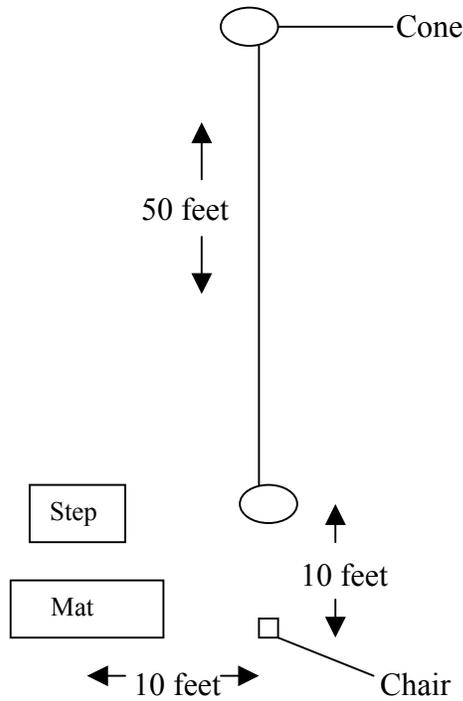


JRPAT Course Diagram and Instructions



Equipment

Stopwatch

Mat (individual size)

Foam Can Holder (4 inches in height)

Chair

Step Box (8 inches in height)

Cones (2)

Scoresheet