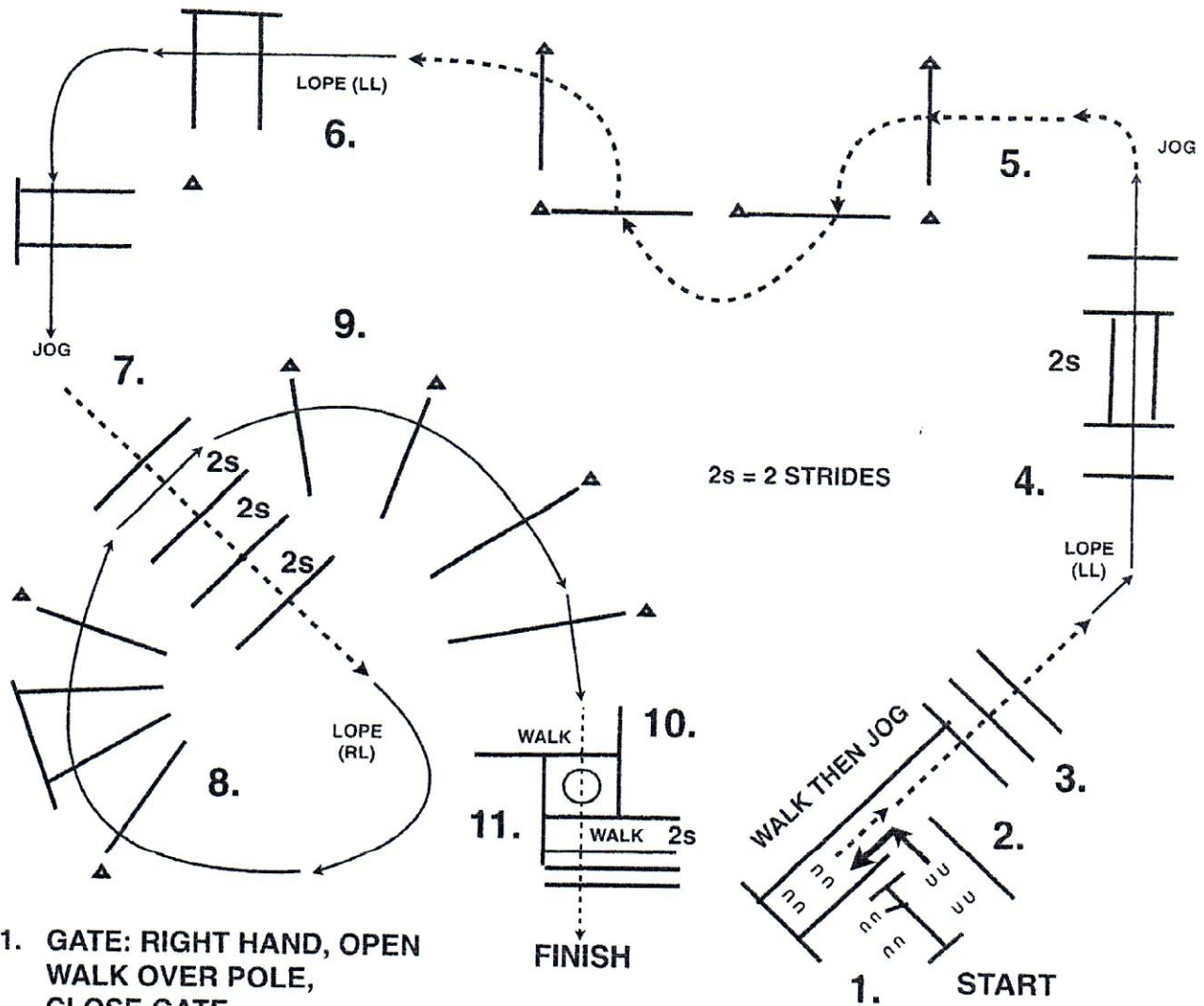


ROHA

Friday,

June 16, 2023



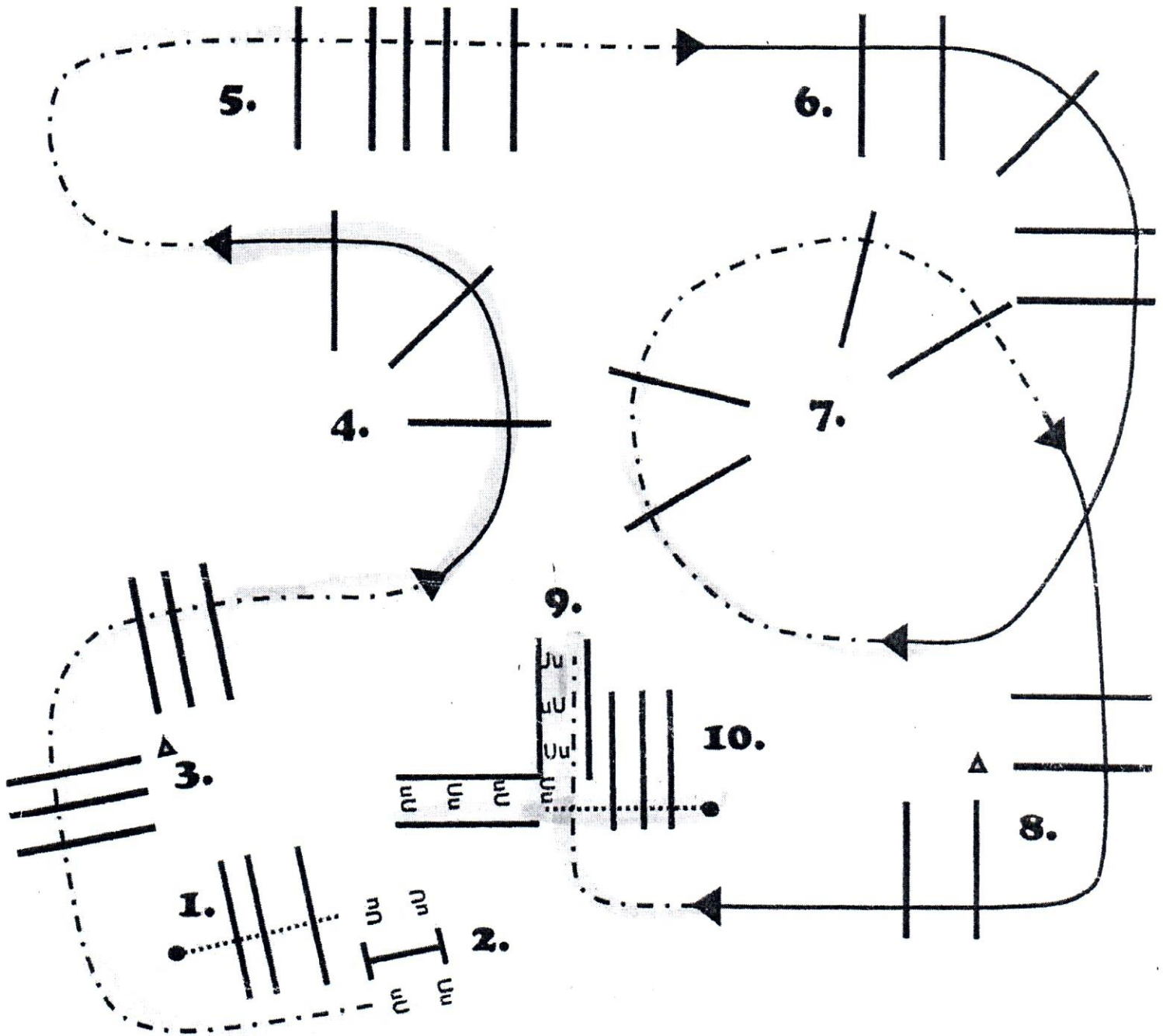
1. GATE: RIGHT HAND, OPEN WALK OVER POLE, CLOSE GATE
2. BACK "L" TURN AROUND CORNER BETWEEN POLES.
3. WALK FORWARD, THEN JOG OVER 3 POLES.
4. LOPE OVER 4 POLES (LL).
5. JOG THRU SERPENTINE, JOG OVER POLES.
6. LOPE OVER 4 POLES (LL).

7. JOG OVER 4 POLES.
8. LOPE OVER 4 POLES (RL).
9. LOPE OVER 4 MORE POLES (RL).
10. STOP OR BREAK TO THE WALK WALK INTO BOX, EXECUTE A 360 TURN EITHER DIRECTION.
11. WALK OUT BOX, WALK OVER 4 POLES.

RQHA

YOUTH TRAIL - SELECT TRAIL

Sunday, June 18, 2023 AMATEUR TRAIL - SENIOR TRAIL



1. WALK OVER POLES TO GATE
2. RIGHT HAND GATE
3. JOG OVERS
4. LEFT LEAD LOPE BIG FAN
5. JOG OVER LOGS

6. RIGHT LEAD LOPE OVERS
7. JOG OBSTACLE #7
8. RIGHT LEAD LOPE OVERS
9. BREAK TO JOG, JOG INTO CHUTE, BACK "L"
10. WALK OUT OF CHUTE AND OVER POLES