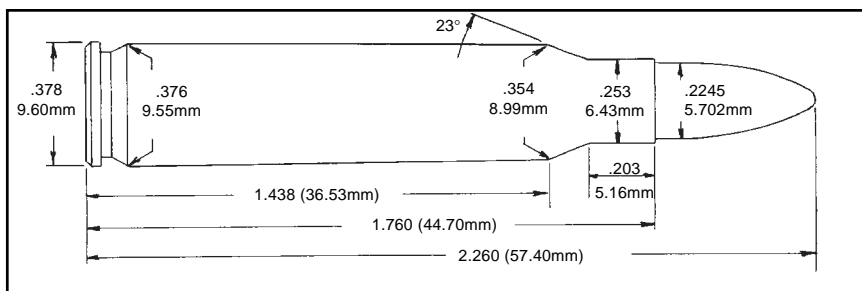


.223 REMINGTON

In 1964 the .223 Remington was adopted as the 5.56mm Ball Cartridge M193, the new U.S. Military rifle cartridge. The .223 Remington is the commercial version of the 5.56mm. Several variations in chamber dimensions, principally in the chamber throat, have occurred since the 5.56 cartridge was adopted,

the latest version to accommodate the heavier SS109 projectile.



The data presented here was developed in a barrel chambered to commercial .223 Remington specifications and this data may be used in firearms with military specification chambers. SAAMI has cautioned that some 5.56 ammo will produce excessive pressures when fired in rifles chambered for the .223 Remington cartridge.

Adoption as a U.S. military cartridge virtually guarantees commercial acceptance due to the availability of surplus components. However, the .223 Remington is an excellent varmint cartridge on its own merits. The military cases may be substantially heavier than the commercial products, and loads using military brass should be reduced at least 10%.

In the arena of NRA High Power Rifle competition, and particularly in the Service Rifle category, more and more AR-15 rifles are being used. We have included data for the 69 and 80 grain bullets for those shooters.

WARNING: The .223 Remington was derived from the .222 Remington Magnum and will chamber in firearms of that caliber. The danger of cartridge case rupture due to excessive head space is real, and owners of firearms chambered for both these cartridges are advised to exercise extreme caution.

The SAAMI Maximum Average Pressure for the .223 Remington is 52,000 C.U.P. or 55,000 PSI.

.223 REMINGTON				
Gun	WILSON		Max Length	1.760"
Barrel Length	24"		Trim Length	1.740"
Primer	REM 7½		COL Max	2.260"
Case	REM		COL Min	2.160"

Bullet	START LOADS			Powder	MAXIMUM LOADS			C.U.P.	Length	Cartridge Comment
	Powder	Grains	Vel.		Grains	Vel.				
44 (L) RNGC	5744	--	--	5744	11.0	1978	14,800**	2.040"	LY 224438	
52 (L) RNGC	5744	--	--	5744	12.0	2078	19,500**	2.045"	Lyman	

.223 Remington

Gun	WILSON	Case Max length	1.760 "
Barrel length	24"	Min length	1.740 "
Primer	REM 7 1/2	COL max	2.260 "
Case	REM	COL min	2.165 "

Bullet	Start loads			Maximum loads			CUP/Psi	Cartridge length	Comment
	Powder	Grains	Vel.	Powder	Grains	Vel.			
HDY 35 VMAX	1680	18.5	3170	1680	20.6	3603	51867	2.130	Pressure in PSI
	5744	19.2	3169	5744	21.1	3602	53694		Pressure in PSI
	2015	22.5	3289	2015	25.0	3738	53186		Pressure in PSI
	2230	25.4	3402	2230	28.3	3866	48010		Pressure in PSI
NOS 40 BT	5744	18.5	3025	5744	20.6	3439	54810	2.260	Pressure in PSI
	1680	19.4	3135	1680	21.6	3563	49735		
	2015	22.8	3230	2015	25.4	3671	52679		
	2230	23.7	3138	2230	26.4	3566	51562		
	2460	24.2	3169	2460	26.9	3602	51765		
	2495	22.8	3027	2495	25.4	3441	45066		
NOS 45 BT	1680	17.8	2848	1680	19.7	3236	48923	2.115	
	2015	22.5	3058	2015	25.0	3475	49837		
	2230	23.3	2980	2230	25.9	3387	51258		
	2460	23.8	2998	2460	26.4	3406	50040		
	2495	22.9	2963	2495	25.4	3366	47705		
	2520	24.7	2953	2520	27.4	3356	42630		
SPR 50 HP 'TNT'	5744	17.8	2743	5744	19.7	3117	52983	2.235	Pressure in PSI
	1680	17.8	2713	1680	19.7	3083	48619		
	2015	22.1	2921	2015	24.5	3319	47096		
	2230	22.5	2882	2230	25.0	3275	50547		
	2460	22.5	2871	2460	25.0	3262	47807		
	2495	22.9	2830	2495	25.4	3216	45066		
BRG 52 HP	2015	20.4	2855	2015	22.7	3245	55318	2.250	Pressure in PSI
	2230	21.1	2892	2230	23.5	3287	55825		Pressure in PSI
	2460	21.9	2874	2460	24.3	3267	55825		Pressure in PSI
	2520	24.2	2901	2520	26.9	3297	50750		Pressure in PSI
HDY 53 HP 'MATCH'	5744	16.8	2626	5744	18.7	2985	53897	2.225	Pressure in PSI
	1680	17.3	2627	1680	19.2	2986	50344		
	2015	21.2	2818	2015	23.5	3203	48517		
	2230	22.5	2805	2230	25.0	3187	50649		
	2460	22.1	2789	2460	24.5	3169	48010		
	2495	22.5	2817	2495	25.0	3201	49532		
NOS 55 SPBT	5744	16.8	2612	5744	18.7	2968	55115	2.230	Pressure in PSI
	1680	17.8	2637	1680	19.7	2997	50750		
	2015	21.6	2829	2015	24.0	3215	50547		
	2230	22.5	2773	2230	25.0	3152	51055		
	2460	22.9	2786	2460	25.4	3166	49938		
	2495	22.7	2820	2495	25.2	3206	51867		
186	2520	23.8	2780	2520	26.4	3160	43950		

