



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 circle to the right as shown at a walk.
 5. At Cone C pick up the jog and 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 ~10-15 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.