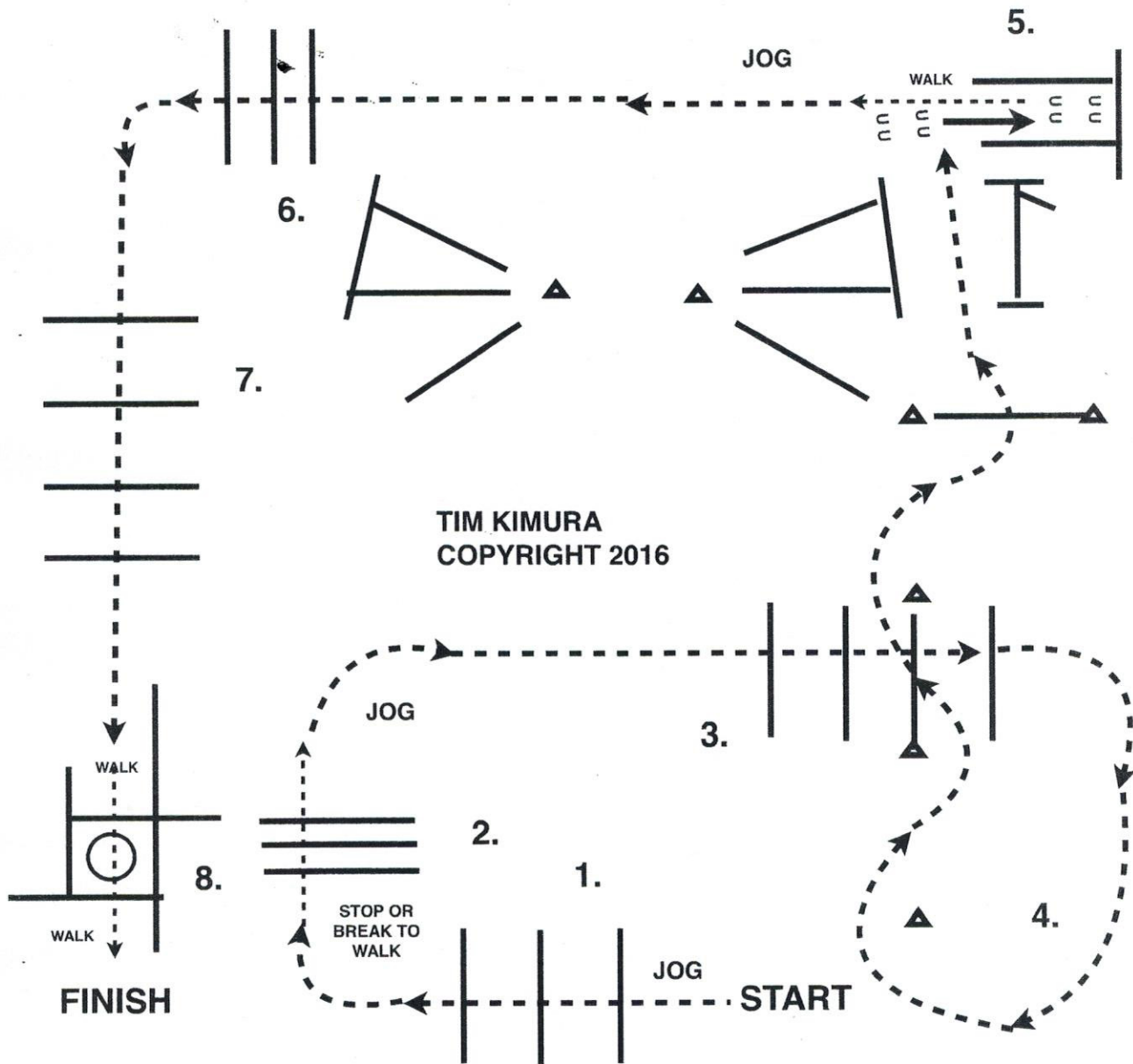


2016 MQHA REGION 9

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.