

Trail Pattern Level A

Updated 6/6/2017

Special Olympics
North Carolina



- Walk to Obstacle 1 (rope gate). Open rope gate and walk to Obstacle 2 (bridge).
- Walk to and over Obstacle 3 .
- Enter the T and turn right. Back to the end of the ground poles then turn left and walk to Obstacle 4 (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 right and walk out of the box.
- Pick up a left lead canter/lope and canter/lope to the cone and then posting trot/jog to Obstacle 5 (pinwheel).
- Posting trot/jog over the pinwheel to the cone.
- Walk to Obstacle 6 (cones), and perform a figure 8 at a walk, starting on the right side of the first cone.
- Halt at the cone prior to exiting the pattern.

