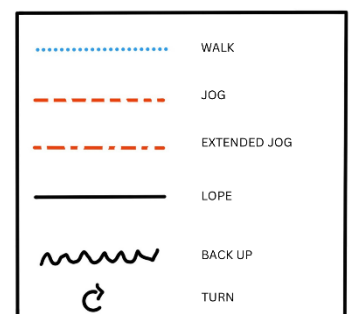
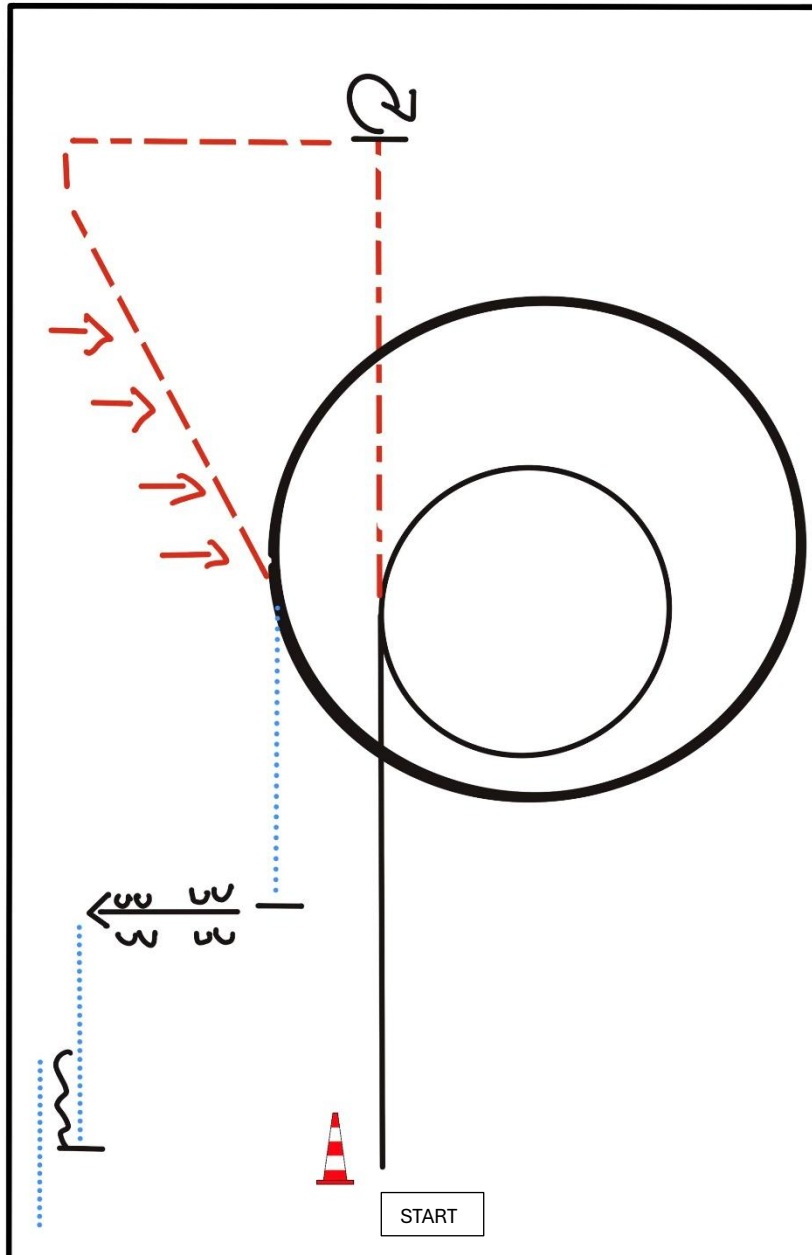


BE READY AT MARKER

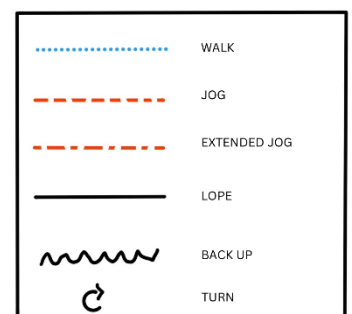
- 1) WALK
- 2) LOPE (RL)
- 3) STOP, TURN 360° LEFT OR RIGHT
- 4) JOG
- 5) EXTENDED JOG CIRCLE
- 6) LOPE (LL)
- 7) STOP, BACK UP, JOG OUT

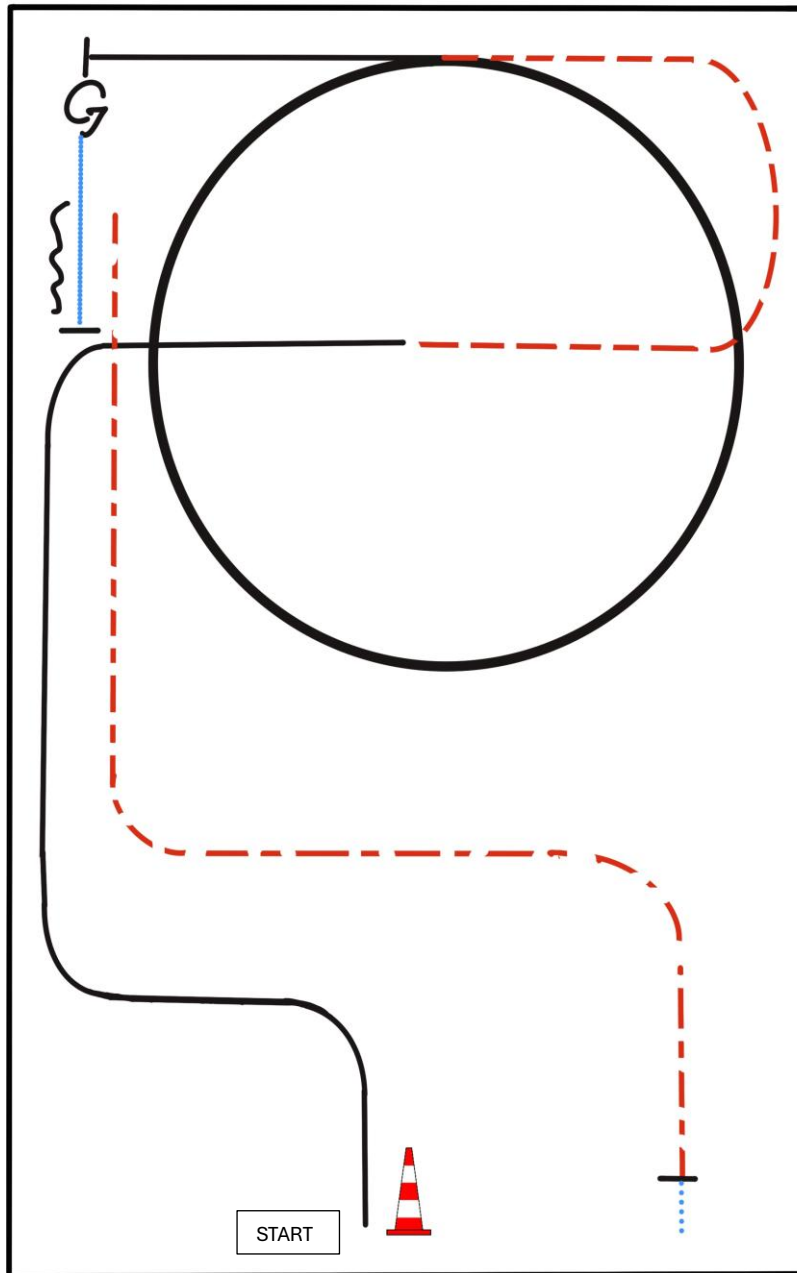




BE READY AT MARKER

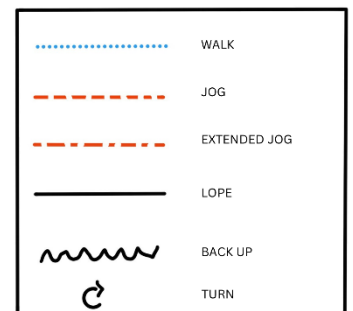
- 1) LOPE (RL)
- 2) EXTENDED JOG
- 3) STOP, TURN 630° RIGHT
- 4) JOG CORNER
- 5) JOG, TWO TRACK LEFT
- 6) EXTENDED LOPE (LL)
- 7) WALK
- 8) STOP, SIDEPASS RIGHT
- 9) WALK
- 10) STOP, BACK UP, WALK OUT

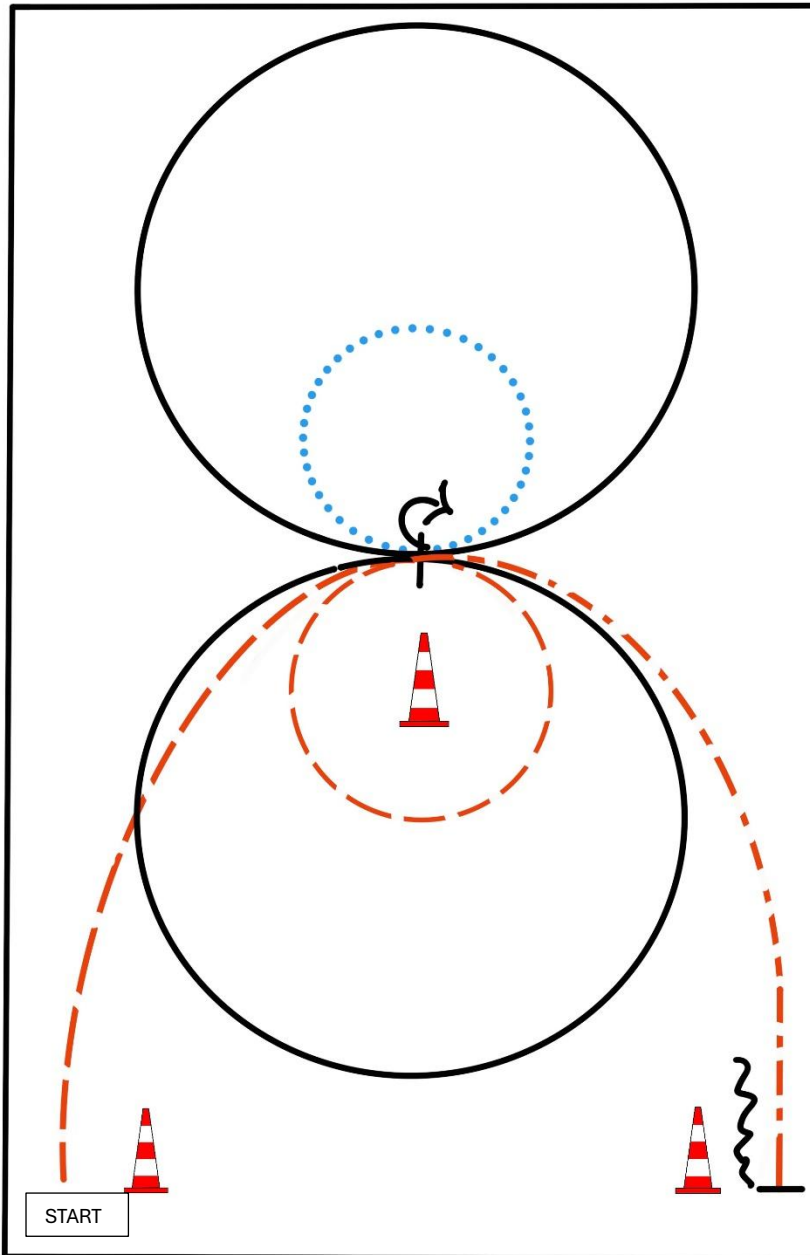




BE READY AT MARKER

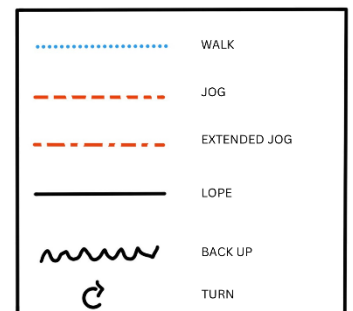
- 1) LOPE (RL)
- 2) JOG
- 3) EXTENDED LOPE (LL)
- 4) COLLECTED LOPE (LL)
- 5) STOP, TURN 450° LEFT
- 6) WALK
- 7) STOP, BACK UP
- 8) EXTENDED JOG
- 9) STOP, HESITATE, WALK OUT

