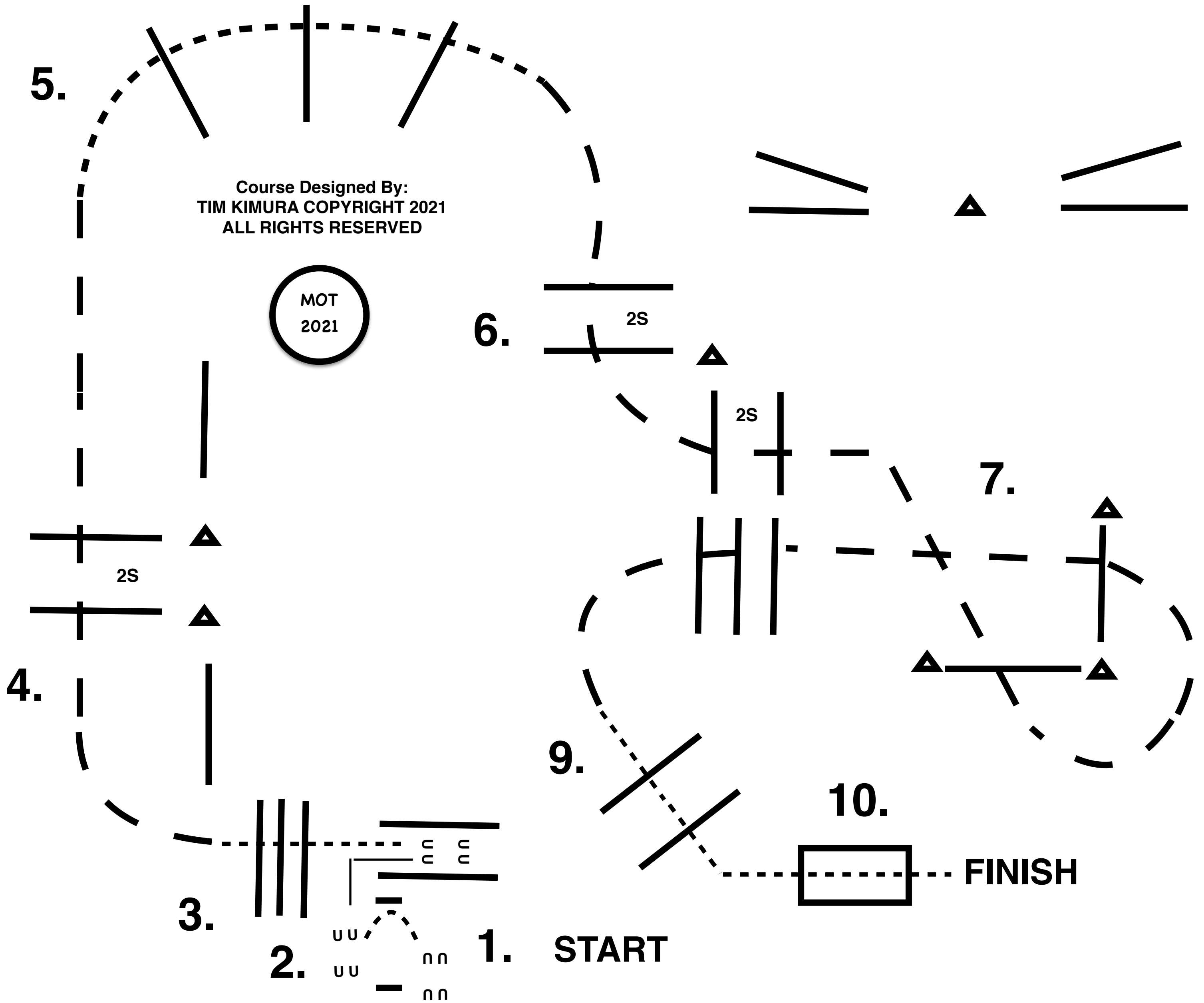


**2021 MQHA MQHYA
FALL CLASSIC**

**SM FRY TRAIL
L1 AMATEUR WALK/JOG TRAIL
L1 YOUTH WALK/JOG TRAIL**



1. DON'T WORK GATE, JUST WALK AND TURN LEFT AT THE GATE NO POLE.
2. BACK AROUND CORNER AND BETWEEN POLES.
3. WALK OVER POLES.
4. JOG OVER POLES.
5. BREAK TO THE WALK, WALK OVER POLES.
6. JOG OVER POLES.
7. JOG OVER POLES, JOG AROUND CONES
8. JOG OVER POLES.
9. STOP OR BREAK TO THE WALK, WALK OVER POLES.
10. WALK OVER BRIDGE.