



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. Back 4 steps
 8. Pivot to the right 90 degrees.
 9. Walk forward and proceed to rail. Perform a walk and jog on the rail both directions including one reverse at the walk. Walk ~10 seconds and jog ~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.