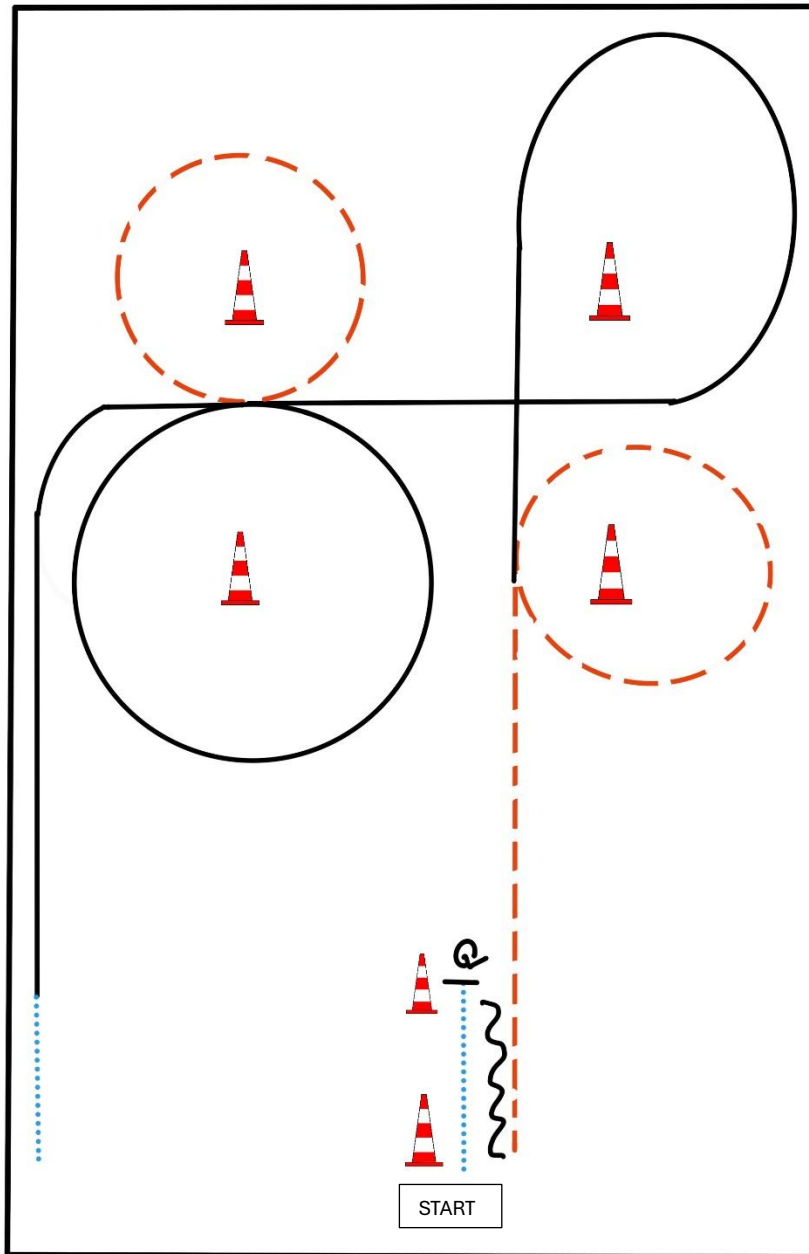




BE READY AT MARKER

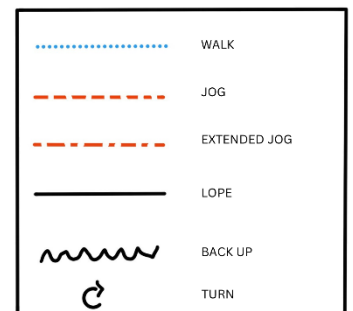
- 1) JOG, STOP
- 2) TURN 360° LEFT OR RIGHT
- 3) WALK SMALL CIRCLE LEFT
- 4) LOPE (LL) CIRCLE LEFT
- 5) JOG SMALL CIRCLE RIGHT
- 6) LOPE (RL) CIRCLE RIGHT
- 7) EXTENDED JOG
- 8) STOP, BACK UP

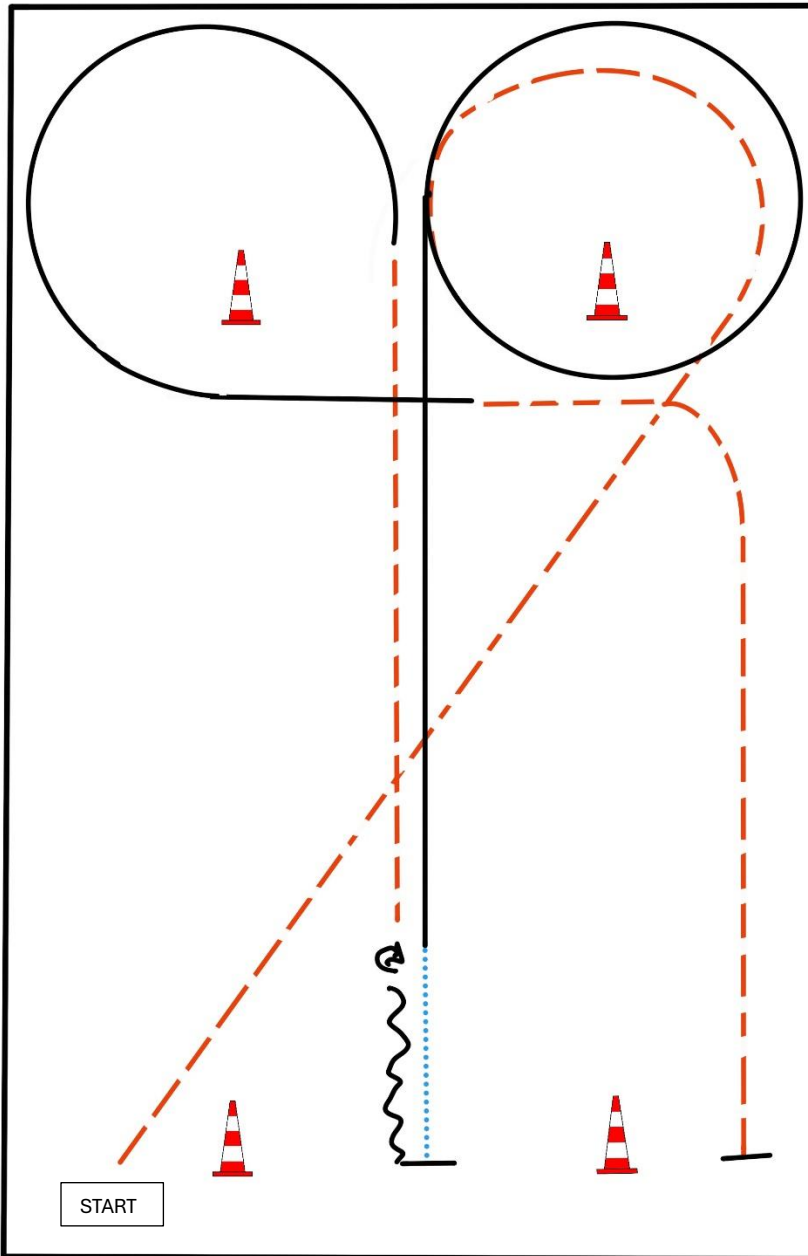




BE READY AT MARKER

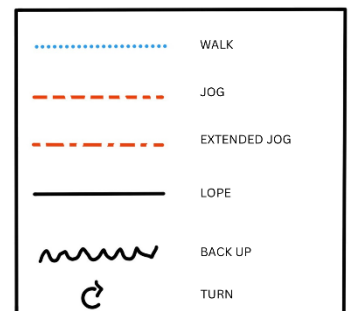
- 1) WALK, STOP
- 2) TURN 360° LEFT OR RIGHT
- 3) BACK UP
- 4) JOG
- 5) LOPE (RL)
- 6) JOG SMALL CIRCLE RIGHT
- 7) LOPE (LL)
- 8) WALK, WALK OUT

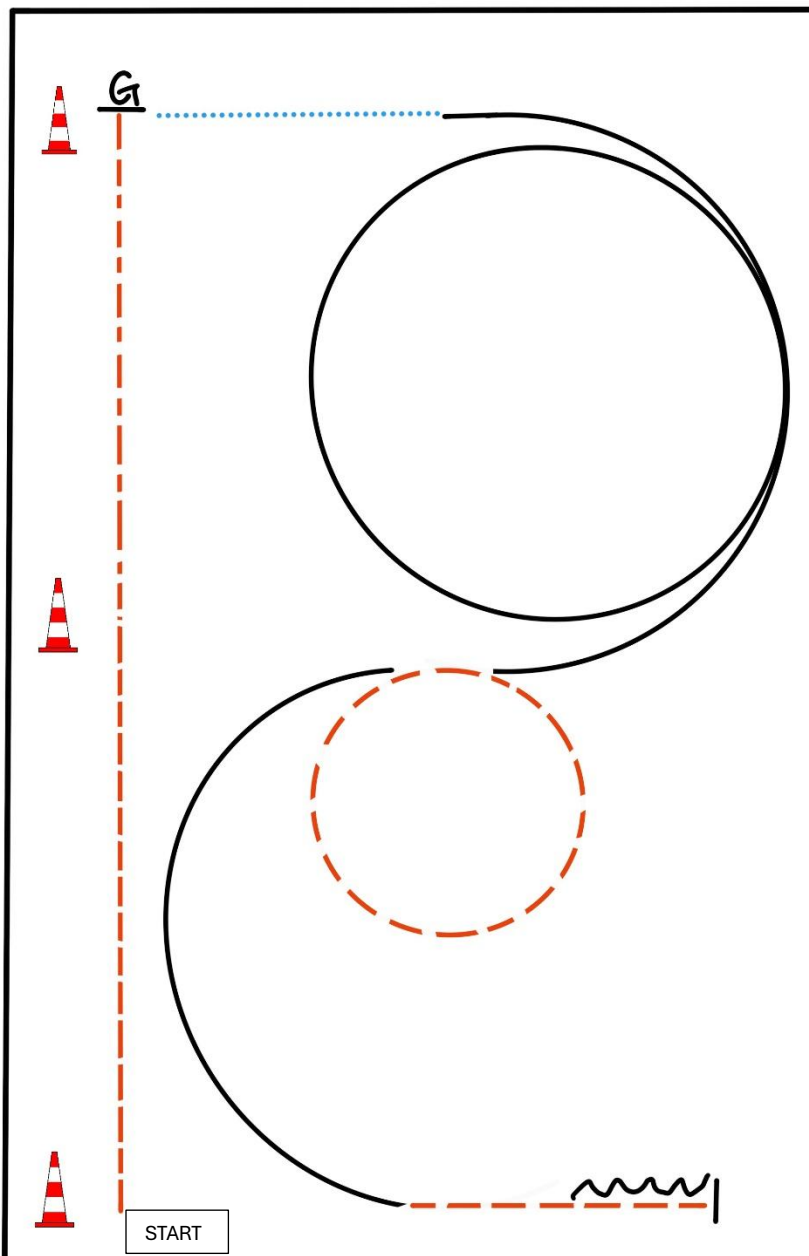




BE READY AT MARKER

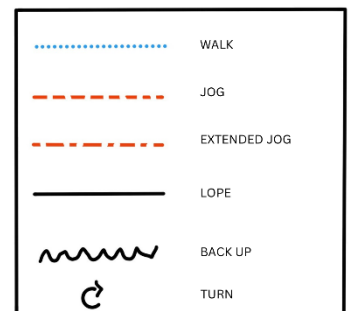
- 1) JOG, EXTENDED JOG, JOG
- 2) LOPE (LL)
- 3) WALK, STOP
- 4) BACK UP
- 5) TURN 180° LEFT OR RIGHT
- 6) JOG
- 7) LOPE (LL)
- 8) JOG, STOP

