

1. Jog serpentine
2. Break to walk over poles
3. Jog over poles
4. Continue to jog over poles
5. Break to walk or stop and walk over bridge
6. Jog over poles
7. Jog to left hand walk thru gate then 180 TURN to right
8. Walk into box and do 360 left walk out over poles
9. Walk into chute then back STRAIGHT then jog out over poles to finish

