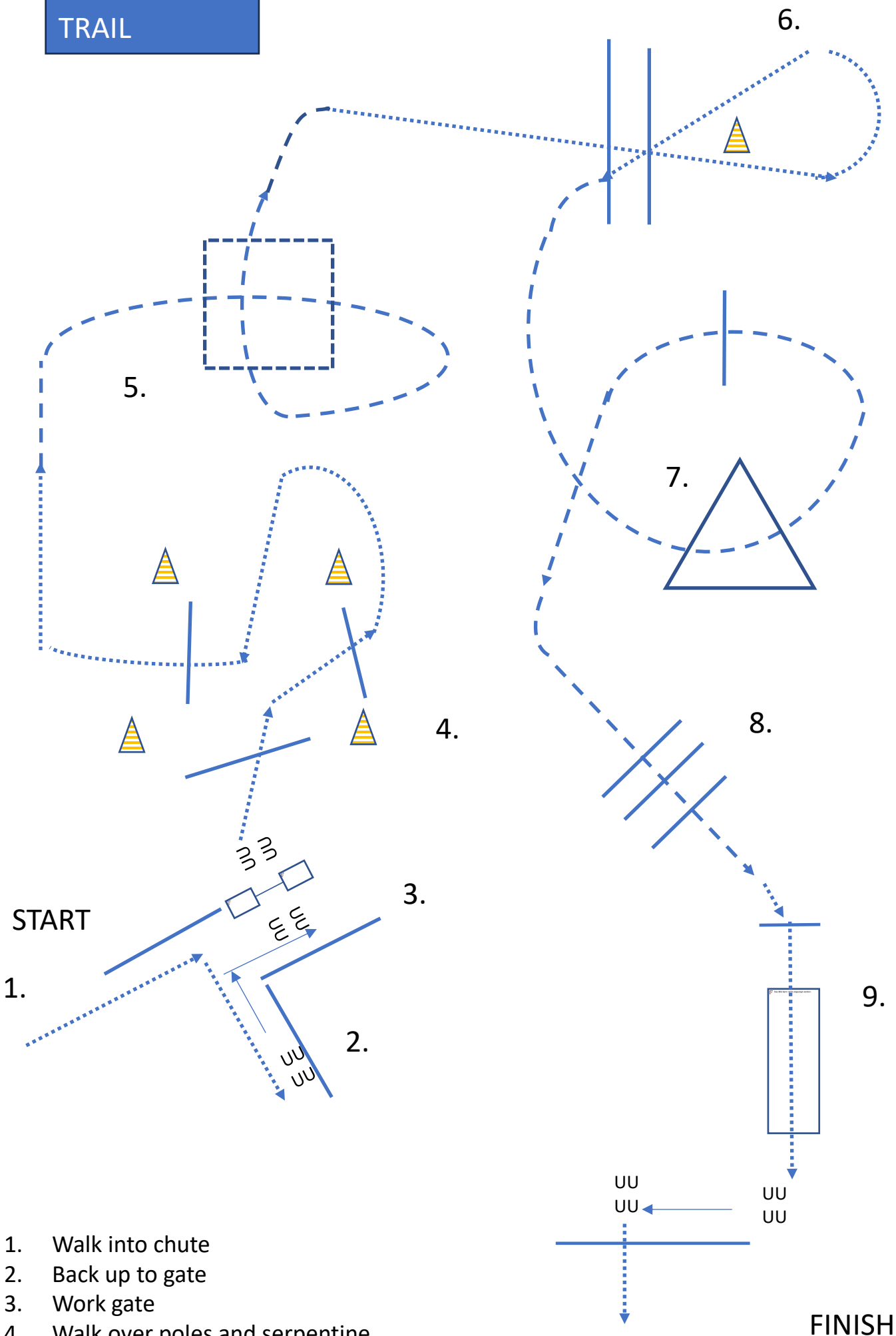


IN HAND TRAIL



1. Walk into chute
2. Back up to gate
3. Work gate
4. Walk over poles and serpentine
5. Jog over poles
6. Walk over poles
7. Jog over poles
8. Jpg over poles
9. Break to a walk or stop, walk over poles and bridge (no stride rule)
10. Sidepass right, walk over

sk