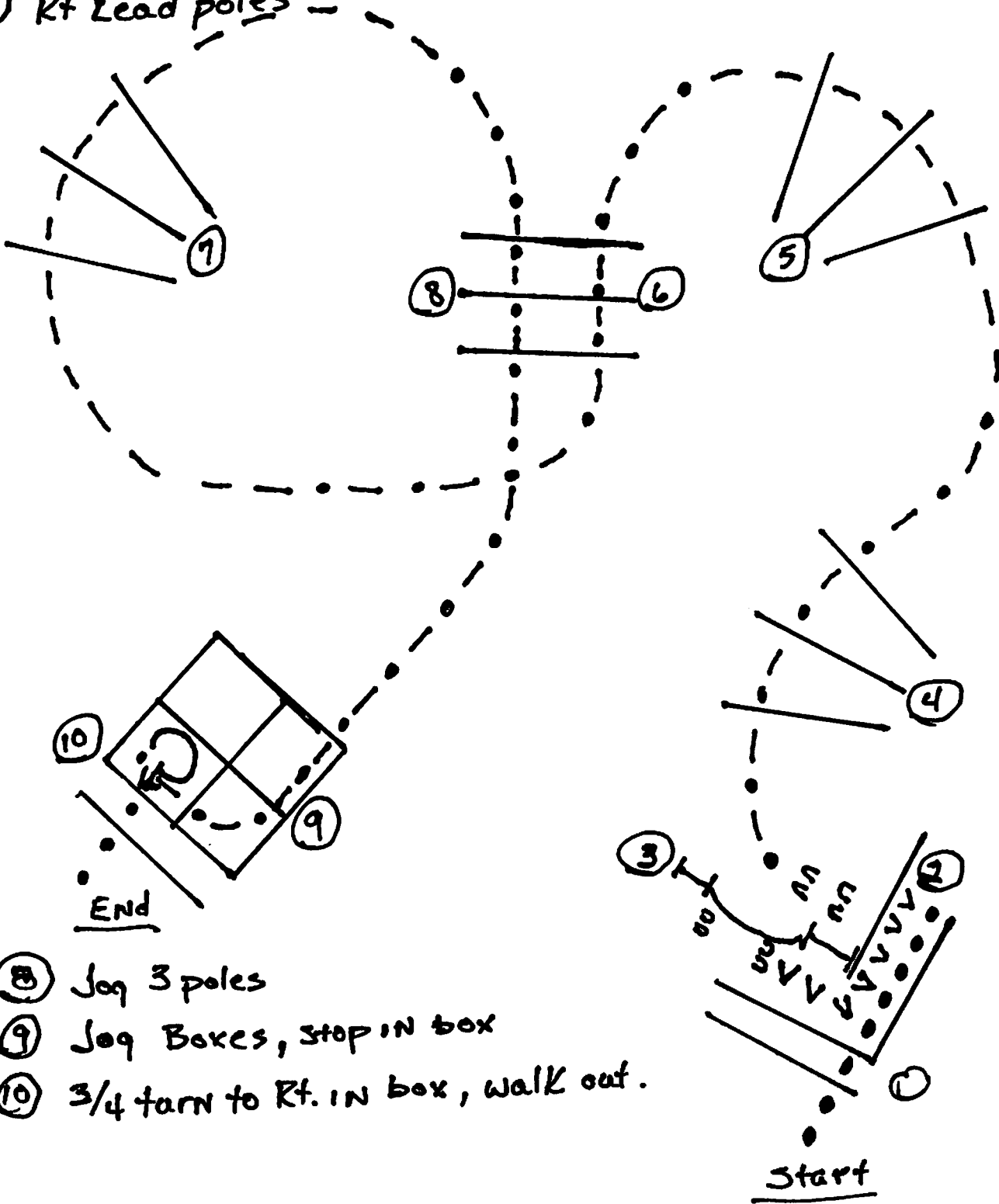


# Sunday Trail

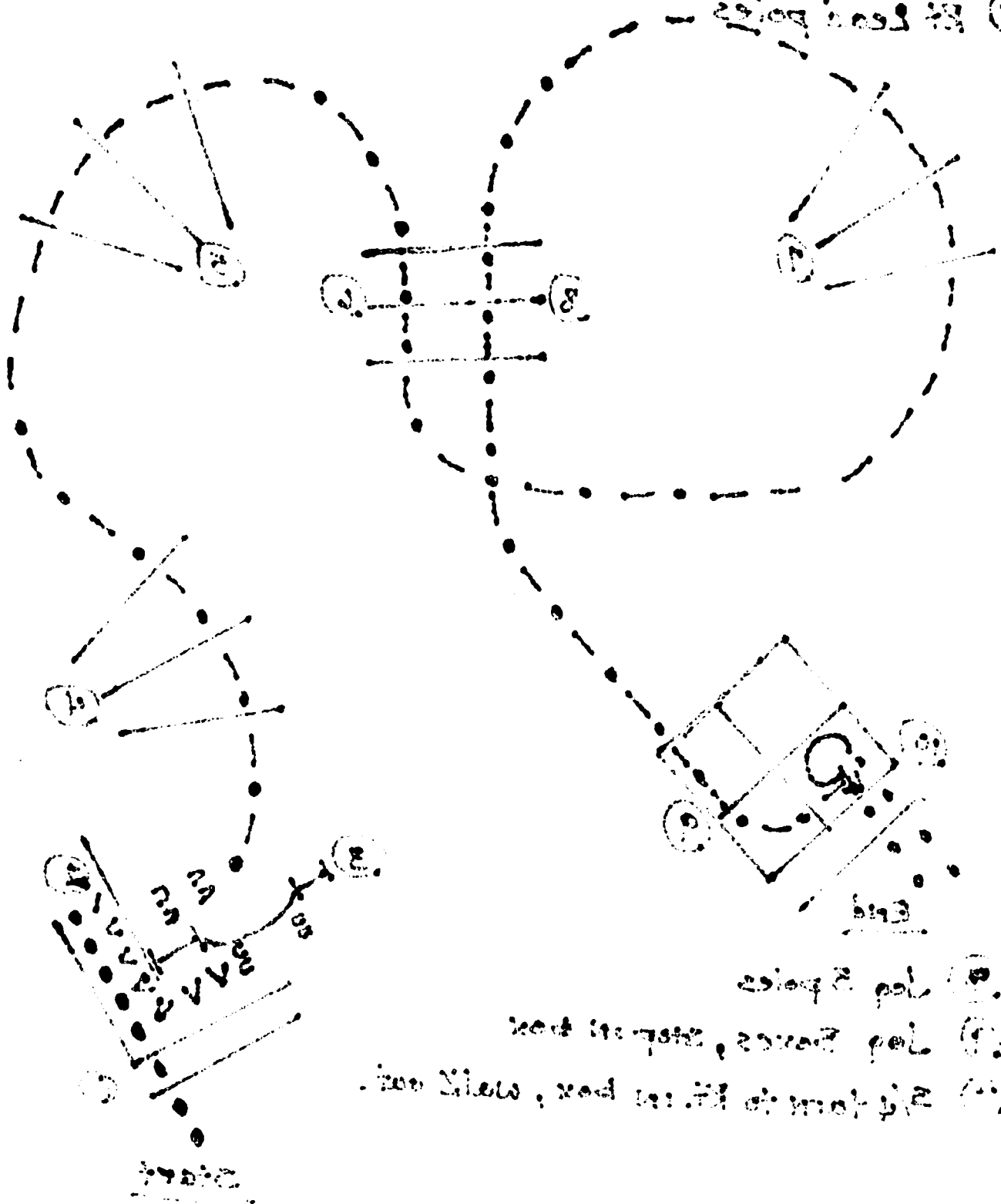
- ① Walk over poles into chute
- ② Back to gate
- ③ Left hand gate
- ④ Jog 3 poles
- ⑤ Left lead poles
- ⑥ Jog 3 poles
- ⑦ Rt Lead poles



- ⑧ Jog 3 poles
- ⑨ Jog Boxes, stop IN box
- ⑩ 3/4 turn to Rt. IN box, walk out.

Turnover Drill

- 1 Walk over poles into zone
- 2 Back to zone
- 3 Left hand out
- 4 Top 2 poles
- 5 Left hand poles
- 6 Top 2 poles
- 7 Left hand poles



- 8 Top 2 poles
- 9 Top poles, step in box
- 10 Right hand to left in box, walk out