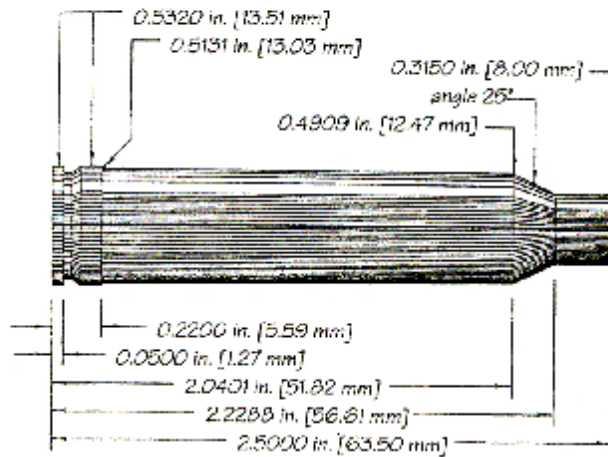


Powder ↓ / Velocity →	2500	2600	2700	2800	2900
IMR-4064	46.6	49.0	51.3		
IMR-4320	47.0	49.2	51.5		
H380	48.1	50.3	52.4		
AA-4350	52.8	55.0	57.2	59.4	
IMR-4350	53.0	55.0	57.0	59.0	61.0
IMR-4831	54.6	56.7	58.8	60.8	62.8
H450	57.2	59.1	61.0	62.9	64.8
H4831	55.7	57.9	60.1	62.3	64.5
MRP				59.6	62.4
Viht N165	55.9	58.9	62.0		
H1000	60.7	63.4	66.1		
<i>Energy/ft.lbs.</i>	<i>2428</i>	<i>2626</i>	<i>2832</i>	<i>3046</i>	<i>3267</i>

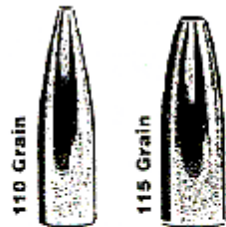
Accuracy Load: H4831/62.3 grs.; 2800 fps/3046 ft.lbs.
Hunting Load: H4831/64.5 grs.; 2900 fps/3267 ft.lbs.

INDICATES MAXIMUM LOAD - USE CAUTION
 LOADS LESS THAN MINIMUM CHARGES SHOWN ARE NOT RECOMMENDED.

7MM REM. MAG. - SPEER BULLETS



Max. Case Length: 2.500" **Test Firearm:** Universal Receiver
Trim-to Length: 2.490" **Case:** R-P
Max. Cart. Length: 3.290" **Primers:** CCI 250
RCBS Shellholder: #4
Barrel Length: 24"
Twist: 1-9.5"



Note: TNT not recommended for velocities exceeding 3500 fps.

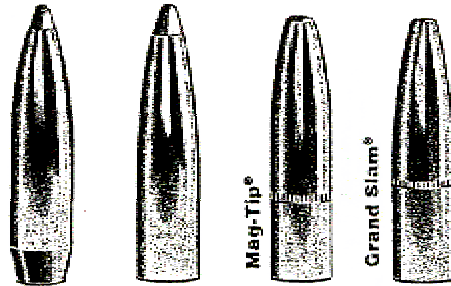
.284" Dia.
110 Grain
115 Grain

	7mm TNT-HP	7mm Spitz-SP				
Sectional Density	0.195	0.204				
Ballistic Coefficient	0.338	0.257				
C.O.L. Tested At	3.250"	3.200"				
Speer Part No.	1616	1617				

Powder	Wt. Grs.	Mzl. Vel. J	Powder	Wt. Grs.	Mzl. Vel. J	Powder	Wt. Grs.	Mzl. Vel. J
Re22*	75.0C	3503	AA	67.0	3427	Hodgdon	72.0C	3348
	71.0	3265	4350*	63.0	3255	4831SC*	68.0	3177
Re19*	74.0C	3489	IMR	71.0	3412	760*	65.0	3323
	70.0	3237	4831*	67.0	3208		61.0	3117
Vih.	77.0C	3481	IMR	66.0	3379	H450*	69.0	3285
	N165*	73.0	3275	4350*	62.0		3211	65.0
H4350*	67.0C	3451	AA	73.0	3358	Re15*	58.0	3256
	63.0	3227	3100*	69.0	3160		54.0	3034

Notes: Bold print denotes maximum loads. They should be used with caution. C = Compressed Load
 * CCI Magnum Primer used with this powder.

7MM REM. MAG. - SPEER BULLETS



**.284" Dia.
160 Grain**

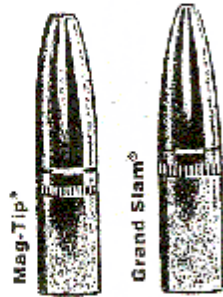
Sect. Density .283

	7mm BT Spitz-SP	7mm Spitz-SP	7mm MT-SP	7mm GS-SP		
Ballistic Coefficient	0.556	0.502	0.354	0.387		
C.O.L. Tested At	3.280"	3.280"	3.225"	3.225"		
Speer Part No.	1634	1635	1637	1638		

Powder	Wt. Grs.	Mzl. Vel.	Powder	Wt. Grs.	Mzl. Vel.	Powder	Wt. Grs.	Mzl. Vel.
	70.0	3012		61.0	2915		64.0	2867
Re25*	66.0	2875	IMR 4831*	57.0	2784	Viht. N165*	60.0	2692
	65.0	2976		61.0	2904	Hodgdon	62.0	2853
Re22*	61.0	2773	H4350*	57.0	2735	4831SC*	58.0	2711
	79.0	2970	IMR	58.0	2901	AA	61.0	2849
H870*	75.0	2819	4350*	54.0	2725	4350*	57.0	2680
	64.0	2941	AA	79.0	2870	IMR	53.0	2782
Re19*	60.0	2729	8700*	75.0	2736	4320	49.0	2542
	69.0	2936	AA	64.0	2869	Reduced Load SR	30.0	2067
H1000*	65.0	2761	3100*	60.0	2691	4759*	26.0	1770

Notes: Bold print denotes maximum loads. They should be used with caution. C = Compressed Load
* CCI Magnum Primer used with this powder.