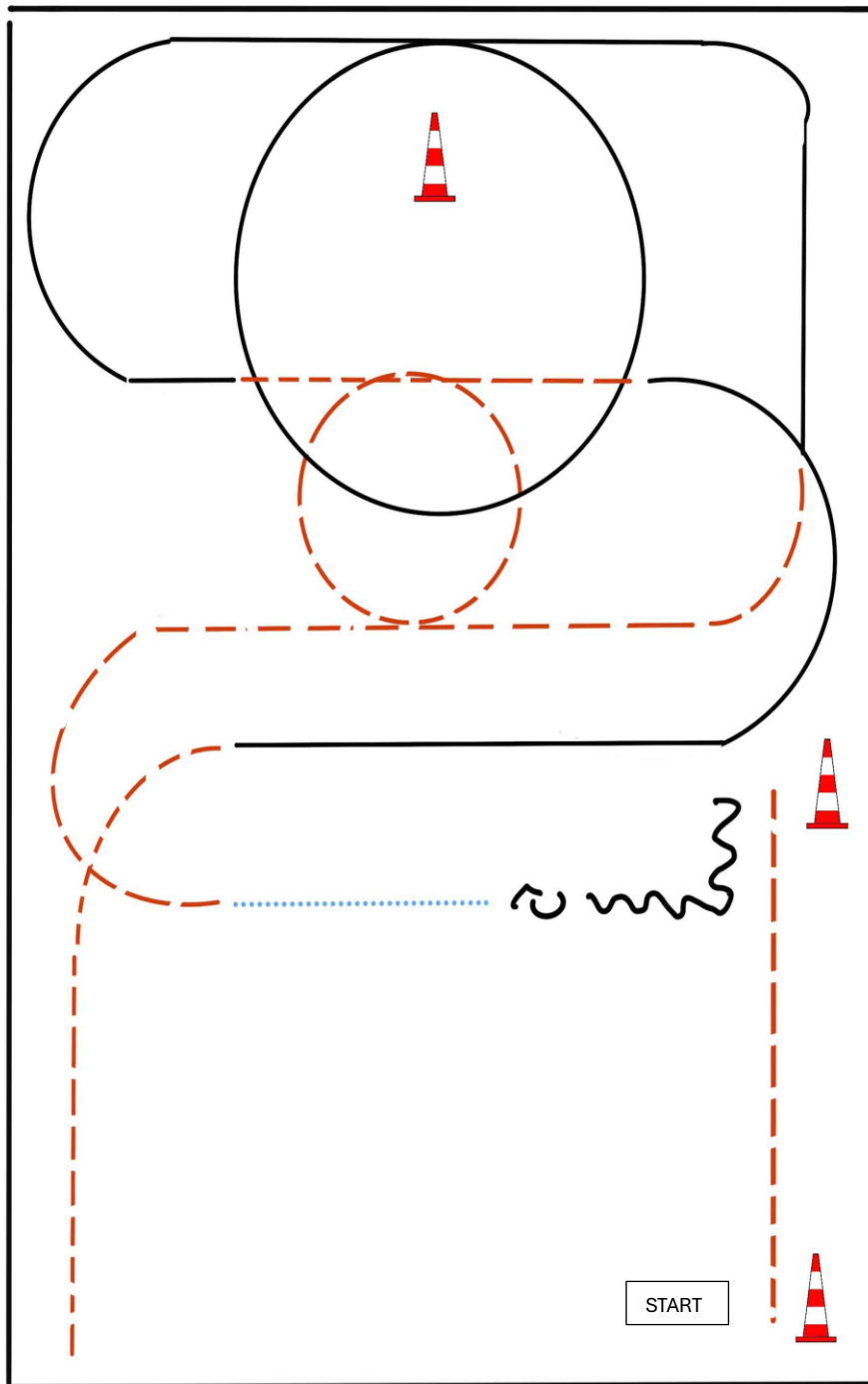




BE READY AT MARKER

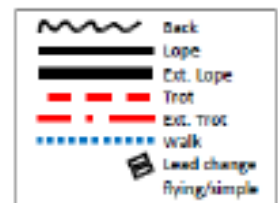
- 1) JOG
- 2) EXTENDED JOG
- 3) STOP, TURN 270° LEFT
- 4) WALK
- 5) LOPE (RL)
- 6) JOG SMALL CIRCLE
- 7) LOPE (LL)
- 8) JOG
- 9) STOP, BACK UP



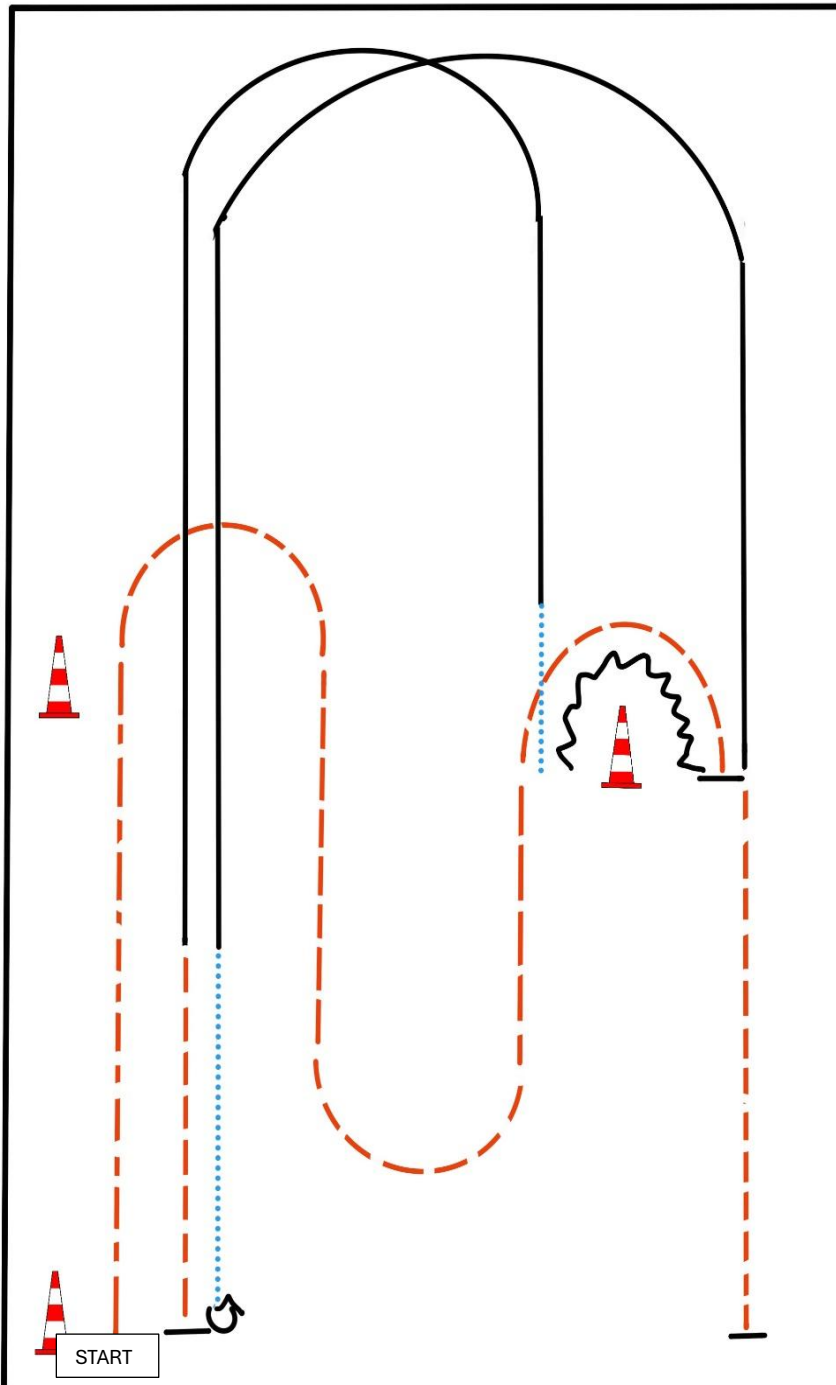


BE READY AT MARKER

- 1) JOG, STOP
- 2) BACK UP
- 3) TURN 180° LEFT OR RIGHT
- 4) WALK
- 5) JOG, JOG SMALL CIRCLE LEFT
- 6) LOPE (LL)
- 7) JOG
- 8) LOPE (RL)
- 9) JOG









