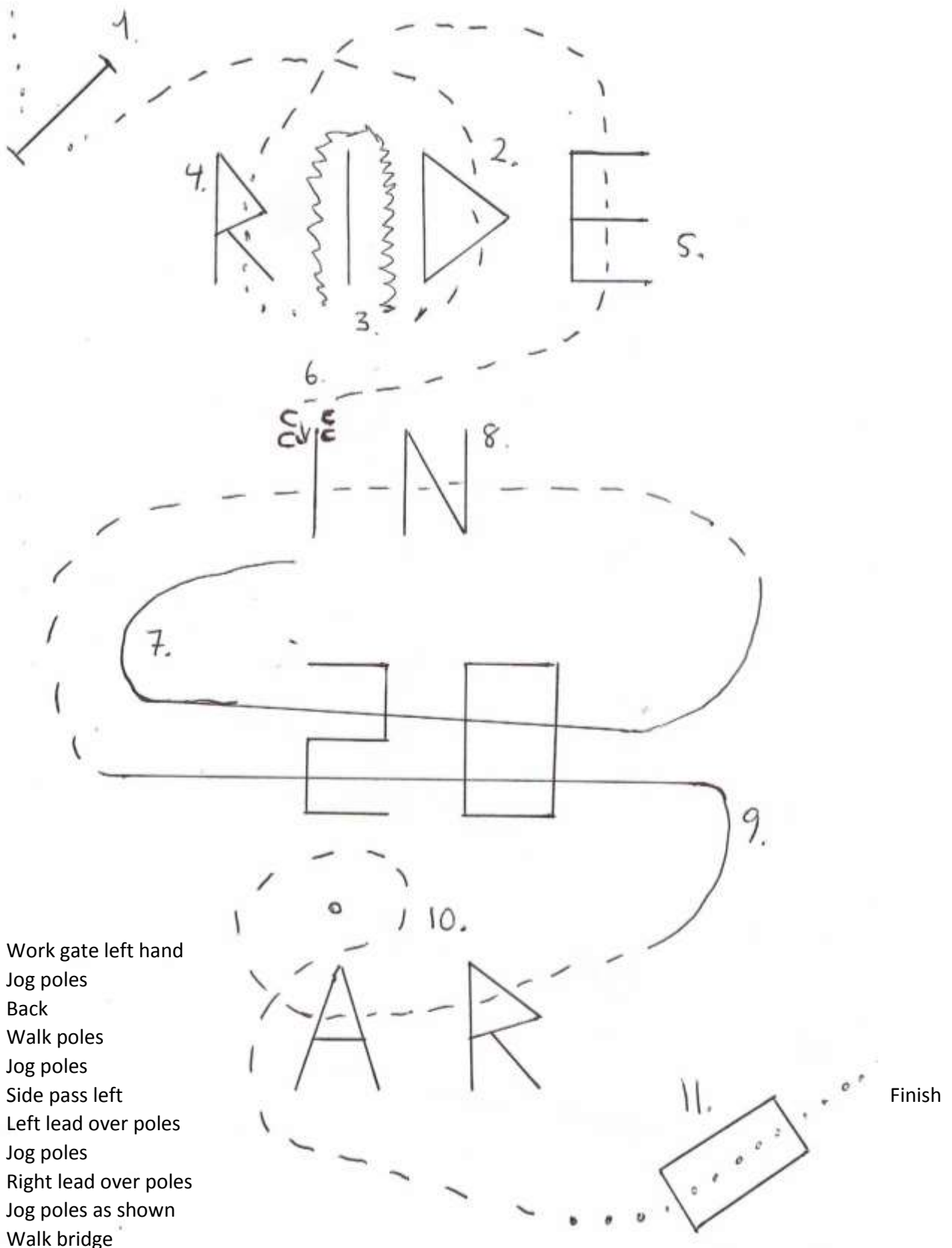




Trail Amateur + Youth + Junior

Start



1. Work gate left hand
2. Jog poles
3. Back
4. Walk poles
5. Jog poles
6. Side pass left
7. Left lead over poles
8. Jog poles
9. Right lead over poles
10. Jog poles as shown
11. Walk bridge