



1. Walk at least 15 feet from start cone to the first marker, transition to jog, jog over log.
2. Transition to left lead & lope around end
3. First line change
4. Second line change
5. Third line change
6. Fourth line change lope around the end of arena
7. First crossing change
8. Second crossing change
9. Lope over log
10. Third crossing change
11. Fourth crossing change
12. Lope up the center, stop & back