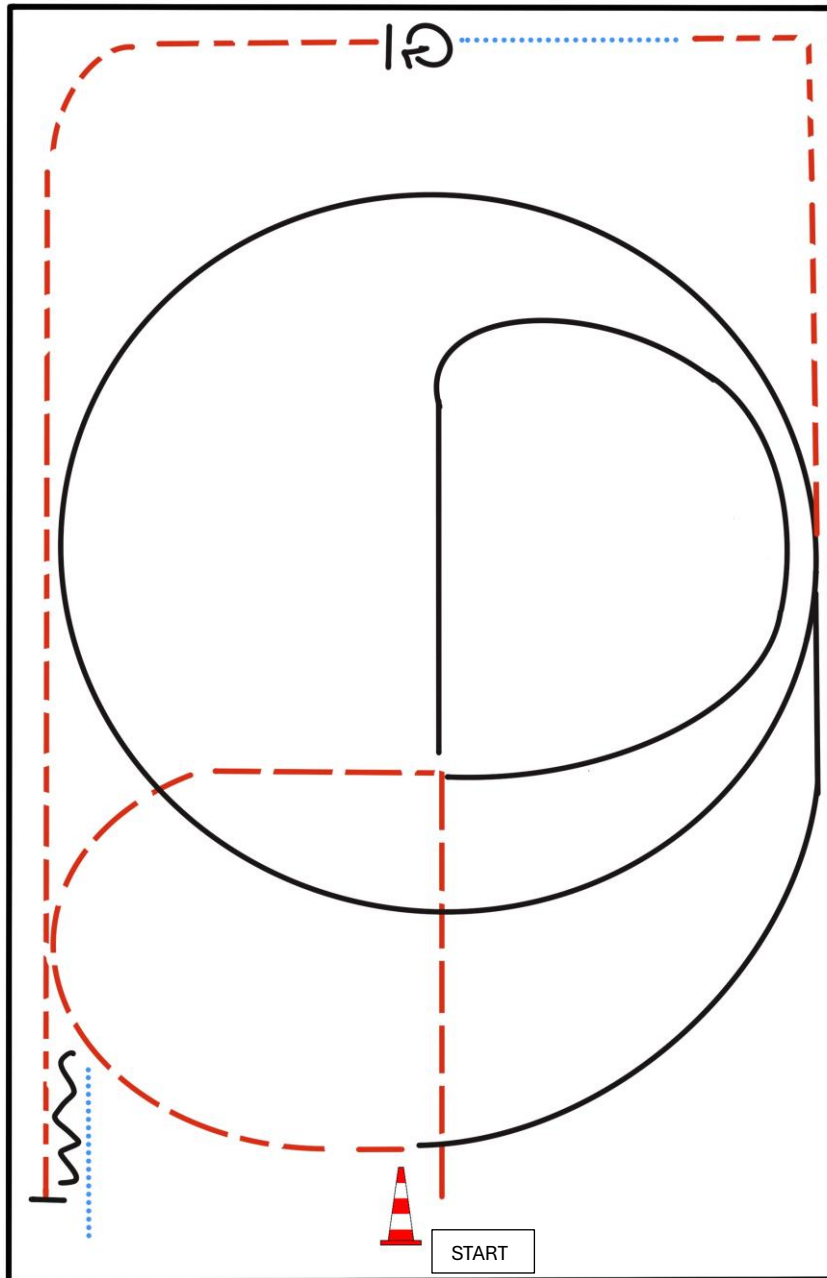
trying/simply



BE READY AT MARKER

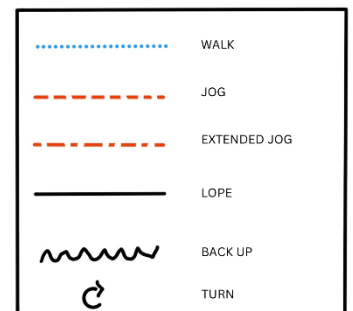
- 1) EXTENDED JOG
- 2) JOG, STOP
- 3) BACK UP
- 4) WALK, LOPE (LL)
- 5) JOG, STOP
- 6) TURN 540° LEFT OR RIGHT
- 7) WALK, LOPE (RL)
- 8) JOG, STOP

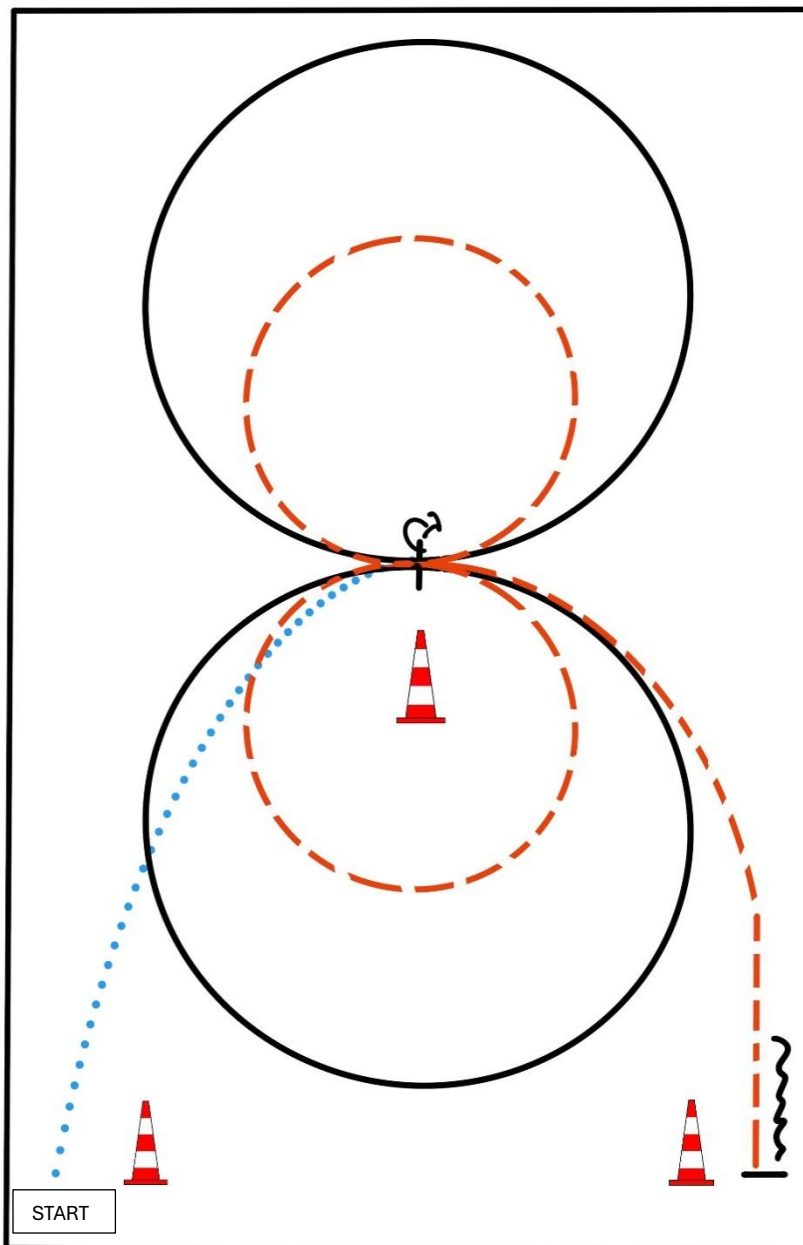
	WALK
	JOG
	EXTENDED JOG
	LOPE
	BACK UP
	TURN



BE READY AT MARKER

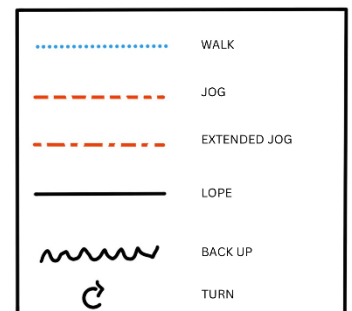
1. JOG
2. LOPE (RL)
3. JOG
4. LOPE (LL)
5. JOG CORNER
6. WALK
7. STOP, TURN 360° LEFT OR RIGHT
8. JOG
9. STOP, BACK UP, WALK OUT

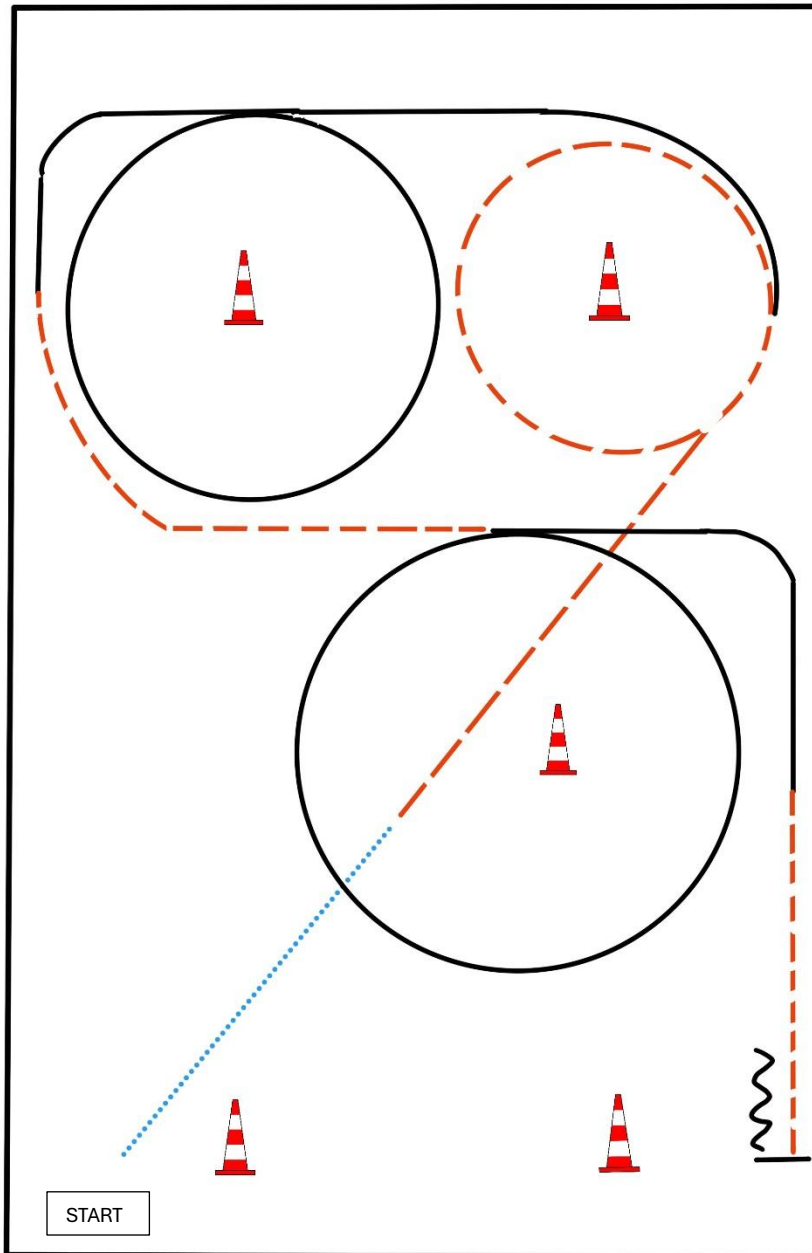




BE READY AT MARKER

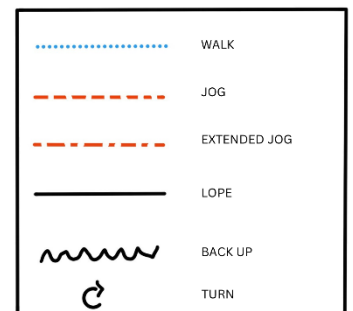
- 1) WALK, STOP
- 2) TURN 360° LEFT OR RIGHT
- 3) JOG SMALL CIRCLE LEFT
- 4) LOPE (LL) CIRCLE LEFT
- 5) JOG SMALL CIRCLE RIGHT
- 6) LOPE (RL) CIRCLE RIGHT
- 7) JOG
- 8) STOP, BACK UP

