

- I. Walk at least I5 feet from start cone to the first marker, as drawn, transition to jog, jog over log.
- 2. Transition to the lope right lead
- 3. First crossing change
- 4. Second crossing change
- 5. Third crossing change
- 6. Circle & first line change
- 7. Second line change
- 8. Third line change
- 9. Fourth line change & circle
- 10. Lope over log
- II. Lope, stop & back