

- 1. Left Hand Gate
- 2. Back around corner and between poles.
- 3. Walk over poles
- 4. Jog over poles
- 5. Continue to jog over poles
- 6. Jog over poles
- 7. Jog over poles
- 8. Jog over poles
- 9. Jog over poles
- 10. Jog over poles
- 11. Stop or break to walk,
- 12. Walk over poles and bridge.