

AGE GROUP 13-14-15**COMPULSORY:**

1	423	Ariana	2.2
2	143	Rio	3.1

OPTIONAL GROUPS

Group 1			
3	351	Jupiter	2.8
4	437	Oceanea	2.1
Group 2			
3	240a	Albatross Half Twist	2.2
4	403	Swordtail	2.3
Group 3			
3	355f	Porpoise Continuous Spin 720°	2.1
4	315	Seagull	2.1

AGE GROUP 13-14-15

COMPULSORY:

1	423	Ariana	2.2
2	143	Rio	3.1

423 ARIANA

2.2

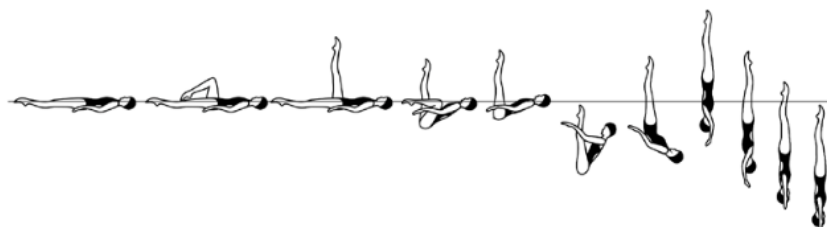
A Walkover Back is executed to a **Split Position**. Maintaining the relative position of the legs to the surface, the hips rotate 180°. A *Walkout Front* is executed.



143 RIO

3.1

A Flamingo is executed to a **Surface Flamingo Position**. The horizontal leg is extended to a **Surface Ballet Leg Double Position**. The body submerges vertically to a **Back Pike Position** with the toes just under the surface. The figure is completed as a Barracuda Spin 360°.



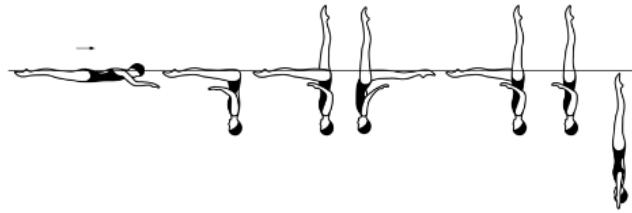
OPTIONAL GROUPS

Group 1			
3	351	Jupiter	2.8
4	437	Oceanea	2.1

351 JUPITER

2.8

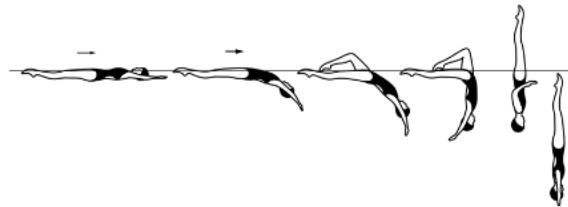
A Dalecarlia is executed to a **Knight Position**. Maintaining the vertical alignment of the body, the horizontal leg is moved in a 180° arc at the surface of the water to a **Fishtail Position**. The horizontal leg is lifted to the **Vertical Position**. A *Vertical Descent* is executed.



437 OCEANEA

2.1

A Nova is executed to a **Bent Knee Surface Arch Position**. The horizontal leg is lifted to the vertical as the bent knee is extended to assume a **Vertical Position**. A *Continuous Spin of 720°* (2 rotations) is executed.



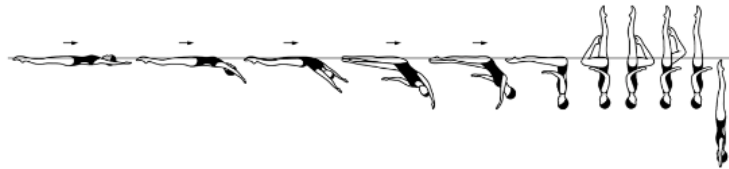
OPTIONAL GROUPS

Group 2			
3	240a	Albatross Half Twist	2.2
4	403	Swordtail	2.3

240 ALBATROSS

2.2

With the head leading, a *Dolphin* is initiated until the hips are about to submerge. The hips, legs and feet continue to move along the surface, as the body rolls onto the face as it *assumes a Front Pike Position*. The legs are lifted simultaneously to a **Bent Knee Vertical Position**. A *Half Twist* is executed. The bent knee is extended to **Vertical Position**. A *Vertical Descent* is executed.



240a - 240c - See Appendix I

An Albatross is executed until the *Half Twist* is completed. The designated *Twist* is executed as the bent knee is extended to meet the vertical leg. A *Vertical Descent* is executed.

403 SWORDTAIL

2.3

From a **Front Layout Position** the **Bent Knee Position** is assumed. The back arches more as the extended leg is lifted in an arc of 180° over the surface of the water. As the extended leg passes vertical, the bent leg straightens with the foot following a vertical line to assume a **Knight Position**. The vertical leg is lowered to a **Surface Arch Position**. An *Arch to Back Layout Finish Action* is executed.



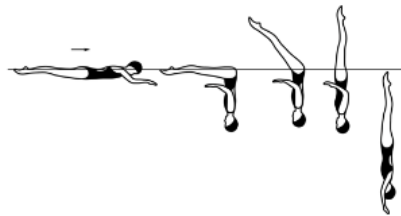
OPTIONAL GROUPS

Group 3			
3	355f	Porpoise Continuous Spin 720°	2.1
4	315	Seagull	2.1

355 PORPOISE

1.8

From a **Front Layout Position**, a *Front Pike Position* is assumed. The legs are lifted to **Vertical Position**. A *Vertical Descent* is executed.



355a to 355g plus 355j - See Appendix I

A Porpoise is executed to **Vertical Position**. The designated *Twist* or *Spin* is executed.

355h and 355i - See Appendix I

A Porpoise is executed to **Vertical Position**. A *Vertical Descent* is executed to ankle level. The designated *Ascending Spin* is executed.

315 SEAGULL

2.1

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. The trunk unrolls rapidly as the legs are straightened to assume a **Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. The legs are lowered rapidly symmetrically to **Split Position**. The legs are joined rapidly to resume **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the initial actions of the figure.

