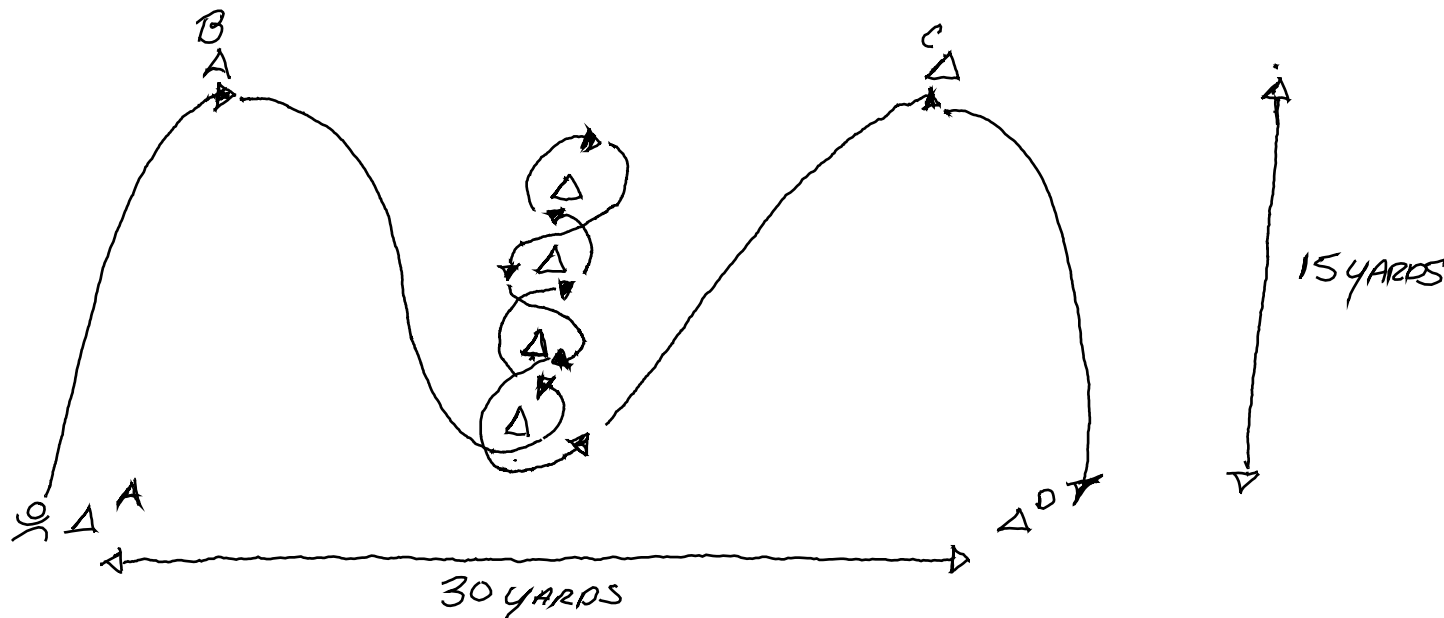


Agility Running 1



Procedure

- At your signal, the player at cone A runs at top speed to cone B, then back to the opposite side, followed by a slalom up and back through the center cones and then back up to cone C. The player proceeds to cone D for the finish.