.223 Remington

Bullet	Start loads			Maximum loads			CUP/Psi	Cartridge length	Comment
	Powder	Grains	Vel.	Powder	Grains	Vel			
HDY 60 SP	2015	20.7	2697	2015	23.0	3064	49837	2.235	
	2230	21.2	2663	2230	23.5	3025	49938		
	2460	21.8	2652	2460	24.2	3014	50141		
	2495	21.3	2626	2495	23.7	2985	46995		
	2520	23.8	2720	2520	26.4	3091	46284		
BRG 62 HP	2015	19.4	2615	2015	21.6	2971	55825	2.250	Pressure in PSI
	2230	20.4	2623	2230	22.8	2982	55419		Pressure in PSI
	2460	21.0	2637	2460	23.3	2997	55825		Pressure in PSI
	2520	22.5	2673	2520	25.0	3039	55825		Pressure in PSI
BRG 64 HP	2015	19.0	2564	2015	21.1	2914	55825	2.250	Pressure in PSI
	2230	20.3	2566	2230	22.5	2916	55115		Pressure in PSI
	2460	20.7	2572	2460	23.0	2922	53100		Pressure in PSI
	2520	22.5	2655	2520	25.0	3017	55825		Pressure in PSI
SRA 69 HPBT	2015	19.9	2516	2015	22.1	2859	49126	2.250	
	2230	21.2	2526	2230	23.5	2870	52070		
	2460	21.3	2579	2460	23.7	2931	52577		
	2495	21.6	2556	2495	24.0	2905	50547		
	2520	23.3	2625	2520	25.9	2983	48923		
BRG 70 VLD	2015	18.1	2472	2015	20.2	2810	55013	2.250	Pressure in PSI
	2230	20.1	2488	2230	22.3	2828	55521		Pressure in PSI
	2460	21.1	2526	2460	23.5	2871	55724		Pressure in PSI
	2520	22.5	2544	2520	25.0	2892	53998		Pressure in PSI
HDY 75 HPBT	2015	18.5	2389	2015	20.6	2716	52577	2.255	
	2230	20.7	2453	2230	23.0	2788	51562		
	2460	21.1	2457	2460	23.5	2792	50446		
	2520	22.0	2522	2520	24.5	2866	52577		
SRA 80 HPBT	2015	19.0	2334	2015	21.1	2653	49735	2.450	
	2230	20.4	2376	2230	22.6	2699	49837		
	2460	20.7	2404	2460	23.0	2732	50243		
	2495	20.4	2404	2495	22.6	2732	52374		
	2520	21.6	2411	2520	24.0	2740	50446		
BRG 80 VLD	2015	18.0	2271	2015	20.0	2580	55216	2.340	Pressure in PSI
	2230	19.4	2295	2230	21.6	2609	55419		Pressure in PSI
	2460	19.9	2289	2460	22.1	2602	54404		Pressure in PSI
	2520	21.4	2364	2520	23.8	2686	55825		Pressure in PSI

Subsonic loads (These loads will not cycle the action of Semi Auto Rifles)

55 FMJ	S1250	3.5	1139	13500	Pressure in PSI
HDY 60 SP	S1250	4.2	1111	19100	Pressure in PSI
HDY 75 HPBT	S1250	4.5	1052	22100	Pressure in Psi

See page 45 for special note on COL