

Trail Pattern Level A

Updated 6/28/2016

Special Olympics
North Carolina



- Walk to Obstacle 1 (cones). Starting on the left of the first cone, do a figure 8 at a walk around the cones and finish on the right side of the first cone. Walk to Obstacle 2 (ground poles).
- Posting trot/jog over the ground poles toward Obstacle 3 (box).
- Sitting trot/jog in and through the box and then back around into the box then halt.
- Perform a 90 degree turn to the left and walk out of the box.
- Pick up a right lead canter/lope and canter/lope to the cone and then walk to Obstacle 4 (gate).
- Open the rope gate and walk through the gate and to the "T" into Obstacle 5.
- Turn right at the T. Then, back to the end of the ground poles, and turn left, and walk to Obstacle 6 (bridge)
- Walk to and over Obstacle 6 (the bridge) and halt at the cone.

