



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. Circle around Cone B at a jog.
  6. Continue jog to Cone C.
  7. Halt at Cone C. Back 4 steps.
  8. 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.