

Compulsory:

1- 106 Straight Ballet leg

DD 1.6

A straight Ballet Leg is Assumed. The Ballet Leg is lowered.

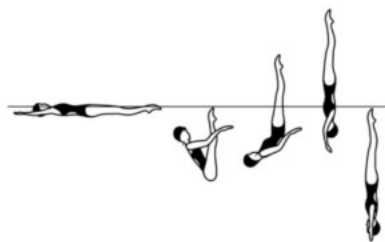


					Total
NVT=		18.5	11.0	10.5	40
PV =		4.63	2.75	2.63	10

2- 301 Barracuda

DD 1.8

From a **Back Layout Position** the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface of the water. A *Thrust* is executed to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



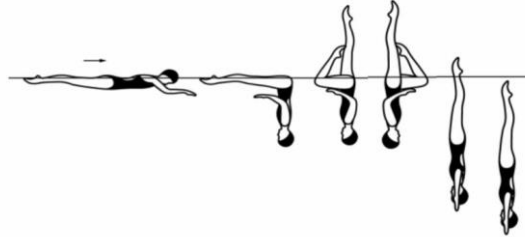
					Total
NVT=		7.0	31.0	13.0	51
PV =		1.37	6.08	2.55	10







Group 2:

3- 363 Water Drop

DD 1.8

From a **Front Layout Position** a *Front Pike Position* is assumed. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. A *180° Spin* is executed in the same direction as the bent leg is extended to a **Vertical Position** and completed as the ankles reach the surface of the water. A *Vertical Descent* is executed.

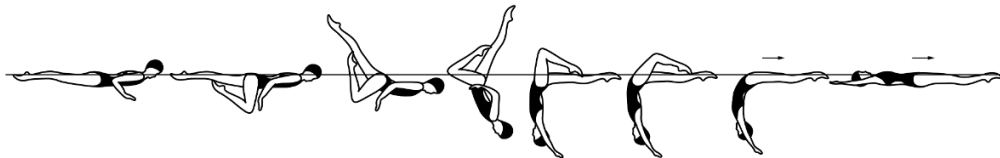







							Total
NVT=		6.0	15.0	15.0	13.0	0	49
PV =		1.22	3.06	3.06	2.65	0	10

4- 401 Swordfish

DD 2.1

From a **Front Layout Position** a **Bent Knee Front Layout Position** is assumed. The back arches more as the extended leg is lifted in a 180° arc over the surface of the water to assume a **Bent Knee Surface Arch Position**. The bent leg is straightened to assume a **Surface Arch Position**. With continuous motion an *Arch to Back Layout Finish Action* is executed.



						Total
NVT=		4.0	47.0	11.5	7.0	69.5
PV =		0.58	6.76	1r1.65	1.01	10