



1. WALK OVER 1 POLE TO GATE-STOP
2. BACK PAST END OF GATE
3. WALK-WALK OVERS
4. WALK OVERS
5. WALK THRU CONES
6. WALK OVER 2 POLES
7. WALK OVER 3 POLES
8. WALK TO MAILBOX STOP-OPEN AND CLOSE BOX-WALK OUT  
END OF PATTERN