

Trail Pattern Level C

Updated 6/29/2016

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 cone. Walk to Obstacle 2 (ground poles).
- Walk over the ground poles toward Obstacle 3 (box).
- Walk in and through the box and then back around into the box then halt.
- Perform a 90° turn to the left and walk out of the box.
- Walk out of the box and walk toward the cone in front of Obstacle 4 (gate).
- Halt at the cone and then walk to the gate.
- Walk through the gate, to and through Obstacle 5 (ground poles).
- Walk to and over Obstacle 6 (the bridge) and halt at the cone.