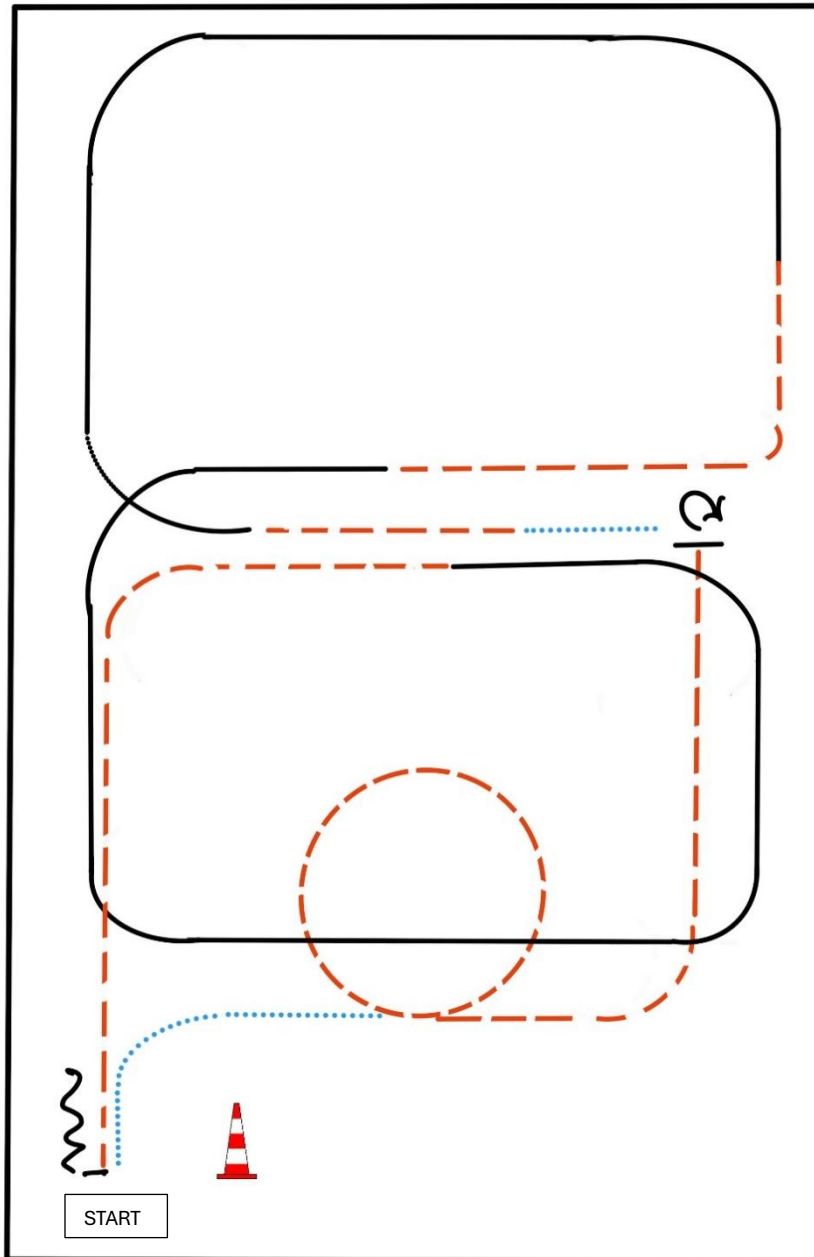




BE READY AT MARKER

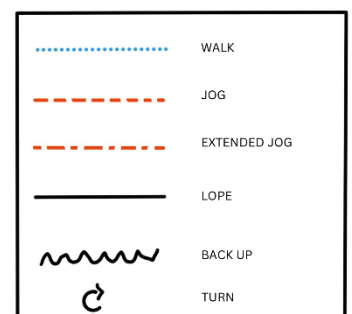
- 1) WALK
- 2) JOG
- 3) LOPE (LL)
- 4) JOG
- 5) LOPE (RL)
- 6) JOG
- 7) STOP
- 8) BACK UP

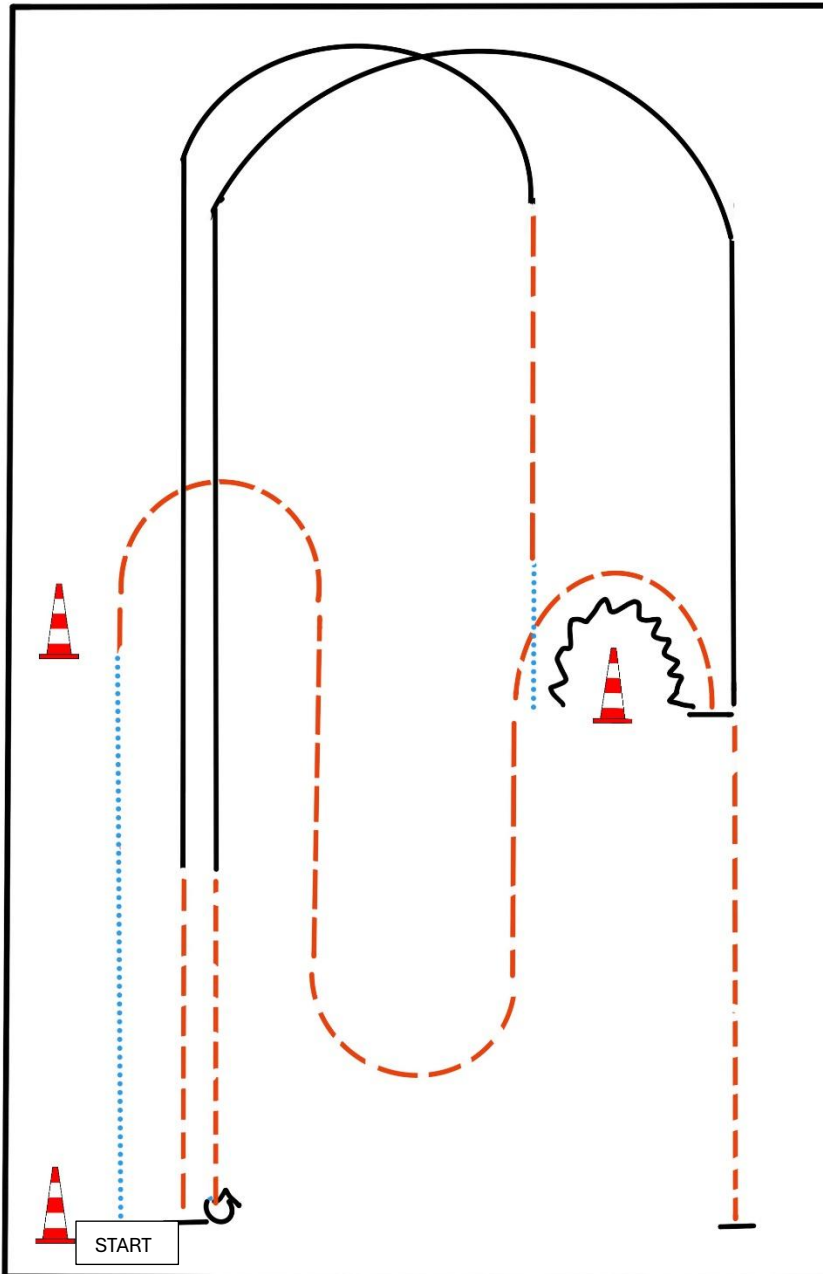




BE READY AT MARKER

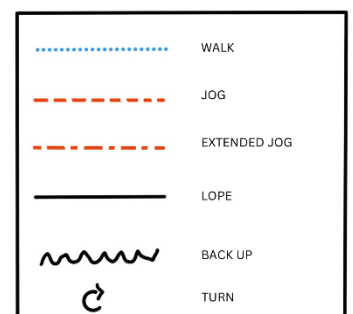
- 1) WALK
- 2) JOG
- 3) STOP, TURN 270° RIGHT
- 4) WALK
- 5) JOG
- 6) LOPE (RL)
- 7) JOG
- 8) LOPE (LL)
- 9) JOG
- 10) STOP, BACK UP

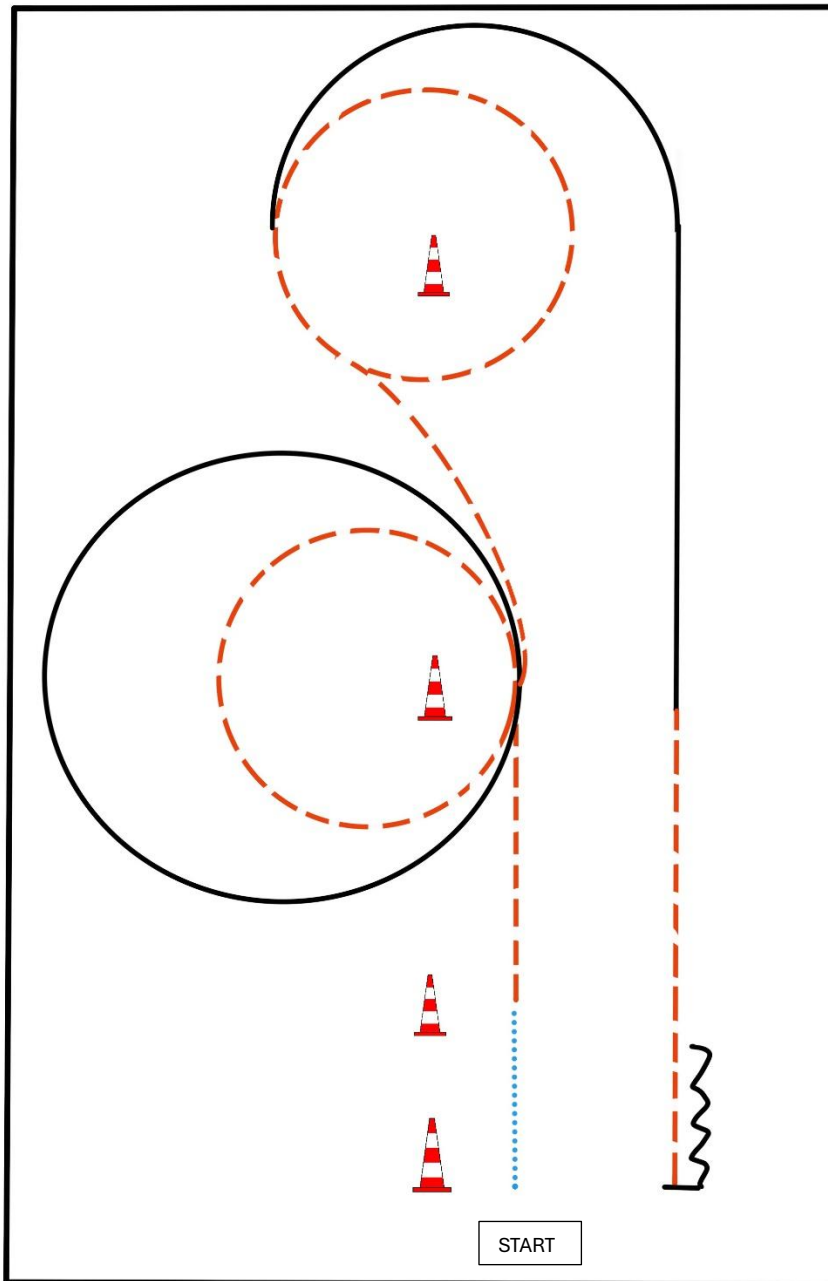




BE READY AT MARKER

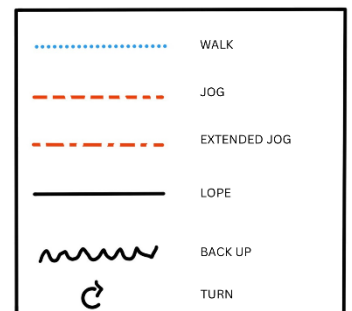
- 1) WALK
- 2) JOG, STOP
- 3) BACK UP
- 4) WALK, JOG
- 5) LOPE (LL)
- 6) JOG, STOP
- 7) TURN 180° LEFT OR RIGHT
- 8) JOG
- 9) LOPE (RL)
- 10) JOG, STOP

