



1. Begin video as participant walks toward Cone A as shown.
 2. Halt at Cone A for 3 seconds.
 3. Proceed at walk toward Cone B.
 4. Just before Cone B start jogging.
 5. Jog circle around Cone B.
 6. Extend the jog from Cone B to Cone C.
 7. Halt at Cone C. Pivot to the right 90 degrees.
 8. Lope on right lead in half circle to Cone B. Simple lead change at walk.
 9. Lope on left lead in half circle to Cone A.
 10. Halt at Cone A. Back 4 steps.
 11. Walk forward and proceed to rail. Perform a walk, jog, and lope on the rail both directions including one reverse at the walk. Walk ~10 seconds, jog ~10-15sec, and lope ~10-15 sec both directions. Halt along rail after all gaits are shown. Video ends 8-10 seconds after halt.
- *Cones set approximately 30 feet apart.
 *Cones may be labeled with letters.
 *Pattern may be called. No coaching allowed.
 *Video should be one continuous take.