



1. Participant stands ready at a halt at Cone A. Start video, after 3-5 seconds announce participant, then participant begins step 2.
  2. Walk from Cone A to cone B
  3. Circle Cone B to the left.
  4. Continue at a walk from Cone B to Cone C.
  5. Halt at Cone C and back 4 steps.
  6. Walk forward and proceed to rail to right. Perform a walk on the rail both directions including one reverse at the walk. Walk ~15 seconds both directions. Halt along rail after all gaits are shown. Video ends 6-8 seconds after halt.
- \* Distance between Cones A and B approx. 20 feet.
  - \* Distance between Cones B and C approx. 30 feet
  - \* Cones may be labeled with letters.
  - \* Pattern may be called. No coaching allowed.
  - \* Video should be one continuous take.