

Splits:

Left: YES / NO	Right: YES / NO	Middle: YES / NO
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5 points per flat split; 2 points if 5 cm off ground

<u>16-18 and open: 400m time trial</u>	<u>Fishtail butt dry 10 sculls L and R leg</u>	<u>Arm boosts hip bones dry</u>	<u>Vertical height 10 sculls</u>	<u>Situps 60s</u>	<u>Pushups 60s</u>
5:00-5:09 = 10	10 sculls = 10	5 = 5	Well above knee=25	45+ = 10	40+ = 10
5:10-5:19 =9	9 sculls = 9	4 = 4	3 fingers above = 15	40-44 = 9	35-39 = 9
5:20-5:29 =8	8 sculls = 8	less = 0	top of knee cap = 10	35-39 = 8	30-34 = 8
5:30-5:44 =7	7 sculls = 7		on knee = 5	30-34 = 7	25-29 = 7
5:45-6:59 =6	6 sculls = 6		below knee = 0	25-29 = 6	20-24 = 6
6:00-6:14 =5	5 sculls = 5			20-24 = 5	15-19 = 5
6:15-6:29 = 4	less = 0				
6:30-6:44 = 3					
6:45-6:59 = 2					
7:00-7:15 = 1					

<u>Barracuda</u> /10	<u>Vertical full twist</u> /10	<u>Cont. spin</u> /10	<u>Combined spin</u> /10		
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Routine:

1. Execution: Height on egg beater and figures Accuracy of body positions Body alignment Ease of movement Correctness of pattern	/10
2. Extension and sharpness: Fast, crisp movements Straight knees and elbows Pointed toes and stretched fingers	/10
3. Manner of presentation: Facial expression Shoulders back, chin up Swimmer looks at ease and happy	/10
4. Number of timing errors: Minus a point per timing error	/5

TOTAL SCORE:

/150

(Marks available 160)