3

 5

 4

 8

 6

 2

 7

 9 10 1

 FINISH

 START

1. Jog over poles
2. Jog thru serpentine
3. Jog over poles
4. Jog over poles
5. Jog over poles
6. Stop or break to walk, walk into box,

 360 turn either direction walk out

1. Walk over poles
2. Jog over poles
3. Jog into chute, back to gate
4. Left hand gate, exit at walk