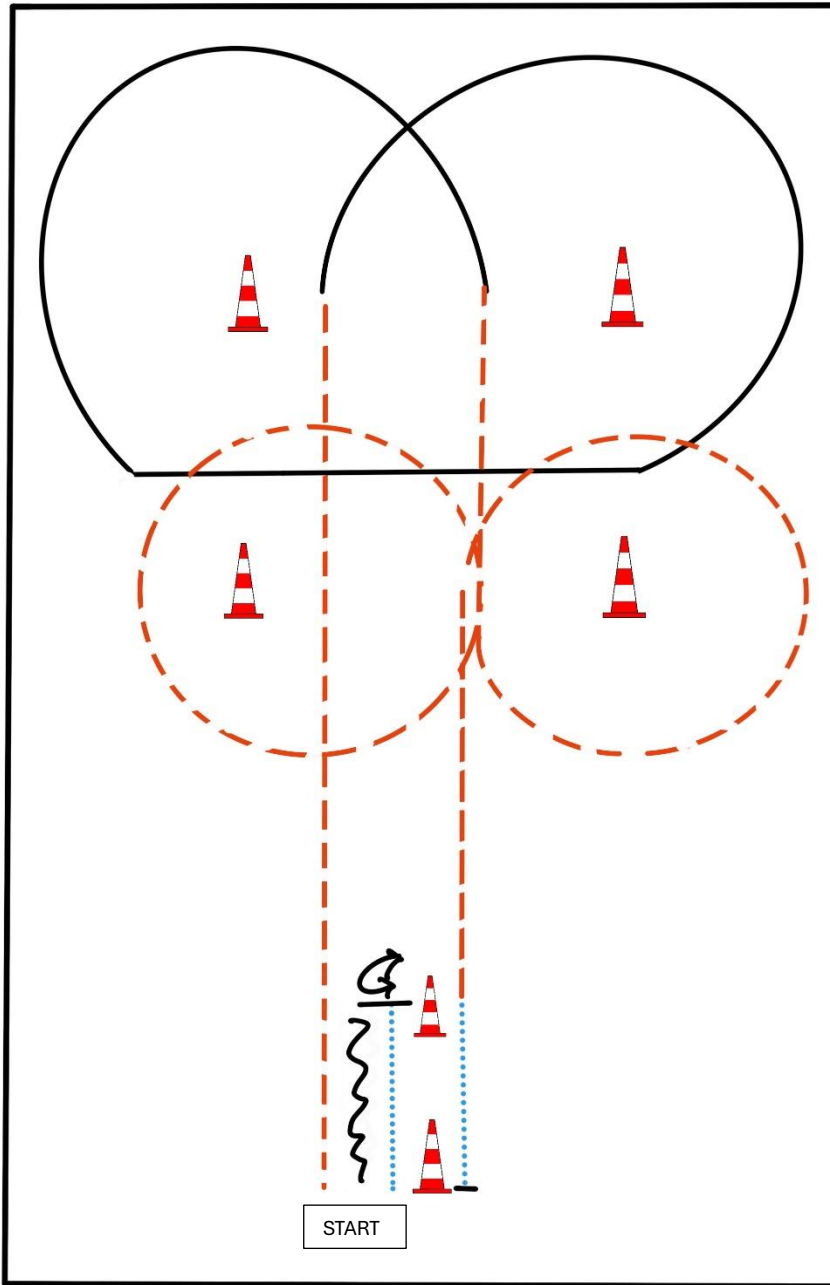




BE READY AT MARKER

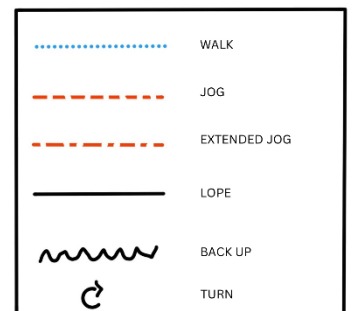
1. WALK
2. JOG SMALL CIRCLE LEFT
3. LOPE (LL)
4. JOG, JOG SMALL CIRCLE RIGHT
5. LOPE (RL)
6. JOG
7. STOP, BACK UP

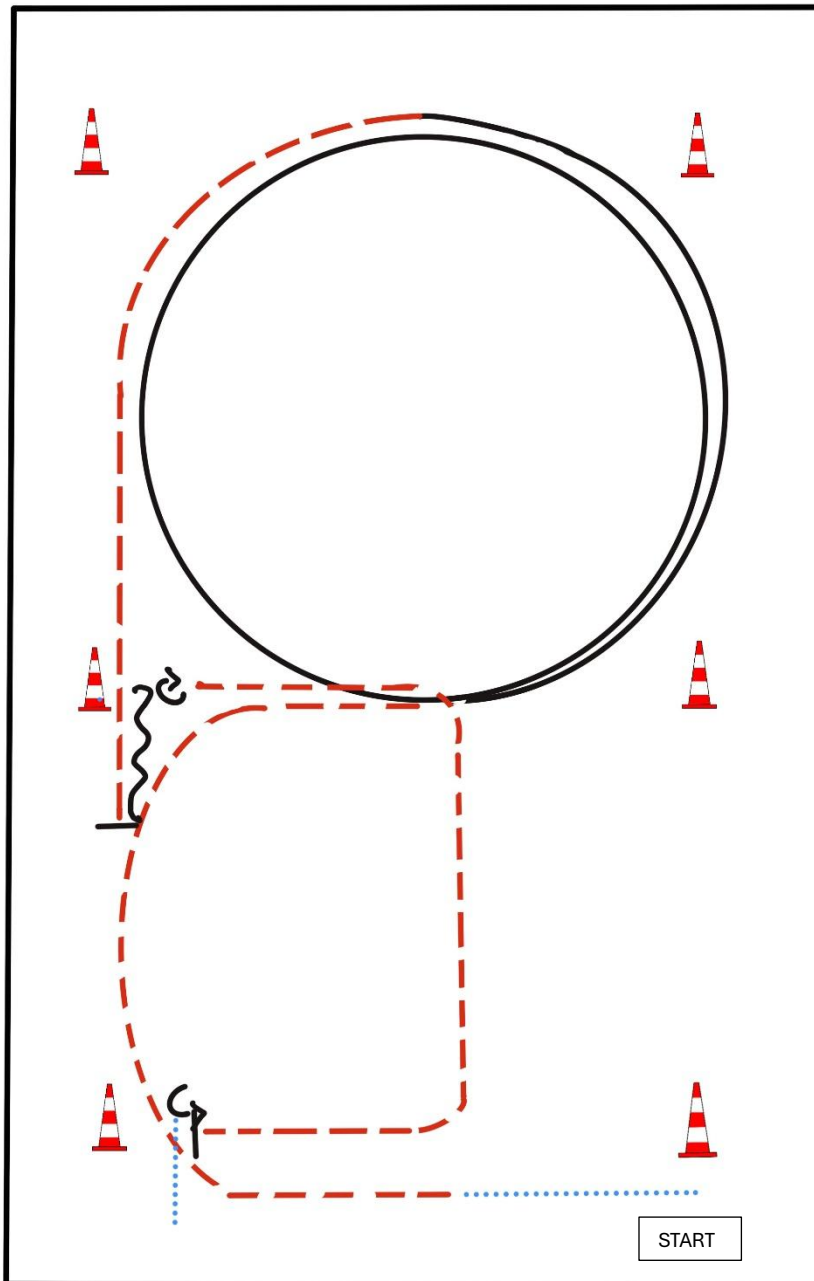




BE READY AT MARKER

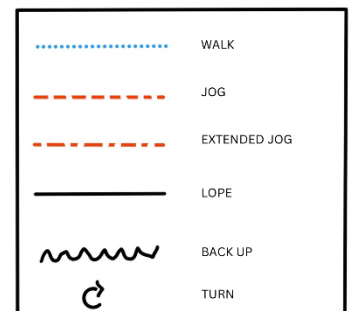
1. WALK, STOP
2. TURN 180° LEFT AND RIGHT
3. BACK UP
4. JOG
5. LOPE (RL)
6. JOG SMALL CIRCLE RIGHT
7. JOG SMALL CIRCLE LEFT
8. WALK, STOP

