



⊗ START CONE      WALK .....      JOG .....  
 LEAD CHANGING AREA █      LOPE ———



1. Walk at least 15 feet from start cone to the first marker, as drawn, transition to jog, jog over log.
2. Transition to left lead lope
3. First crossing change
4. Second crossing change
5. Third crossing change
6. Circle & first line change
7. Second line change & circle
8. Lope over log
9. Stop & back