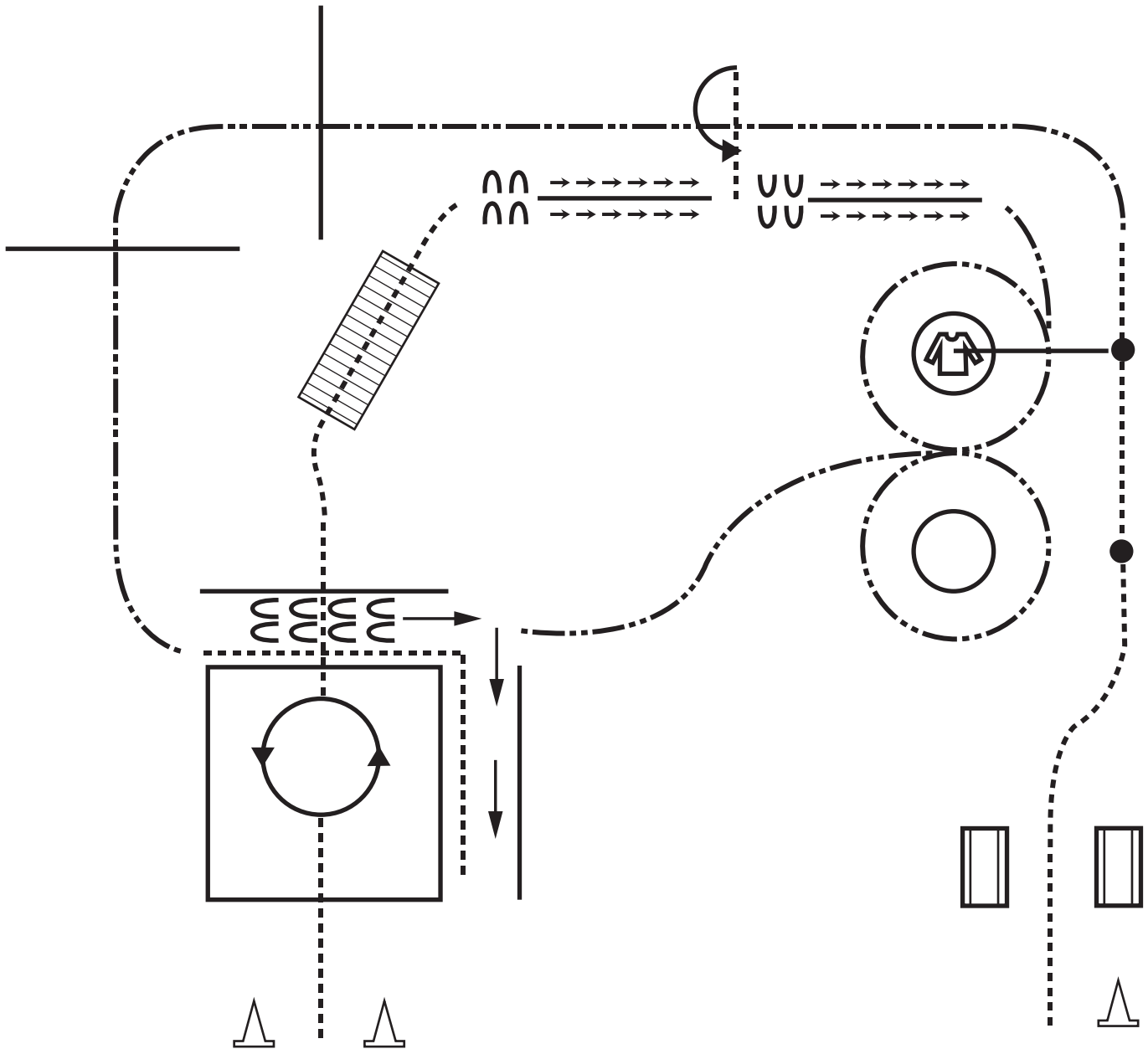


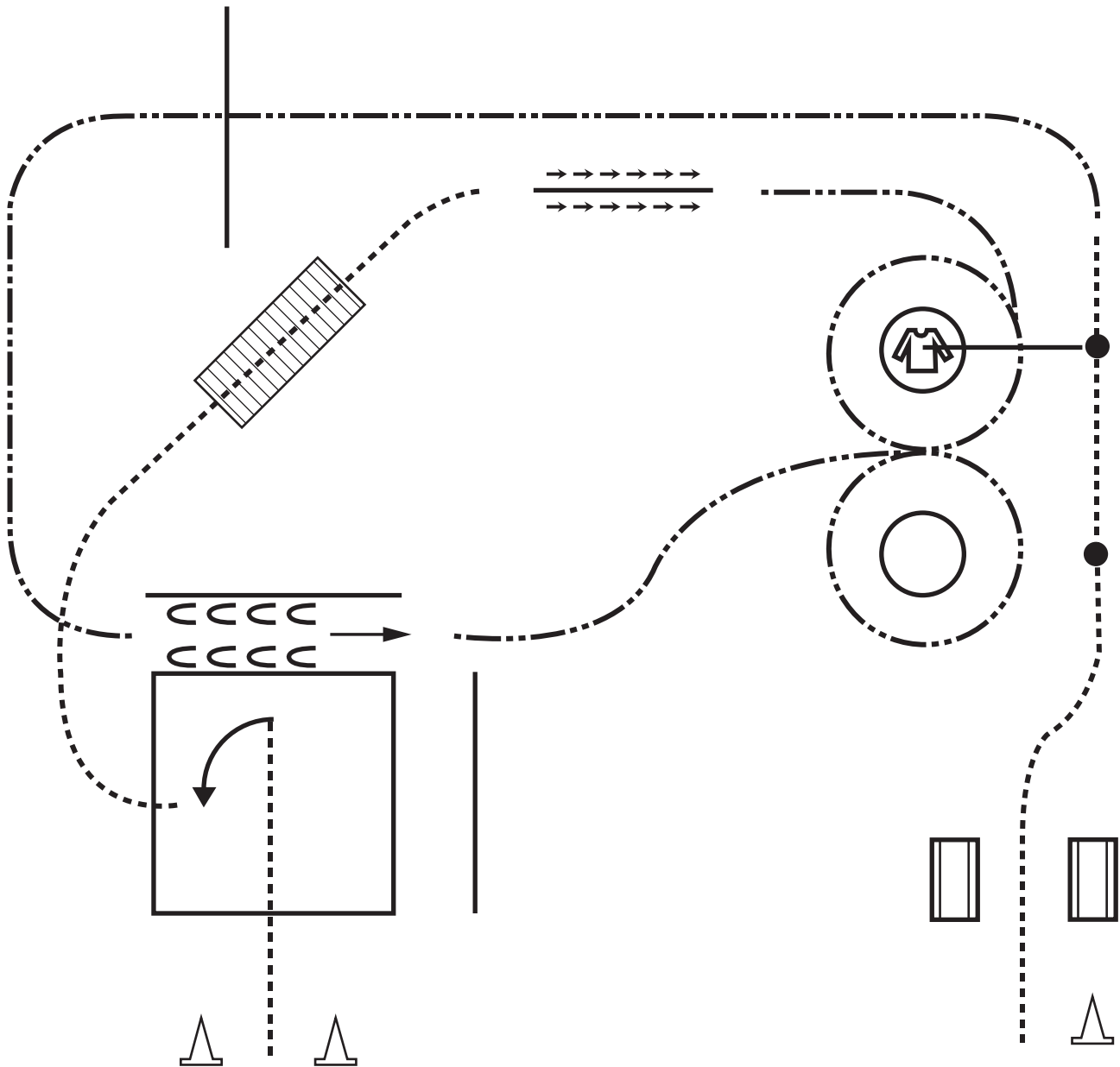
Senior Walk/Jog Trail Pattern



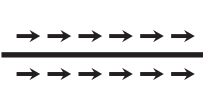
1. Begin at cones
2. Walk into box, do a 360 degree turn to the left, walk out of box and over pole
3. Walk over bridge
4. Side pass right over the pole
5. Walk through poles, do a 180 degree turn to the right, walk back to poles
6. Side pass left over the pole
7. Jog figure 8 around barrels
8. Jog into chute, back "L" shape, walk out
9. Jog over 2 poles
10. Pick up jacket at barrel 1, walk to barrel 2, place jacket on barrel 2
11. Walk through the gate

