



1. WALK INTO CHUTE, BACK THRU POLES.
2. WALK OUT CHUTE, WALK OVER POLES.
3. JOG THRU SERPENTINE, JOG OVER POLE.
4. LOPE OVER 4 POLES (RL).
5. BREAK TO JOG, JOG OVER POLES.

6. STOP OR BREAK TO WALK, WALK INTO BOX 360 EITHER WAY, WALK OUT BOX.
7. LOPE OVER POLES (LL)
8. JOG OVER POLES