7MM REM. MAG. - SPEER BULLETS



**.284" Dia.
175 Grain**

Sect. Density .310

	7mm MT-SP	7mm GS-SP				
Ballistic Coefficient	0.385	0.465				
C.O.L. Tested At	3.200*	3.260*				
Speer Part No.	1641	1643				

Powder	Wt. Grs.	Mzl. Vel.	Powder	Wt. Grs.	Mzl. Vel.	Powder	Wt. Grs.	Mzl. Vel.
	78.0	2954	IMR	56.0	2789		60.0	2717
H870*	74.0	2790	4350*	52.0	2630	H450*	56.0	2562
	67.0	2888		65.0	2782	AA	59.0	2713
Re25*	65.0	2782	H1000*	61.0	2620	8700*	55.0	2547
	61.0	2830	Viht.	62.0	2742		59.0	2703
Re22*	57.0	2618	N165*	58.0	2565	H4350*	55.0	2546
	59.0	2827	Hodgdon	60.0	2733	IMR	65.0	2667
IMR	55.0	52641	4831SC*	55.0	2588	7828*	61.0	2529
	62.0	2812		75.0	2722	Reduced Load	32.0	2085
Re19*	58.0	2604	AA	71.0	2639	SR	28.0	1831
			8700*			4759*		

Notes: Bold print denotes maximum loads. They should be used with caution. C = Compressed Load
*CCI Magnum Primer used with this powder.

SHOOTER'S LOG

7MM REM. MAG. - LYMAN BULLETS

Reloading Data Introduction:

The data listed in this section have been tested by our technicians and found to be safe when loaded with our test components and fired (under our laboratory controlled conditions) in our testing equipment. Since Lyman Products Corporation has no control over the manufacture of the various components listed, the actual loading, choice or condition of the firearms and components used, no responsibility for use of this data is implied or assumed.

Components:

The reader should bear in mind that the components listed are not of Lyman manufacture. Therefore, it is impossible that production changes affecting ballistic performance can occur at any time without our knowledge. If there is ever a question as to the correctness of the component specified, write to its manufacturer.

Starting Load:

It is essential that the reader begin with the suggested weight of powder listed in this bracket and work up slowly (following load development precautions) to his best performing load. The novice should use only the "starting load" for a period of time until he builds confidence and experience. Never decrease this charge as an increase in pressure could be encountered.

Maximum Load:

All loads which are listed as maximum were tested and classified as maximum by our technicians in accordance with our laboratory standards. **Under no circumstances should these loads be exceeded**, nor should they be quickly accepted by the reader as a safe working maximum for his particular rifle or pistol.

Many reloaders misinterpret the meaning of the "maximum load." They wrongly assume that if a high pressure load proved safe in a test laboratory then it is equally safe under any and all conditions. This is not true. The reader must start with the "starting load" and work up his load carefully. Working with his particular firearm and component combination, he may encounter signs of excess pressure before he reaches the maximum charge listed.

The technician classifies a load as maximum after carefully considering many aspects of its ballistic performance. **The maximum average pressure of the load is not the only criteria.** Often a load having an acceptable maximum average pressure will be rejected (or reduced) due to its erratic performance. Accuracy must also be considered, particularly when dealing with cast lead alloy bullets. In all instances, the maximum listing represents what our technicians consider to be the maximum working combination for the bullet, powder and caliber listed. These loads do not exceed SAAMI standards.

Accuracy Loads:

When a load is noted as such in the data tables proper, it means that the given combination of components produced the most uniform internal ballistics of any load tested utilizing that particular bullet design.

7MM REM. MAG. - LYMAN BULLETS

Unless noted in "Comments," the accuracy load was not fired at targets. The load, however, does have a high potential—assuming all external factors are optimum—for producing outstanding accuracy since uniform internal ballistics are critical to accuracy on target. You cannot have one without the other.

Test Parameters:

Velocities shown were taken at fifteen feet and not corrected to the muzzle.

Each test string began with a clean dry barrel and consisted of ten shots.

Loads exhibiting erratic internal ballistics were not pursued.

We had no problem with leading in any of our testing.

Bullets:

Bullet numbers are listed in the introductory specifications for each cartridge and in the headline above the appropriate data block—along with an illustration of that particular bullet.

Please note these bullets are artists' rendering. Comparing your bullet against the drawing could reveal minor differences. Furthermore, minor changes are sometimes made to bullets. These drawings, which appear throughout the data sections, are for general reference only and are not intended to be a precise representation.

Bullet alloy is noted as is the exact weight of each tested bullet.

Not all cast bullets within a given caliber are intended to perform equally. We have used them in the most appropriate chamberings.

