

LEGEND—

WALK—
JOG— - - - -
LOPE— ————
BACK—

1. Jog over poles
2. Stop or break to walk into box
360 turn either direction walk out
over poles
3. Walk over poles
4. jog over poles then jog between
poles
5. jog serpentine into chute
6. back straight then walk
7. jog around obstacle to bridge
8. stop or break to walk onto
bridge
9. jog out over poles to finish

