



1. WALK INTO CHUTE, BACK THRU POLES.
2. WALK OUT CHUTE, WALK OVER POLES.
3. JOG THRU SERPENTINE, JOG OVER POLE.
4. JOG OVER 4 POLES

5. JOG OVER 3 POLES.
6. STOP OR BREAK TO WALK, WALK INTO BOX 360 EITHER WAY, WALK OUT BOX.
7. JOG OVER 3 POLES .
8. JOG OVER LAST 3 POLES.