

375 Ruger Light Loads

Handload Data

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Warning: Bullet selections are specific, and loads are not valid with substitutions of different bullets of the same weight. Variations in bullet length will alter net case capacity, pressure and velocity. Primer selection is specific and primer types are not interchangeable. These are maximum loads in my firearms and may be excessive in others. All loads should be reduced by 5% as a starting point for development where cartridges have greater than 40 grains in capacity and 10% for cartridges with less than 40 grain capacity following safe handloading practices as represented in established mainstream reloading manuals. Presentation of these loads does not constitute a solicitation for their use, nor a recommendation.



Cartridge	375 Ruger
Firearm	Ruger Guide Gun
Barrel Length	20"
Min – Max Case Length	2.580" +0.000"/-0.020"
Min – Max Cartridge Overall Length	3.280" – 3.340"
Primer	LRM
Bullet Diameter	0.3760 +0.000"/-0.003"
Reloading Dies	Hornady FL

Bullet Type	Bullet Weight Grains	Net H2O Grains Capacity	COL*	Powder Type	Powder Charge Grains	Muzzle Velocity fps	Muzzle Energy ft/lbs
Sierra Pro-Hunter	200	90.5	3.100	IMR Trail Boss	27.0	1762	1379
Sierra Pro-Hunter	200	90.5	3.100	IMR 3031	52.0	2146	2046
Sierra Pro-Hunter	200	90.5	3.100	Reloder 10	50.0	2227	2203
Sierra Pro-Hunter	200	90.5	3.100	IMR 4198	46.0	2205	2160
Hornady SP	225	87.7	3.275	IMR Trail Boss	27.0	1626	1321
Hornady SP	225	87.7	3.275	IMR 3031	52.0	1948	1896
Hornady SP	225	87.7	3.275	Reloder10	51.0	2117	2240
Hornady SP	225	87.7	3.275	IMR 4198	47.0	2243	2514
Speer SP	235	89.3	3.275	IMR Trail Boss	27.0	1661	1440
Speer SP	235	89.3	3.275	IMR 3031	55.0	2130	2368
Speer SP	235	89.3	3.275	Reloder10	52.0	2182	2385
Speer SP	235	89.3	3.275	IMR 4198	48.0	2271	2692



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**Boom! Boom! Boom! Boom!
 Pow! Pow! Pow! Pow!***

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