



⊗ START CONE      WALK .....      JOG      - - - - -  
 LEAD CHANGING AREA █      LOPE      \_\_\_\_\_



1. Walk at least 15 feet from start cone to the first marker, transition to jog, jog over log.
2. Transition to right lead & lope around end
3. First line change
4. Second line change, lope around end of arena
5. First crossing change
6. Second crossing change
7. Third crossing change
8. Lope over log
9. Lope, stop & back