Powders:

We have limited our testing to those powders which are manufactured in the United States and which are readily available to the consumer. The following brands are listed: Dupont (now IMR), Winchester, Hercules, Alcan, Hodgdon and Gearhart-Owen.

Compressed Loads:

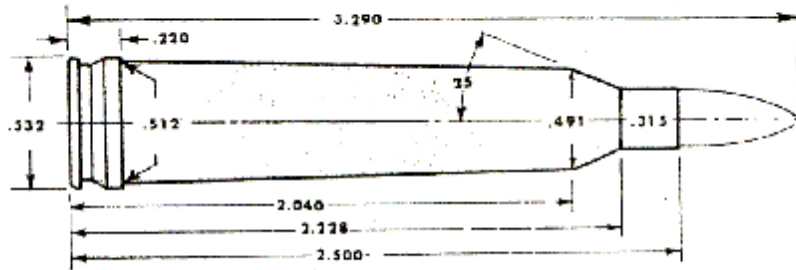
All compressed loads are indicated with a +. Depending upon the volume of the specific cartridge case used by the reader, he may, or may not, have difficulty starting bullets in such loads. If the bullet will not start, reduce the load sufficiently so that 1/10" of space remains in the case neck. Start the bullet into the case and use whatever additional pressure is required to fully seat the bullet. Failure to comply could result in a bulged case.

Filler Wads:

Dacron filler wads in the form of 1/4-inch thick batting were used in conjunction with cast bullet loads, where indicated. This material can be purchased in most yard-goods stores. It should be cut into squares, which seal the case.

When developing a load, if a wad is desired, its should be used from the beginning as the charge weight is increased. It should never be added as an afterthought, once a maximum load has been established, since its presence could result in a pressure increase of 2,000 CUP or more.

7MM REM. MAG. - LYMAN BULLETS



COMMENTS:

This is easily the third most popular big game cartridge in this country. It started with the need for a cartridge with more punch than the 30-06 but not more recoil.

The 7mm Remington magnum has been used to take every big game animal that walks on this continent. It really peaks out however with game as large as elk, although some would disagree. Bullets of 160 to 175 grains are best when the game gets tough.

Magnum primers and slow burning propellants such as Hodgdon H4831 and IMR 7828 are naturals for this application. Hercules Reloder 22 would also be a good choice.

Cast bullets need to be kept under 1800 fps for acceptable accuracy.

TEST COMPONENTS:

Cases	Remington and Winchester
Trim-to Length	2.490"
Primers	Remington 9 $\frac{1}{2}$ M
Primer Size	Large Rifle, Magnum
Lyman Shell Holder	No. 13
Cast Bullets Used	(Sized to .284" dia.)
*Gas Check Bullets	*#287448, 119 gr.
	*#287346, 135 gr.
	*#287405, 150 gr.
	*#287641, 160 gr.
	*#287308, 162 gr.

TEST SPECIFICATIONS: (Velocity & Pressure)

Firearm Used	Universal Receiver
Barrel Length	26"
Twist	1-9 $\frac{1}{2}$ "
Groove Dia.284"

7MM REM. MAG. - LYMAN BULLETS



#287448

119 gr., (#2 Alloy) 3.290" OAL

POWDER	Sugg. Starting Grains	Velocity fps	Pressure C.U.P.	Max. Load Grains	Velocity fps	Pressure C.U.P.
Red Dot	18.0	2084	31,500	21.0	2270	40,700
700X	14.0	1793	25,200	18.5	2112	38,100
Green Dot	16.0	1924	24,600	18.0	2042	29,400
PB	16.0	1857	25,200	20.5	2141	40,300
SR-7625	16.0	1844	25,200	21.0	2168	40,300
SR-4756	20.0	2077	25,800	24.5	2321	39,900



#287346

135 gr., (#2 Alloy) 2.967" OAL

POWDER	Sugg. Starting Grains	Velocity fps	Pressure C.U.P.	Max. Load Grains	Velocity fps	Pressure C.U.P.
Red Dot	17.0	1903	31,500	20.0	2078	40,700
700X	14.5	1722	27,600	17.5	1929	37,700
Green Dot	15.0	1731	24,600	18.0	1930	31,000
PB	16.5	1756	27,600	19.5	1939	38,600
SR-7625	17.0	1795	31,000	20.0	1972	39,900
SR-4756	20.0	1931	30,000	23.5	2153	40,700
SR-4759	29.7	2164	29,500	37.1	2564	49,200
IMR-4198	32.4	2187	26,900	44.0	2776	49,800
RX7	32.0	2159	26,100	43.5	2674	46,700
748	32.0	2163	26,800	54.0	2683	41,200
H4895	40.0	2158	25,000	52.0	2815	47,400

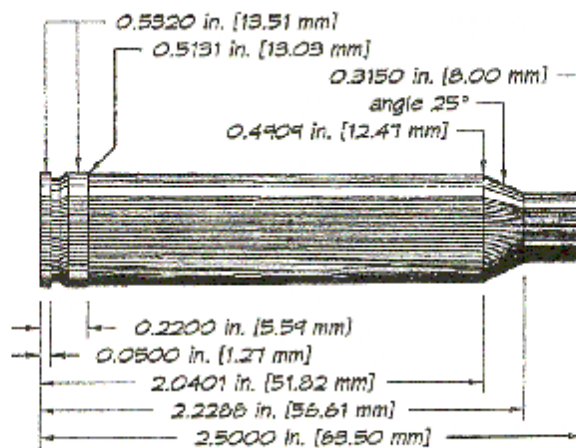
Note: Loads shown in shaded panels are maximum.

