To zero your M14 / M1A with a 250 meter battle zero:
1) Locate this target 25 meters downrange
2) Aim at the center of the black dots
3) Adjust sights and repeat step 2 until groups are on the line, directly above the center of the dots.
4) Loosen the sight adjustment screw and carefully rotate the elevation drum *without moving the rear sight* until the 250 meter mark (the line between the 200 and 400 meter lines) is lined up with the index mark. Tighten the screw.