Walk	
Jog	- . - . - .
Back	
Side Pass	

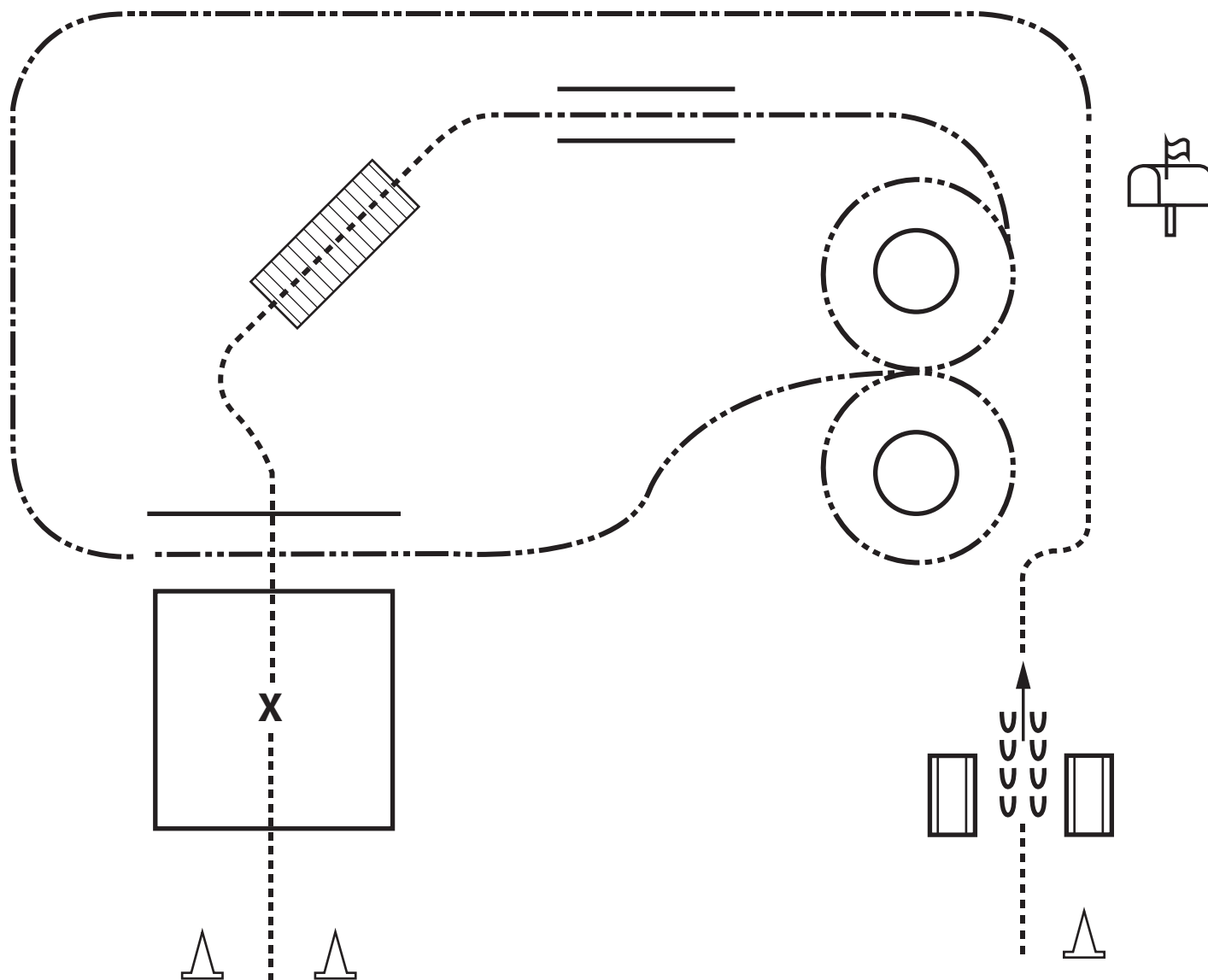
Intermediate Walk/Jog Trail Pattern



1. Begin at cones
2. Walk into box, do a 90 degree turn to the left, walk out of box
3. Walk over bridge
4. Side pass right over the pole
5. Jog figure 8 around barrels
6. Jog into chute
7. Back chute, then walk out through chute
8. Jog over pole
9. Pick up jacket at barrel 1, walk to barrel 2, place jacket on barrel 2
10. Walk through gate

Walk	-----
Jog	- . - . - .
Back	
Side Pass	

Junior Walk/Jog Trail Pattern



1. Begin at cones
2. Walk into box, halt for 5 seconds, walk out
3. Walk over bridge
4. Jog through chute
5. Jog figure 8 around barrels
6. Walk chute
7. Jog around to mailbox
8. Open box and show letter
9. Walk to gate, stop, back 4 steps
10. Walk through gate

Walk	
Jog	- . - . - .
Back	