7MM REM. MAG. - HODGDON POWDERS

7MM REMINGTON MAGNUM

It might be said that Remington's Big 7mm belted case started a revolution toward bigger and better cartridge designs that utilized the basic 300 H&H belted case in short-action magnums. No doubt the 264 Winchester came first, but its failure to live up to advertised hype prompted several shooters, including Les Bowman, Warren Page and others, to decide the sometimes fictional performance level of the 264 could be reached easily if the case were simply necked up to 7mm. From there, as they say, the rest is history. From its inception in 1962, the 7mm Remington Magnum has amassed a remarkable reputation, being perfectly suitable for medium game with 130 to 140 grain bullets and stepping up to elk and moose with 160 to 175 grain slugs. For any bullet weight, H4831 is an excellent choice, while H1000 handles the heavy bullets best overall.

• • •



Case: WINCHESTER
Length: 24"

Neck: 1.95"
Body: 2.490"

Model: WINCHESTER LR

7MM REM. MAG. - HODGDON POWDERS

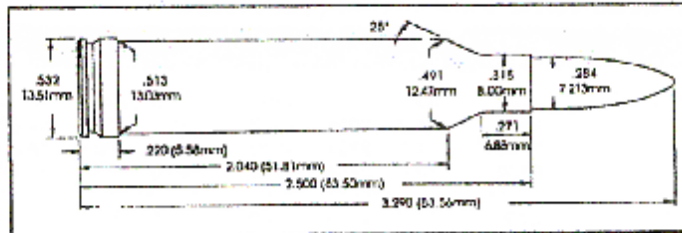
HODGDON

POWDER	STARTING LOADS			MAXIMUM LOADS		
	GRS.	VEL.	PRESSURE	GRS.	VEL.	PRESSURE
BULLET: 100 GR. SIE HP DIA. .284" C.O.L. 3.150"						
H4831	71.0	3316	43,300 CUP	75.0	3499	50,300 CUP
H4350	65.0	3334	44,800 CUP	69.0	3494	49,600 CUP
H414	60.0	3216	39,900 CUP	66.0	3499	49,100 CUP
VARGET	53.0	3193	39,600 CUP	59.0	3487	49,800 CUP
BULLET: 110 GR. SPR HP DIA. .284" C.O.L. 3.250"						
H4831	68.0	3213	44,000 CUP	73.0	3367	49,700 CUP
H4350	65.0	3233	44,700 CUP	68.5	3357	49,500 CUP
H414	62.0	3250	45,800 CUP	65.5	3395	50,400 CUP
VARGET	54.0	3174	44,600 CUP	58.5	3356	50,300 CUP
BULLET: 120 GR. HDY SP DIA. .284" C.O.L. 3.230"						
H4831	65.0	3095	45,600 CUP	68.5	3236	50,600 CUP
H4350	62.0	3106	44,700 CUP	65.0	3226	50,100 CUP
H414	61.0	3126	45,500 CUP	64.5	3261	50,700 CUP
VARGET	53.0	3021	45,200 CUP	57.0	3218	50,900 CUP
BULLET: 130 GR. SPR SP DIA. .284" C.O.L. 3.195"						
H4831	63.0	2952	46,300 CUP	66.0	3051	50,200 CUP
H4350	58.0	2953	45,100 CUP	61.5	3082	50,800 CUP
H414	59.0	2985	46,500 CUP	61.0	3064	49,400 CUP
VARGET	51.0	2877	45,700 CUP	54.0	2998	49,400 CUP
BULLET: 140 GR. NOS PART DIA. .284" C.O.L. 3.250"						
H1000	67.0	2934	46,200 CUP	70.0	3036	50,600 CUP
H4831	61.0	2841	46,300 CUP	64.0	2950	50,200 CUP
H4350	56.0	2808	45,500 CUP	59.0	2927	50,000 CUP
H414	58.0	2897	46,700 CUP	60.2	2967	49,300 CUP
BULLET: 150 GR. NOS PART DIA. .284" C.O.L. 3.270"						
H870				80.0	2960	43,600 CUP
H1000	65.0	2835	46,200 CUP	68.0	2936	49,900 CUP
H4831	59.0	2775	45,300 CUP	62.0	2986	51,100 CUP
H4350	55.0	2781	45,700 CUP	57.0	2859	50,100 CUP
BULLET: 160 GR. NOS PART DIA. .284" C.O.L. 3.290"						
H870				80.0	2914	45,500 CUP
H1000	63.0	2729	43,300 CUP	66.0	2839	49,600 CUP
H4831	58.0	2695	46,400 CUP	60.0	2787	49,800 CUP
H4350	53.0	2651	46,400 CUP	55.5	2745	49,800 CUP

7MM REM. MAG. - ACCURATE POWDERS

7mm REMINGTON MAGNUM

After refusing for years to produce a metric magnum, the pressure in the American market became so great that Remington introduced the 7mm Remington Magnum in 1962 along with the new, improved Model 700 bolt action rifle.