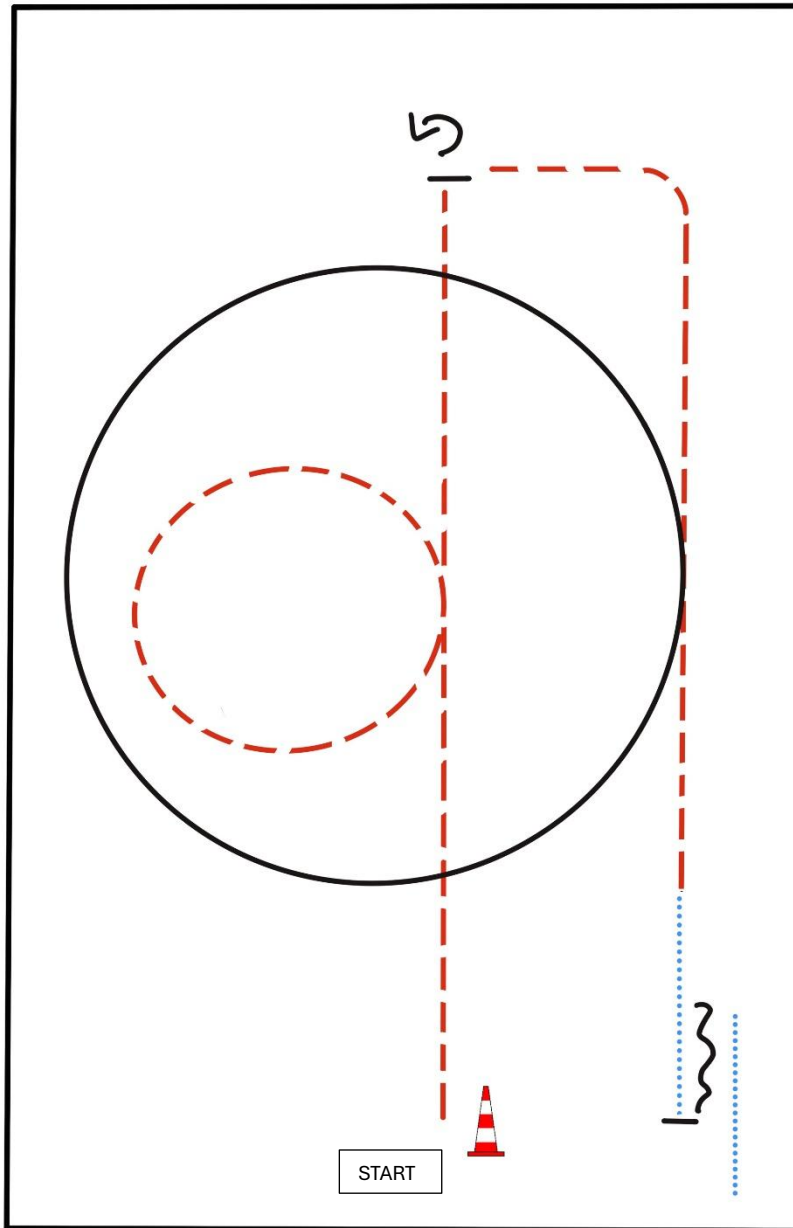










BE READY AT MARKER

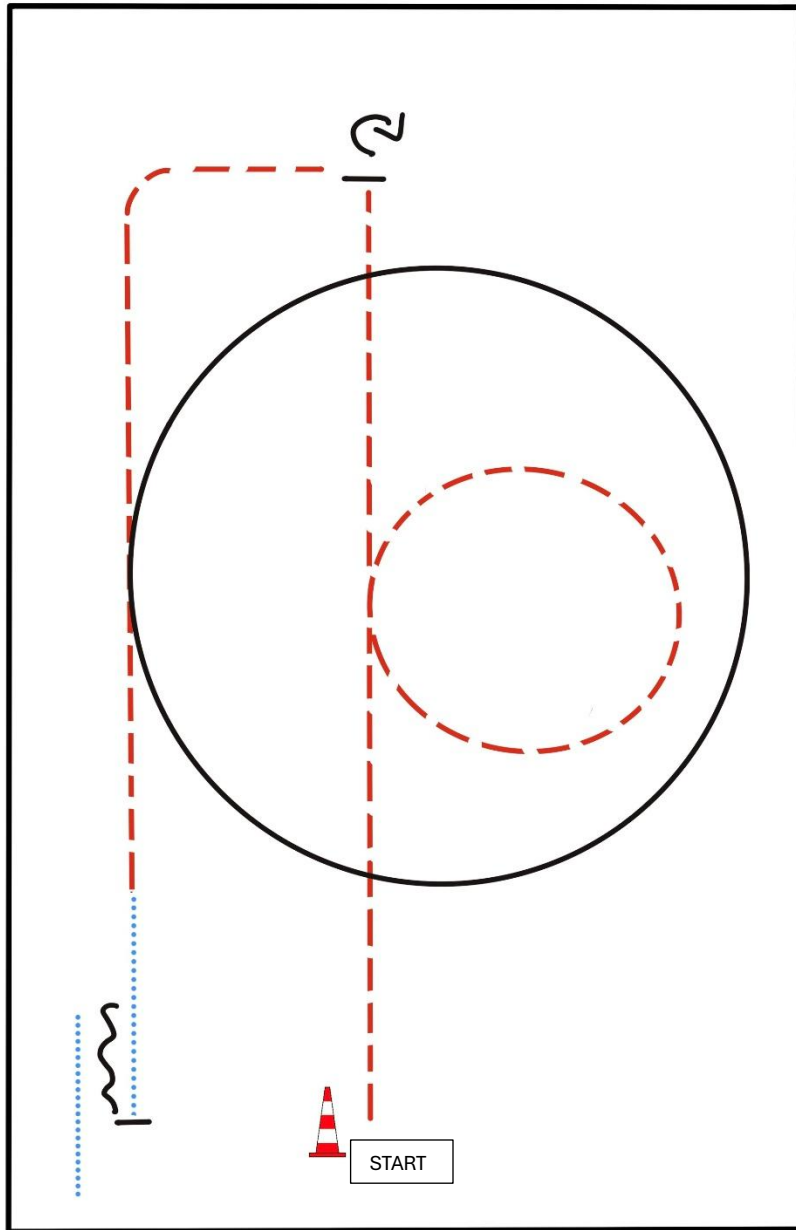
1. WALK
2. JOG
3. LOPE (LL)
4. JOG
5. STOP, BACK UP
6. TURN 270° RIGHT
7. JOG
8. STOP, TURN 90° LEFT, WALK OUT





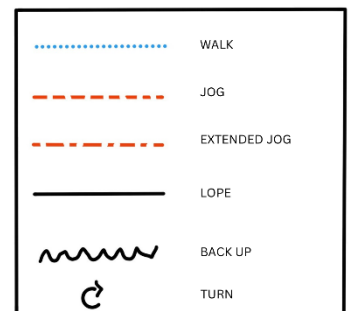
- BE READY AT MARKER
1. JOG
 2. STOP, TURN 270° LEFT
 3. JOG
 4. LOPE (RL)
 5. JOG
 6. WALK
 7. STOP, BACK UP, WALK OUT

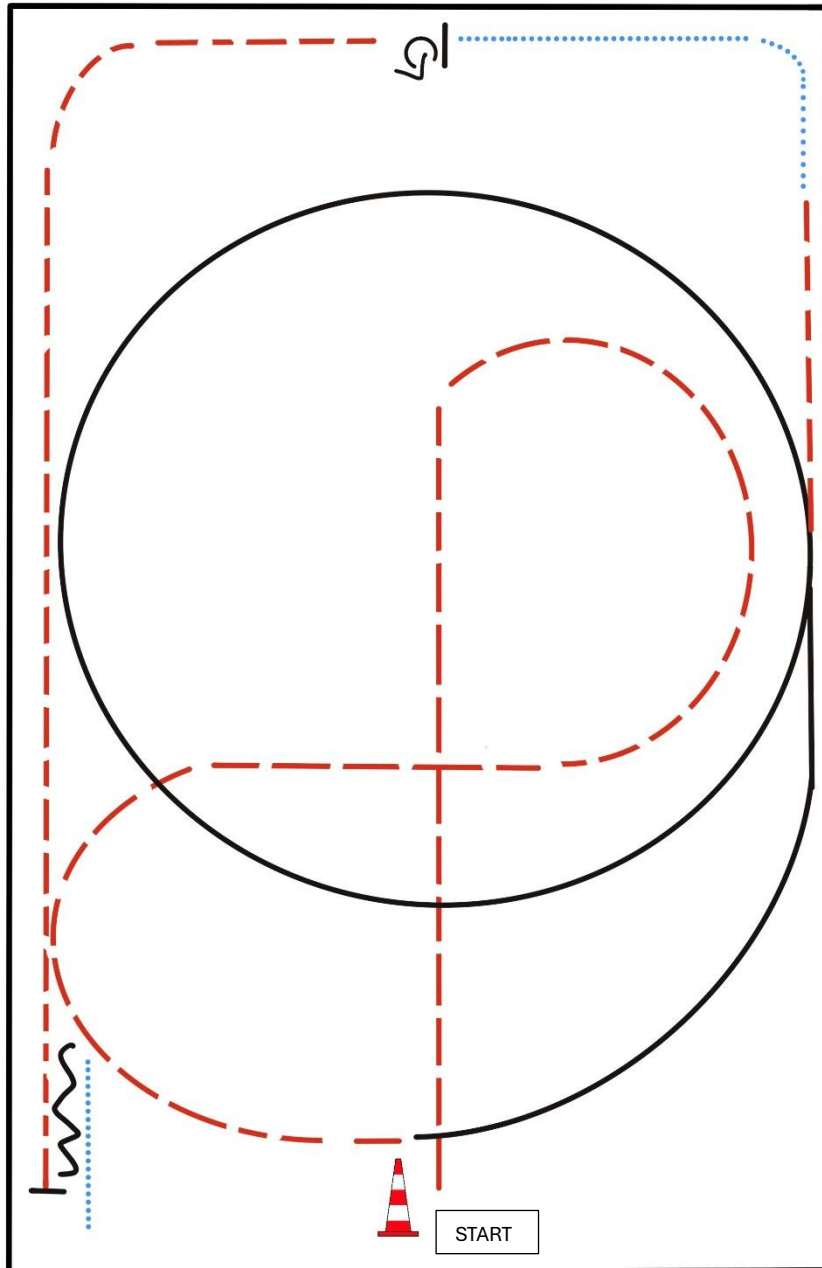
	WALK
	JOG
	EXTENDED JOG
	LOPE
	BACK UP
	TURN



BE READY AT MARKER

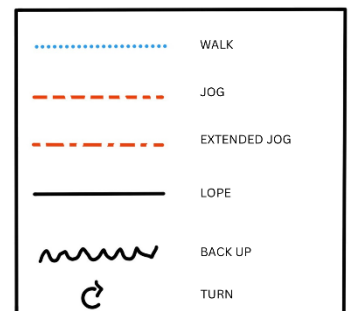
1. JOG
2. STOP, TURN 270° Right
3. JOG
4. LOPE (LL)
5. JOG
6. WALK
7. STOP, BACK UP, WALK OUT

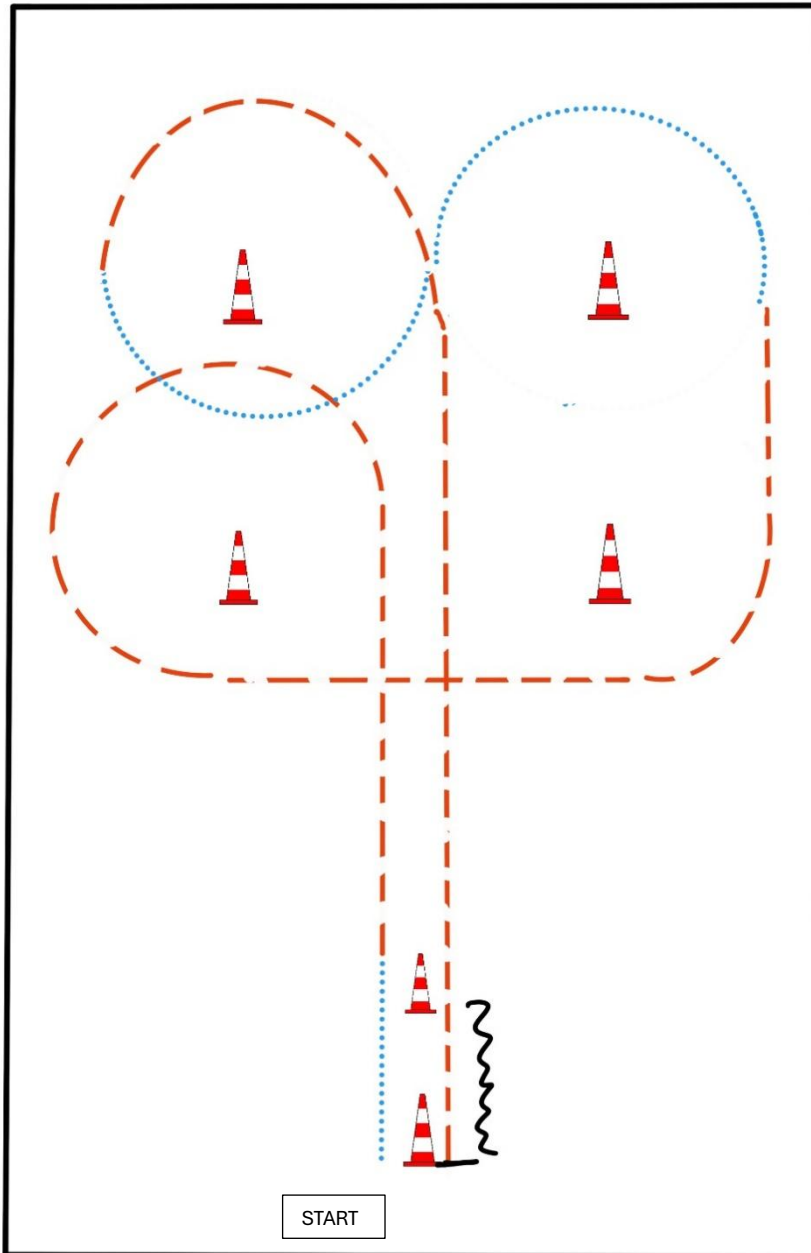




BE READY AT MARKER

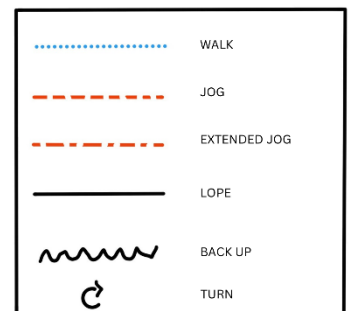
1. JOG
2. LOPE (LL)
3. JOG
4. WALK
5. STOP, TURN 360° LEFT OR RIGHT
6. JOG
7. STOP, BACK UP, WALK OUT

