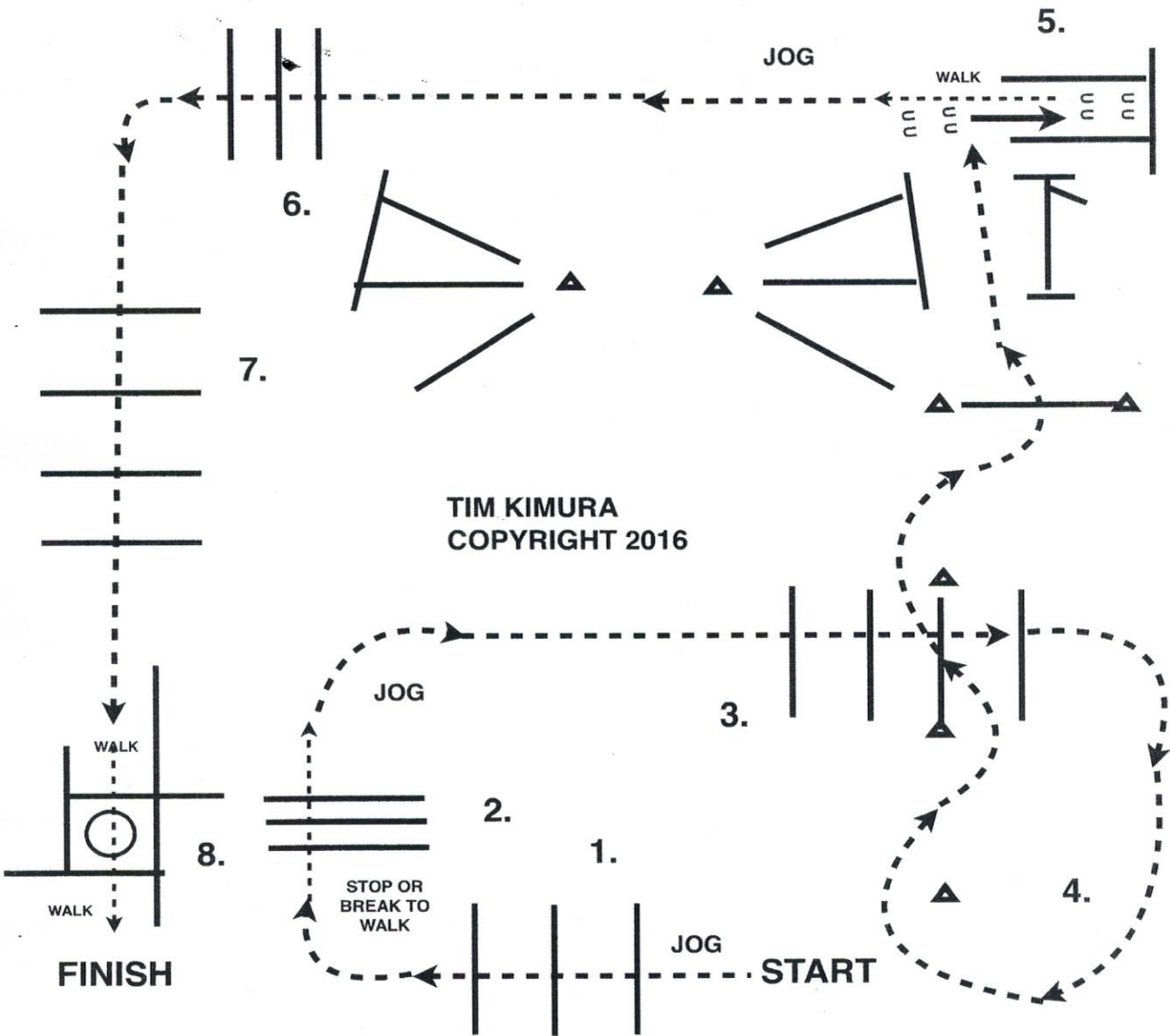


**2016 MQHA REGION 9**

**TRAIL ALL WALK JOG CLASSES**



- 1. JOG OVER POLES,
- 2. WALK OVER POLES
- 3. JOG OVER POLES
- 4. JOG THRU SERPENTINE.
- 5. TURN AND BACK THRU POLES WALK OUT.

- 6. JOG OVER POLES
- 7. JOG OVER POLES.
- 8. STOP OR BREAK TO WALK WALK INTO BOX, 360 TURN EITHER WAY, WALK OUT BOX.