



1. Participant stands ready at a halt at Cone A. Start video, after 3-5 seconds announce participant, then participant begins step 2.
  2. Jog from Cone A to Cone B.
  3. At Cone B walk and continue to walk to Cone C.
  4. At Cone C jog and circle to the right as shown.
  5. At Cone C continue to jog to Cone D.
  6. Halt at Cone D. Back 4 steps.
  7. Walk forward and proceed to rail to right. Perform a walk and jog on the rail both directions with a reverse at the walk. Walk ~10 seconds and jog ~15 sec. 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. 10 feet
  - \* Distance between Cones C and D approx. 20 feet.
  - \* Cones may be labeled with letters.
  - \* Pattern may be called. No coaching allowed.
  - \* Video should be one continuous take.