

Trail Pattern Level C

Updated 6/6/2017

Special Olympics
North Carolina



- Walk through Obstacle 1 (gate) and to Obstacle 2 (bridge).
- Walk to Obstacle 3 (ground poles).
- Walk through the ground poles to Obstacle 4 (box).
- Walk through the box and then back around into the box then halt.
- Perform a 90° turn to the right and walk out of the box.
- Walk towards the cone and halt.
- Walk over Obstacle 5 (ground poles) towards Obstacle 6 (cones).
- Walk to Obstacle 6 (cones), and perform a figure 8 at a walk, starting on the right side of the first cone.
- Halt at cone prior to exiting pattern.

