



**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. Back into second chute.
5. Jog out of chute over pole.
6. Lope over poles and through box as shown. Break to a walk and walk into box.
7. Stop in box. Turn 270° left and walk out over poles.
8. Jog serpentine around cones.

**Key**

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