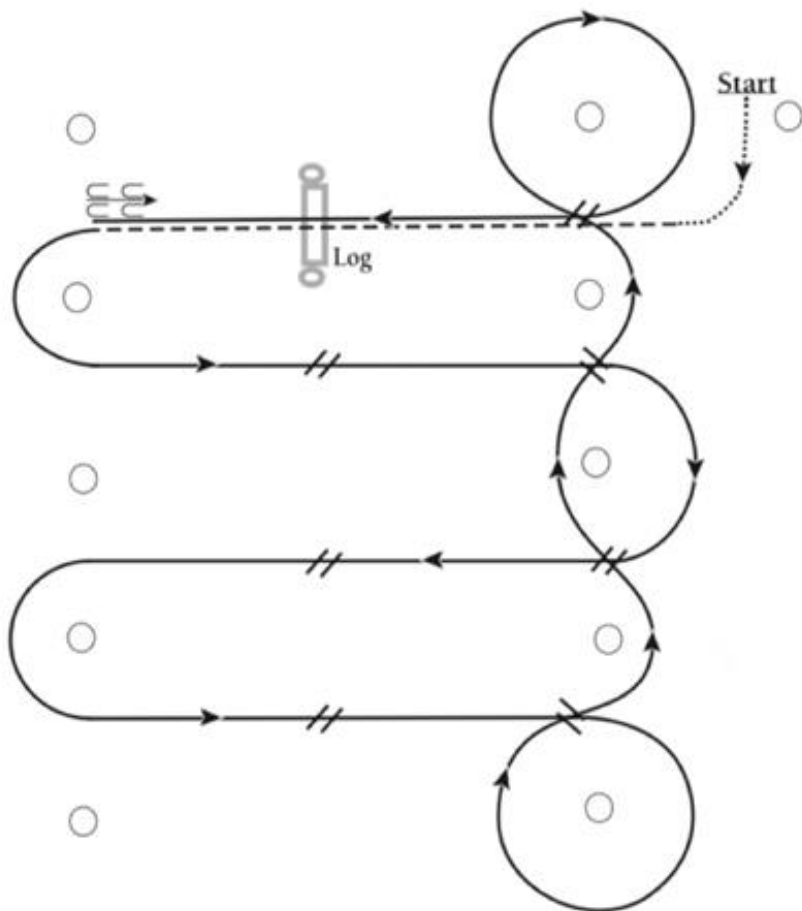


# SUNDAY 7CPHC



1. Walk at least 15 feet from start cone to the first marker, as drawn, transition to jog, jog over log.
2. Transition to lope.
3. First crossing change.
4. Second crossing change.
5. Third crossing change.
6. Circle and first line change.
7. Second line change.
8. Third line change.
9. Fourth line change and circle.
10. Lope over log.
11. Lope, stop and back.