The 7mm Remington is essentially the .338 Winchester case necked down to 7mm. It is a fine long-range, big game cartridge that can also be used for varmint hunting. With a wide variety of bullets available, the handloader can utilize this cartridge for any game in North America and most thin-skinned varieties of African game as well. With bullet weights of 150 grains or less, **Accurate 4350** and **3100** propellants are recommended. With bullet weights of 160 grains and heavier, **Accurate 8700** is the best choice.

The SAAMI Maximum Average Pressure for the 7mm Remington Magnum is 61,000 P.S.I.

7mm REMINGTON MAGNUM				
Gun	OBERMEYER	Max Length	2.500"	
Barrel Length	24"	Trim Length	2.480"	
Primer	CCI 200	OAL Max	3.290"	
Case	REM	OAL Min	3.150"	

Bullet	START LOADS			MAXIMUM LOADS			P.S.I.	Cartridge Length	Comment
	Powder	Grains	Vel.	Powder	Grains	Vel.			
SPH 115 HP	2700	59.4	3047	2700	62.5	3241	58,700	3.280"	
	4350	60.3	2944	4350	67.0	3345	60,300		
	3100	65.3	2964	3100	72.5	3358	58,800		
	8700	71.1	2563	8700	79.0	2813	39,100		
SPR 120 SP	2700	58.4	2984	2700	61.5	3174	58,700	3.260"	
	4350	58.7	2829	4350	63.0	3215	57,800		
	3100	64.2	2826	3100	71.3	3325	59,900		
	8700	71.1	2624	8700	79.0	2902	46,000		
SPR 130 SP	2700	57.0	2817	2700	60.0	2997	57,200	3.245"	
	4350	55.8	2735	4350	62.0	3108	56,400		
	3100	61.0	2776	3100	67.8	3155	59,000		
	8700	71.1	2658	8700	79.0	3020	45,900		

7MM REM. MAG. - IMR POWDERS

IMR

CASE: REMINGTON BARREL: 24" PRIMER: REMINGTON 9 1/2 M

POWDER	STARTING LOADS			MAXIMUM LOADS		
	GRS.	VEL.	PRESSURE	GRS.	VEL.	PRESSURE

BULLET: 120 GR. HOY SP. DIA. .284" C.O.L. 3.290"

IMR 4831	68.5	3335	51,400 CUP
IMR 4350	65.0	3300	51,400 CUP
IMR 4320	55.5	3185	51,400 CUP
IMR 4064	55.5	3245	51,200 CUP
IMR 4895	54.5	3215	52,000 CUP
IMR 3031	52.5	3180	51,200 CUP

BULLET: 150 GR. REM SPCL DIA. .284" C.O.L. 3.290"

IMR 4831	66.5	3055	52,000 CUP
IMR 4350	63.0	3010	51,700 CUP
IMR 4320	54.0	2895	51,300 CUP
IMR 4064	54.0	2935	51,600 CUP
IMR 4895	52.0	2880	51,500 CUP
IMR 3031	51.0	2850	52,000 CUP

BULLET: 175 GR. REM SPCL DIA. .284" C.O.L. 3.290"

IMR 7828	66.0	2910	52,000 CUP
IMR 4831	63.0	2790	52,000 CUP
IMR 4350	59.5	2765	51,800 CUP

NEVER EXCEED MAXIMUM LOADS.

7MM REM. MAG. - SCOT POWDERS

4 0 6 5

<i>Powder Charge</i>	<i>Bullet Weight & Type</i>	<i>Muzzle Velocity</i>
53.0 grains	120 grain FMJ	3,000 fps
59.0 grains	120 grain FMJ	3,230 fps
52.0 grains	140 grain FMJ	2,790 fps
58.0 grains	140 grain FMJ	3,070 fps
51.0 grains	150 grain FMJ	2,700 fps
57.0 grains	150 grain FMJ	3,000 fps
50.0 grains	160 grain FMJ	2,580 fps
55.0 grains	160 grain FMJ	2,780 fps
49.0 grains	175 grain FMJ	2,440 fps
54.0 grains	175 grain FMJ	2,700 fps

4 3 5 1

<i>Powder Charge</i>	<i>Bullet Weight & Type</i>	<i>Muzzle Velocity</i>
61.0 grains	120 grain FMJ	3,050 fps
68.0 grains	120 grain FMJ	3,350 fps
60.0 grains	140 grain FMJ	2,900 fps
67.0 grains	140 grain FMJ	3,250 fps
59.0 grains	150 grain FMJ	2,840 fps
66.0 grains	150 grain FMJ	3,190 fps
58.0 grains	160 grain FMJ	2,800 fps
64.0 grains	160 grain FMJ	3,000 fps
56.0 grains	175 grain FMJ	2,560 fps
62.0 grains	175 grain FMJ	2,880 fps

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7MM REM. MAG. - WINCHESTER POWDERS

WINCHESTER POWDER								
STARTING LOADS					MAXIMUM LOADS			
BULLET	POWDER	GRS.	VEL.	CUP	POWDER	GRS.	VEL.	CUP
100 GR.	760	60.0	3388	49,900	760	63.0	3512	52,000
115- 120 GR.	760	59.0	3271	49,900	760	60.0	3325	52,000
130 GR.	760	55.0	2994	49,800	760	56.5	3103	52,000

NEVER EXCEED MAXIMUM LOADS.

