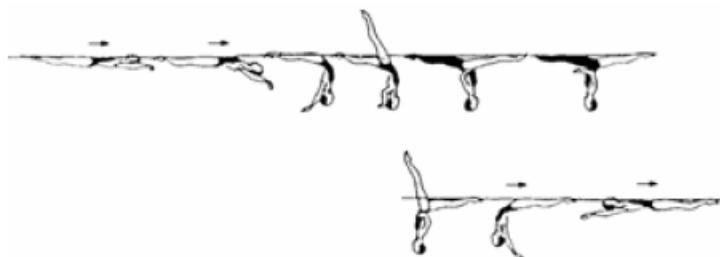


Jugend 2

423 ARIANA

2.2

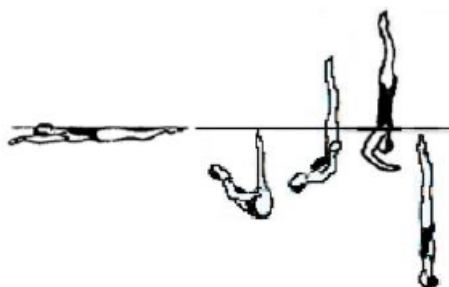
A Walkover Back is executed to a **Split Position**. Maintaining the relative position of the legs to the surface, the hips rotate 180°. A *Walkout Front* is executed.



301 BARRACUDA Spinning 360

2.0

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. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



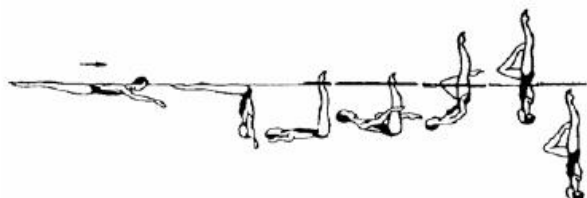
301d, 301e and 301j - See Appendix I

A Barracuda is executed to **Vertical Position**. The designated *Spin* is executed at the same tempo as the *Thrust* to complete the figure.

342 HERON

2.1

From a **Front Layout Position**, a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One leg is bent with the shin parallel to the surface and the mid-calf opposite the vertical leg, as the trunk moves toward the legs. A *Thrust* is executed to a **Bent Knee Vertical Position**, with the foot of the bent leg moving simultaneously to the inside of the vertical leg during the rise. A *Vertical Descent* is executed in a **Bent Knee Vertical Position** at the same tempo as the *Thrust*.



115 CATALINA

2.3

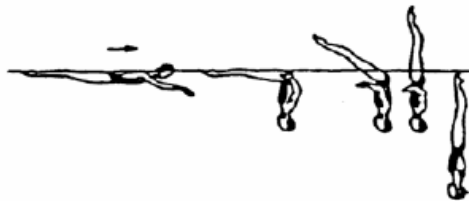
A *Ballet Leg* is assumed. A *Catalina Rotation* is executed. The horizontal leg is lifted to **Vertical Position**. A *Vertical Descent* is executed.



355 PORPOISE Spin up 180

1.9

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



355h and 355i - See Appendix I

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

140 FLAMINGO BENT KNEE

2.4

A Flamingo is executed to a **Surface Flamingo Position**. With the ballet leg maintaining its vertical position, the hips are lifted as the trunk unrolls while the bent leg moves to a **Bent Knee Vertical Position**. The bent knee is extended to **Vertical Position**. A *Vertical Descent* is executed.



240 ALBATROSS $\frac{1}{2}$ Twist

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.

346 SIDE FISHTAIL SPLIT

2.0

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to vertical as the body rotates 90° on its longitudinal axis to assume a **Side Fishtail Position**, and with continuous motion another 90° rotation is executed in the same direction as the vertical leg lowers to assume a **Split Position**. The legs are lifted to **Vertical Position**. A *Vertical Descent* is executed.