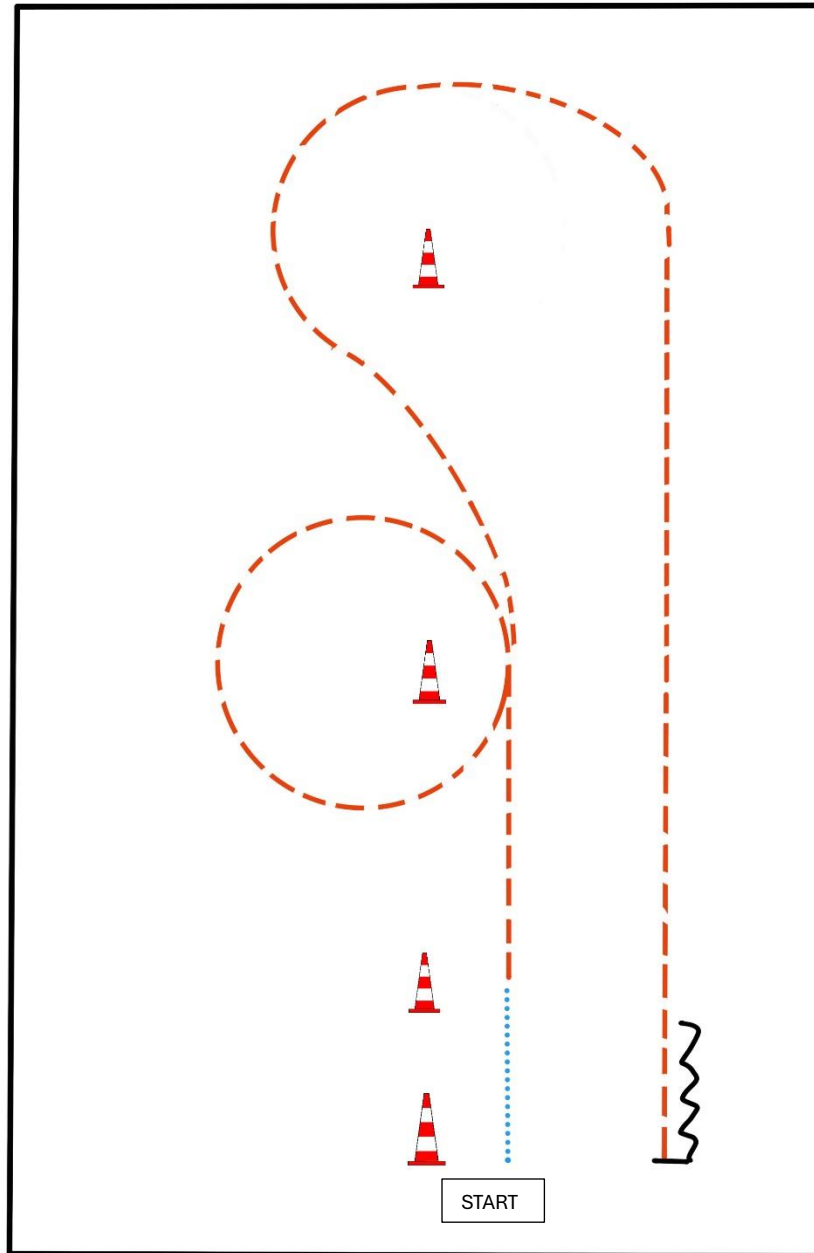




BE READY AT MARKER

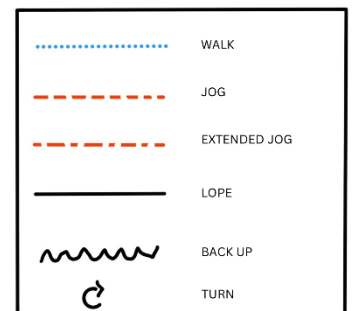
- 1) WALK
- 2) JOG
- 3) WALK
- 4) JOG
- 5) STOP
- 6) BACK UP

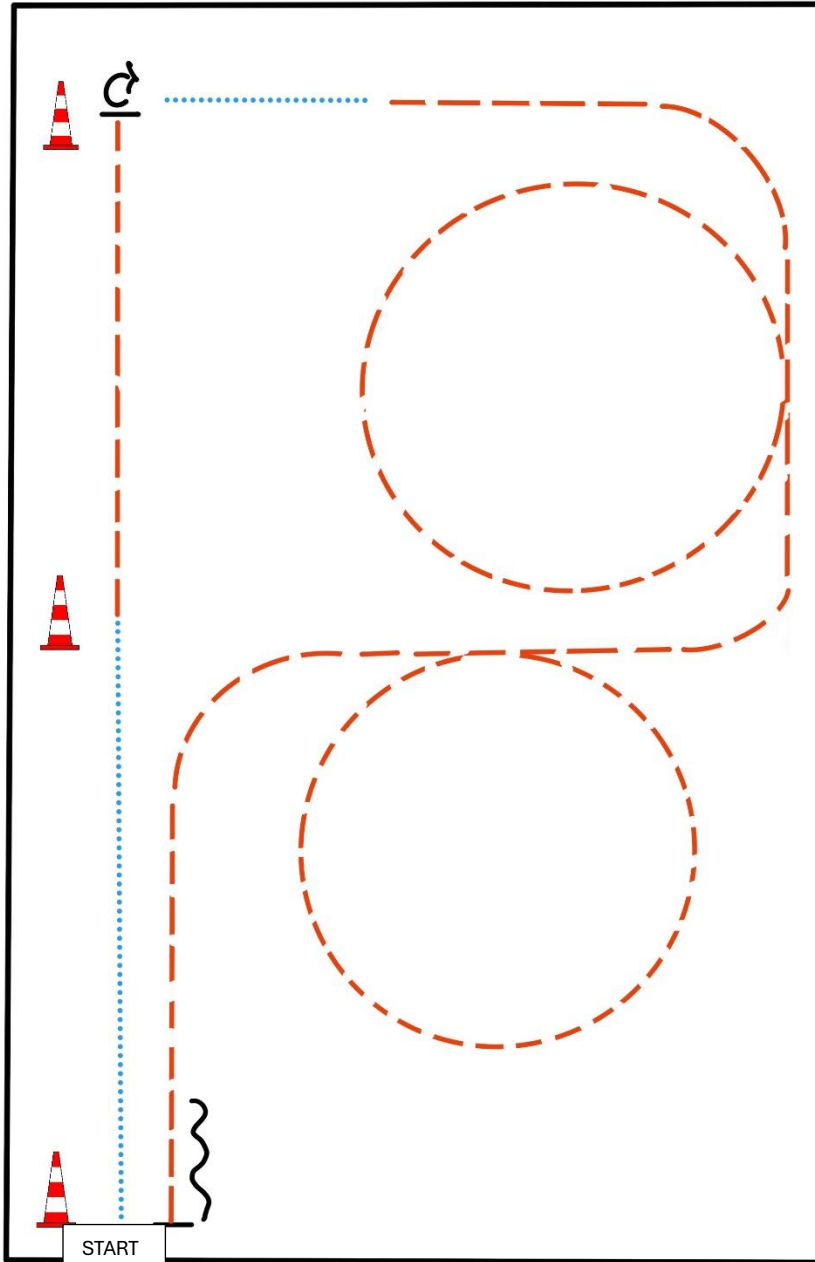




BE READY AT MARKER

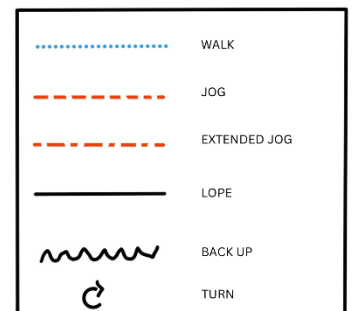
- 1) WALK
- 2) JOG CIRCLE LEFT
- 3) JOG
- 4) STOP
- 5) BACK UP

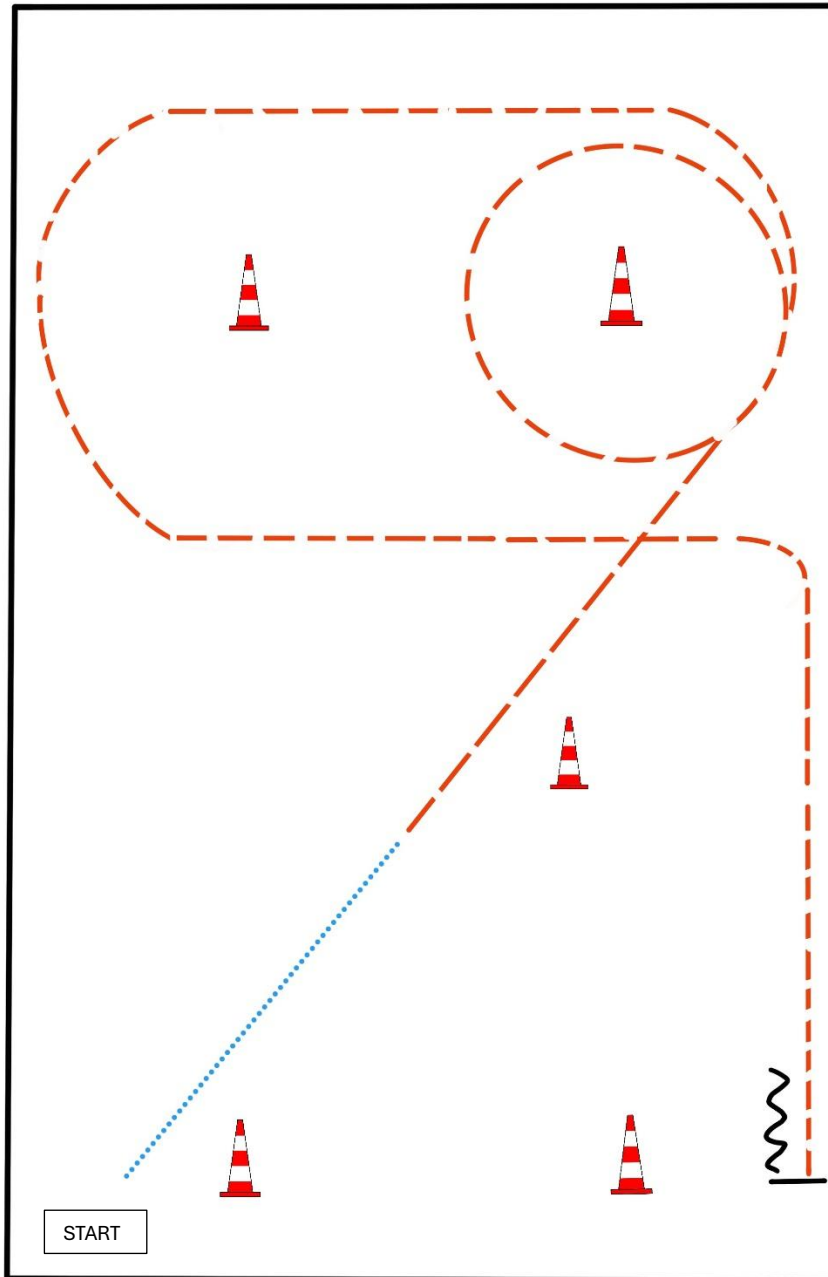




BE READY AT MARKER

- 1) WALK
- 2) JOG
- 3) STOP, TURN 90° RIGHT
- 4) WALK
- 5) JOG, JOG SMALL CIRCLE RIGHT
- 6) JOG, JOG SMALL CIRCLE LEFT
- 7) JOG, STOP
- 8) BACK UP





BE READY AT MARKER

1. WALK
2. JOG
3. JOG SMALL CIRCLE LEFT
4. JOG
5. STOP, BACK UP