= WARNING =

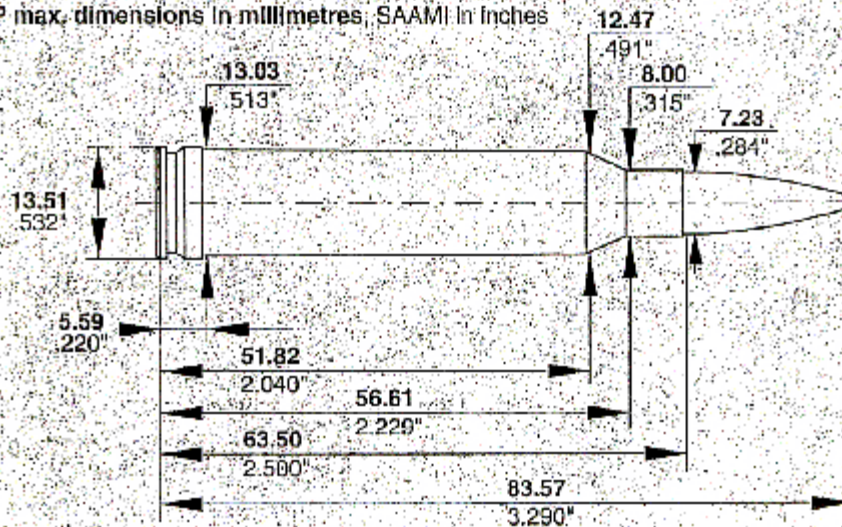
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(Source: Hodgdon Reloading Manual # 26)

7MM REM. MAG. - VIHTAVUORI POWDERS

7mm Remington Magnum

CIP max. dimensions in millimetres, SAAMI in inches



Country of origin:	USA
Year of introduction:	1962
Primer:	Large Rifle Magnum
Max. bullet diameter:	7.23 mm (.284")
Max. cartridge length:	83.57 mm (3.290")
Max. shell length:	63.50 mm (2.500"), trim to 63.30 mm (2.490")
Max. CIP pressure:	370 MPa (53600 psi)
Max. SAAMI pressure:	52000 CUP/61000 psi

Here is a modern and original belted magnum design from the 1960s. It is understandable that this cartridge can be loaded hot because there are no old guns around for the manufacturers to worry about.

Remington was the first manufacturer to offer both ammo and rifles, but most have joined the bandwagon since, both in America and Europe. It is fair to say that this is a world class popular cartridge.

There is a good array of components available, as is factory ammo. A handloader can tailor this cartridge to a wide variety of applications.

The cartridge was designed with the western plains of the U.S. in mind, where shooting distances are long and a flat trajectory is desirable. 7mm Rem. Mag. was the ticket.

As to the upper end of performance, this cartridge is legal for moose in Finland. This country has one of the world's most specific hunting laws stating "what, when, how and with which". There is another school which says that 7 mm should be limited to elk size game at maximum. A third school in Finland says that when 7mm Rem. Mag. is fired at moose from a short distance, it is too destructive on the meat.

If we leave this moose argument to wiser heads, the 7mm Rem. Mag. is a fine turbo cartridge. It is a little bit more expensive to handload than .30 caliber and also barks violently.

7MM REM. MAG. - VIHTAVUORI POWDERS

7mm Remington Magnum

TEST COMPONENTS:

Test barrel: 610 mm (24"), 1 in 9" twist, manufactured to meet CIP minimum dimensions.
 Primers: Vihtavuori No. 68
 Cases: LAPUA, trim-to length 63.30 mm (2.492")

Reloading Data, English Units:

Weight [grs]	Bullet			Powder Type	Starting Load			Maximum Load		
	Type	Mfg.	C.A.L. [in.]		Weight [grs]	Velocity [fps]	Pressure [psi]	Weight [grs]	Velocity [fps]	Pressure [psi]
100	HP	Hornady	3.189	N160	68.5	3263	40600	75.0	3570	52200
120	Spitzer	Sierra	3.268	N160	65.1	3006	40600	71.5	3295	52200
				N165	69.2	2984	40600	76.3	3298	52200
145	SPBT	Speer	3.268	N160	56.2	2655	42100	62.6	2901	52200
				N560	58.6	2788	42100	65.2	3054	52200
				N165	61.4	2712	42100	67.7	2960	52200
160	Grand Slam	Speer	3.228	N160	51.3	2465	45000	56.3	2645	52200
				N560	53.0	2605	43500	58.9	2821	52200
				N165	55.1	2517	45000	60.7	2707	52200

NOTE!

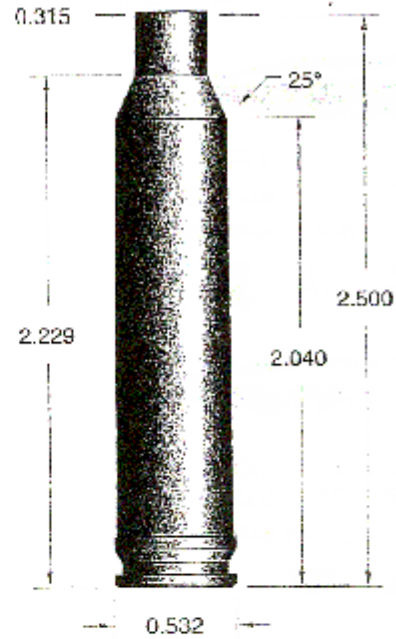
FOR THOSE LOADS ONLY THE MAXIMUMS ARE SHOWN IN THE TABLES ABOVE START LOADING WITH APPROXIMATELY 10% SMALLER POWDER CHARGE

