



Instructions

1. Be ready at the cone. Walk across the bridge and the poles.
2. Jog over poles.
3. Walk over poles into chute.
4. Stop and back out of chute. Sidepass right.
5. Walk forward over pole.
6. Jog to box. Walk into box. Stop. Turn 360° either direction.
7. Walk out of box and over pole.
8. Jog serpentine around cones as drawn.

Key

Walk
Jog	- - - -
Lope	————
Back	//////
Turn	
Stop	
Sidepass	