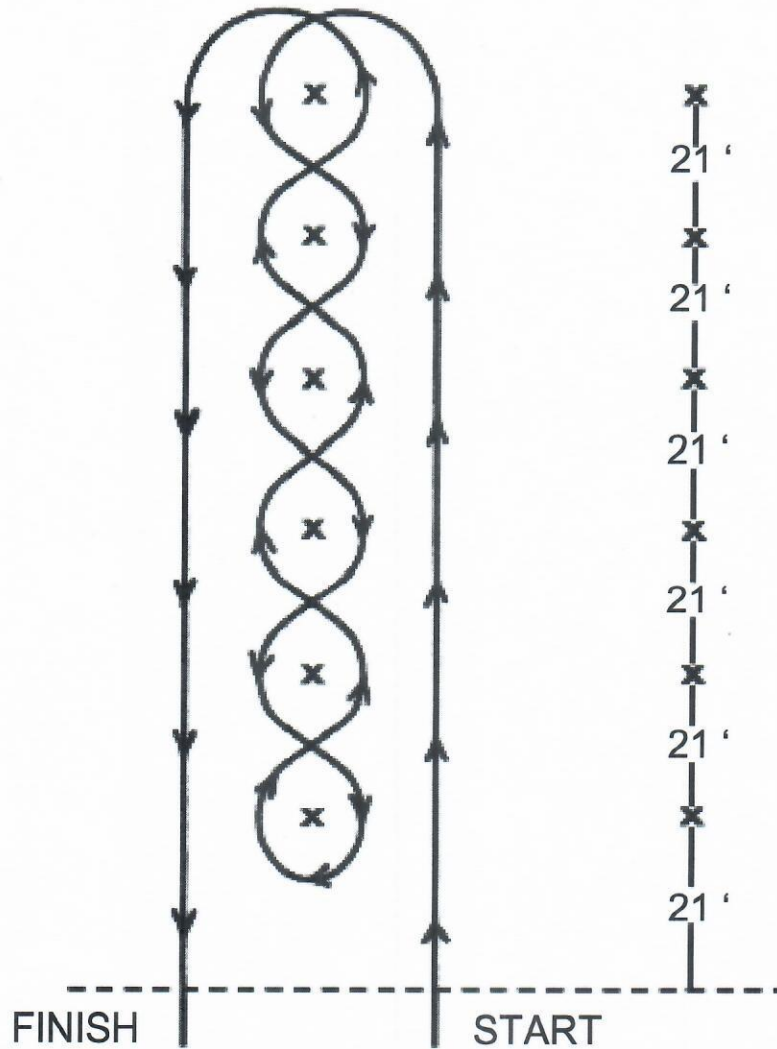# WASHINGTON POLES
RIGHT RUN PATTERN

1. A contestant will cross the start line and run down the right side of the poles, make a 180 degree turn to the left around the last pole, and continue the run weaving in and out of the next four (4) poles.

2. A 180 degree turn to the right around the last pole will be made, continue the run weaving in and out of the next four (4) poles.

3. At the last pole, make a 180 degree turn to the left and run down the left side of the poles to cross the start/finish line.