INDICATES MAXIMUM LOAD - USE WITH CAUTION!
 LOADS LESS THAN MINIMUM CHARGES SHOWN ARE NOT RECOMMENDED

7MM REM. MAG. - BARNES BULLETS

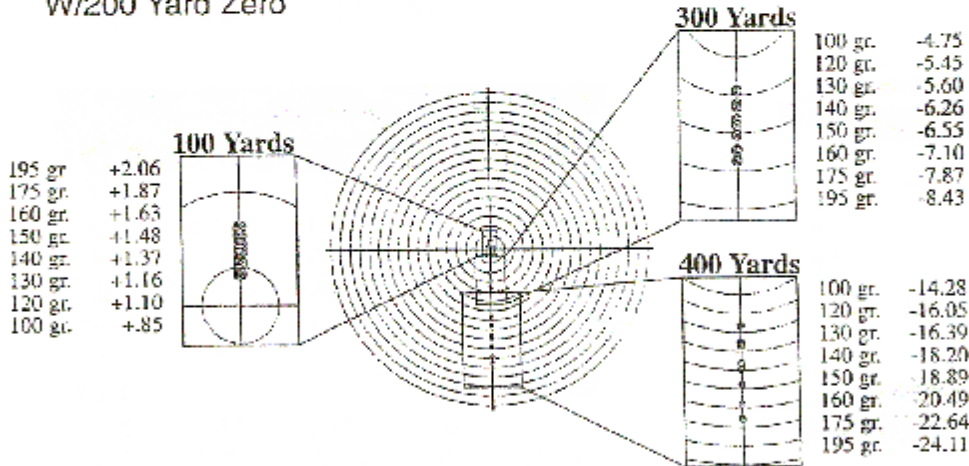
Since its introduction in 1962, the 7mm Remington Mag has become one of the most popular rifle cartridges in the world. Because of the wide array of 7mm bullets available to the handloader, it makes an ideal all-around-gun for those who hunt deer and elk size game.

<i>Case:</i> Remington	<i>Parent Case:</i> 300 H&H
<i>Primer:</i> Rem 9 1/2M	<i>Trim To:</i> 2.490"
<i>Barrel:</i> 24"	<i>Case Capacity:</i> 83.19 grs. (water)

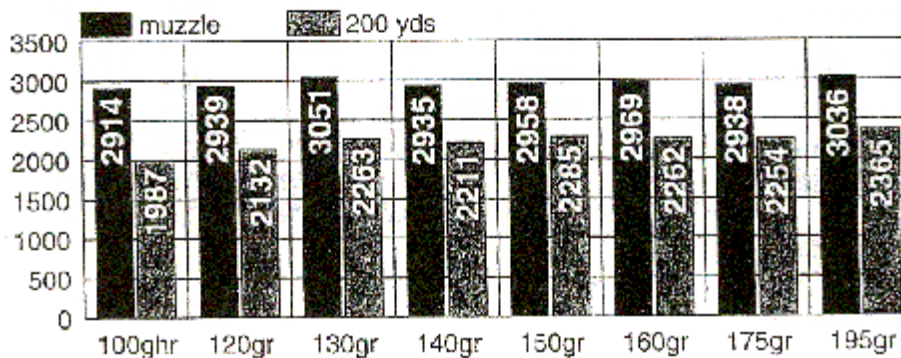


BULLET DROP COMPARISON

W/200 Yard Zero



BULLET ENERGIES



7MM REM. MAG. - BARNES BULLETS



100-grain XFB
S.D. .177 B.C. .335
Suggested Bullet Use



100-grain Solid
S.D. .177 B.C. .343
Suggested Bullet Use



Powder	Charge Weight (grains)	Velocity (fps)	Maximum Load	Velocity (fps)
VARG	59.0	3350	64.0	3634
H380	62.0	3334	67.0	3603
H4350	66.0	3448	71.0	3709
H450	69.0	3367	74.0	3611
IMR4350	65.0	3385	70.0	3645
IMR4831	67.0	3426	72.0	3682
IMR7828	71.0	3393	76.0	3632
WIN WMR	71.0	3341	76.0	3576
AA2700	61.0	3255	66.0	3522
AA4350	66.0	3377	71.0	3633
AA3100	70.0	3364	75.0	3604
N202	55.0	3267	60.0	3564
N204	66.5	3400	71.5	3656
VIT N 150	56.0	3247	61.0	3537
VIT N 160	67.0	3406	72.0	3660
RL15	58.5	3340	63.5	3626
RL19	69.0	3427	74.0	3675
RL22	70.0	3406	75.0	3649



120-grain XFB
S.D. .213 B.C. .371
Suggested Bullet Use



120-grain XBT
S.D. .213 B.C. .411
Suggested Bullet Use



120-grain Solid
S.D. .213 B.C. .399
Suggested Bullet Use



Powder	Charge Weight (grains)	Velocity (fps)	Maximum Load	Velocity (fps)
VARG	53.0	2991	58.0	3273
H380	57.0	2974	62.0	3235
H4350	60.0	3089	65.0	3346
H450	65.0	3089	70.0	3327
H4831	67.0	3148	72.0	3383
IMR4320	53.0	3007	58.0	3291
IMR4350	58.5	3045	63.5	3305
IMR4831	61.5	3109	66.5	3362
IMR7828	68.0	3162	73.0	3395
WIN760	58.0	3020	63.0	3280
WIN WMR	69.0	3183	74.0	3414
AA4350	58.5	2974	63.5	3228
AA3100	65.0	3054	70.0	3289
N204	63.0	3120	68.0	3368
VIT N 150	50.0	2872	55.0	3159
VIT N 160	61.0	3040	66.0	3289
RL19	65.0	3150	70.0	3392
RL22	68.0	3209	73.0	3445

7MM REM. MAG. - BARNES BULLETS



130-grain XBT

S.D. .230 B.C. .444

Suggested Bullet Use



Powder	Charge Weight (grains)	Velocity (fps)	Maximum Load	Velocity (fps)
H4350	57.0	2941	62.0	3199
H450	63.5	3009	68.5	3246
H4831	65.0	3021	70.0	3253
H1000	71.0	3079	76.0	3296
IMR4350	58.0	2932	63.0	3185
IMR4831	61.5	3038	66.5	3285
IMR7828	65.0	3049	70.0	3284
WIN760	57.0	2929	62.0	3186
WIN WMR	67.5	3087	72.5	3316
AA3100	63.0	2942	68.0	3175
N204	61.0	3017	66.0	3264
VIT N 160	59.0	2948	64.0	3198
RL19	63.5	3066	68.5	3307
RL22	67.0	3093	72.0	3324



140-grain XFB

S.D. .248 B.C. .436

Suggested Bullet Use



Powder	Charge Weight (grains)	Velocity (fps)	Maximum Load	Velocity (fps)
H414	54.0	2718	59.0	2967
H4350	52.0	2730	57.0	2993
H450	60.5	2834	65.5	3068
H4831	64.0	2899	69.0	3126
H1000	70.0	2975	75.0	3188
IMR4350	54.0	2766	59.0	3022
IMR4831	61.0	2910	66.0	3149
WIN760	52.0	2678	57.0	2936
WIN WMR	63.5	2914	68.5	3143
AA3100	59.0	2779	64.0	3015
N204	58.0	2840	63.0	3085
VIT N 160	54.0	2718	59.0	2970
RL19	63.0	2908	68.0	3139
RL22	66.0	2995	71.0	3222



140-grain XBT

S.D. .248 B.C. .477

Suggested Bullet Use



140-grain Solid

S.D. .248 B.C. .448

Suggested Bullet Use



7MM REM. MAG. - BARNES BULLETS



150-grain XFB
S.D. .266 B.C. .488

Suggested Bullet Use



150-grain XBT
S.D. .266 B.C. .529

Suggested Bullet Use



Powder	Charge Weight (grains)	Velocity (fps)	Maximum Load	Velocity (fps)
H414	54.0	2641	59.0	2885
H4350	53.0	2634	58.0	2882
H450	59.5	2743	64.5	2974
H4831	60.0	2771	65.0	3002
H1000	68.5	2864	73.5	3073
H870	75.0	2900	80.0	3093
IMR4350	53.0	2640	58.0	2889
IMR4831	59.0	2769	64.0	3004
IMR7828	63.0	2799	68.0	3021
WIN WMR	62.0	2789	67.0	3014
AA8700	75.0	2856	80.0	3046
RL 19	60.0	2754	65.0	3025
RL 22	62.0	2846	67.0	3079



160-grain XFB
S.D. .283 B.C. .508

Suggested Bullet Use



160-grain Solid
S.D. .283 B.C. .522

Suggested Bullet Use



Powder	Charge Weight (grains)	Velocity (fps)	Maximum Load	Velocity (fps)
H450	58.5	2650	63.5	2844
H4831	59.5	2643	64.5	2865
H1000	63.0	2706	68.0	2921
H870	75.0	2813	80.0	3000
IMR4831	57.0	2622	62.0	2852
IMR7828	61.0	2701	66.0	2922
WIN WMR	60.0	2692	65.0	2916
AA3100	58.0	2604	63.0	2829
AA8700	74.0	2713	79.0	2896
RL19	57.0	2600	62.0	2828
RL22	58.0	2700	63.0	2933

7MM REM. MAG. - BARNES BULLETS



175-grain XFB
S.D. .310 B.C. .530

Suggested Bullet Use



175-grain Solid
S.D. .310 B.C. .321

Suggested Bullet Use



195-grain Original
S.D. .345 B.C. .570

Suggested Bullet Use



Powder	Charge Weight (grains)	Velocity (fps)	Maximum Load	Velocity (fps)
H450	56.0	2486	61.0	2708
H4831	58.0	2544	63.0	2763
H1000	60.0	2525	65.0	2735
H870	73.0	2627	78.0	2807
IMR4831	55.0	2513	60.0	2741
IMR7828	58.5	2566	63.5	2785
WIN MAR	59.0	2551	64.0	2767
AA3100	55.5	2425	60.5	2644
AA8700	73.0	2645	78.0	2826
RL19	54.0	2473	59.0	2702
RL22	55.0	2537	60.0	2768

Powder	Charge Weight (grains)	Velocity (fps)	Maximum Load	Velocity (fps)
H4831	57.0	2472	62.0	2689
H1000	60.0	2418	65.0	2620
H870	70.0	2518	75.0	2698
IMR4831	54.0	2419	59.0	2643
IMR7828	56.0	2379	61.0	2591
WIN MAR	57.0	2467	62.0	2683
AA3100	53.0	2302	58.0	2519
AA8700	70.0	2529	75.0	2710
RL22	53.0	2451	58.0	2682