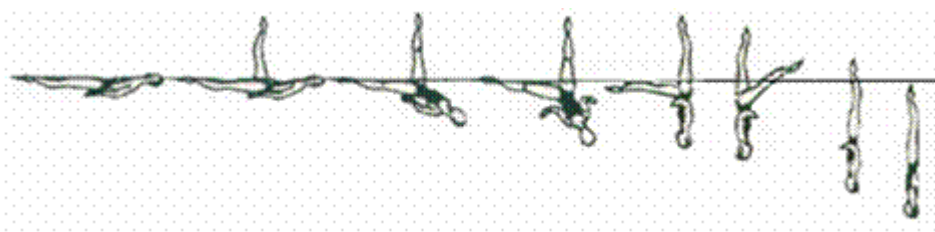


SOUTH WEST AGE GROUP FIGURES & NATIONAL AGE GROUPS - new figures

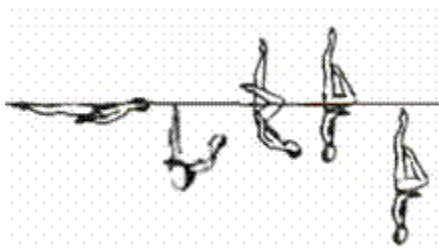
118 HELICOPTER 2.6

A *Ballet Leg* is assumed. A *Catalina Rotation* is executed to a **Crane Position**. Continuing in the same direction, the horizontal leg is lifted to a **Vertical Position** as a *360 O Spin* is executed.



306 BARRACUDA BENT KNEE 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 below the surface. A *Thrust* is executed as one foot is drawn along the inside of the other extended leg to assume a **Bent Knee Vertical Position**. A *Vertical Descentis* is executed in a **Bent Knee Vertical Position** at the same tempo as the *Thrust*.



306d and 306e – See Appendix 1

A Barracuda Bent Knee is executed to a **Bent Knee Vertical Position**. The designated *Spin* is executed as the bent knee is extended to meet the vertical leg.

324 BALLERINA 2.0

From a **Front Layout Position** a Somersault Front Pike is executed to a **Submerged Ballet Leg Double Position**. One knee is bent to assume a **Submerged Flamingo Position**. Maintaining this position, the body rises to a **Surface Flamingo Position**. The ballet leg is lowered in a 90 ° arc to the surface as the other leg moves to assume a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



301 BARRACUDA 2.0

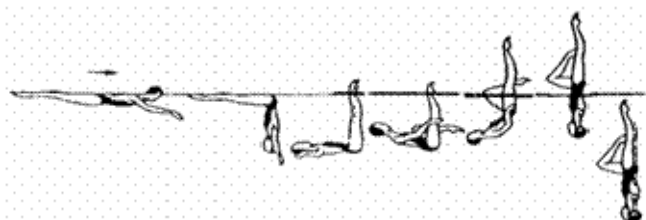
From a **Back Layout Position**, the legs are raised to vertical as the body is submerged to a **Back Pike Position** with the toes just under the surface. A *Thrust* is executed to **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



PLEASE NOTE THAT FROM 1 JANUARY, BARRACUDAS START WITH TOES JUST UNDER THE SURFACE, NOT HELD AT ANKLES!

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 lowered to a bent knee position with the shin parallel to the surface and the mid-calf opposite the vertical leg, as the trunk moves toward the leg. 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 rest of the figure prior to the *Thrust*.



342d to 342f plus 342j - See Appendix I

A Heron is executed to a **Bent Knee Vertical Position**. The designated *Spin* is performed to complete the figure.

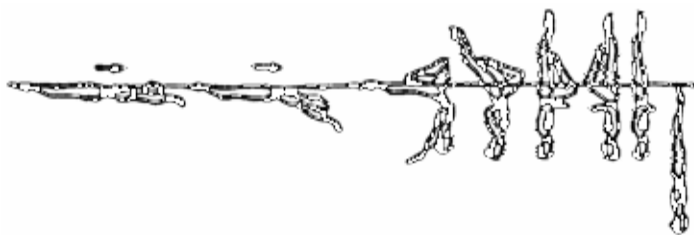
347 BELUGA 2.3

From a **Front Layout Position**, a *Front Pike Position* is assumed. One leg is lifted to a **Fishtail Position**. Maintaining the vertical alignment of the body, the foot of the horizontal leg is moved with accelerating speed in a horizontal arc of 180° at the surface to a **Knight Position**. The vertical leg is lowered to a **Surface Arch Position**. An *Arch to Back Layout* is executed.



435 NOVA 2.3

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 back is arched more as one knee is bent to assume a **Bent Knee Surface Arch Position**. The legs are lifted to a **Bent Knee Vertical Position**. A *Full Twist* is executed as the bent leg is extended to meet the vertical leg. A *Vertical Descent* is executed.



435c to 435g - See Appendix I

A Nova is executed to completion of the *Full Twist*. The designated *Twist* or *Spin* is executed to complete the figure.

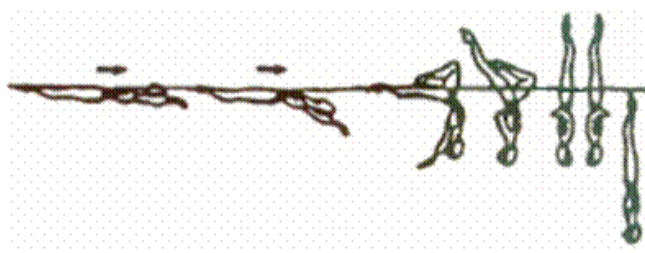
403 SWORDTAIL 2.5

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* is executed.



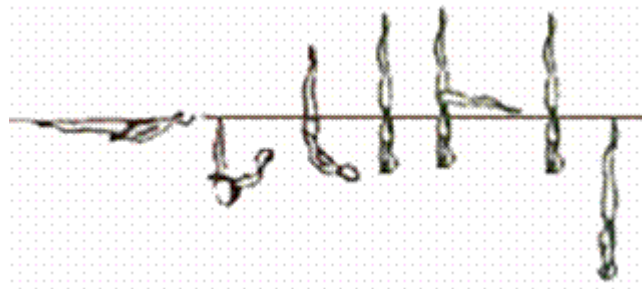
436 CYCLONE 2.7

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 back is arched more as one knee is bent to assume a **Bent Knee Surface Arch Position**. The legs are simultaneously lifted to a **Vertical Position** as a *Twirl* is executed. A $\frac{1}{2}$ *Twist* in the opposite direction is executed. A *Vertical Descent* is executed.



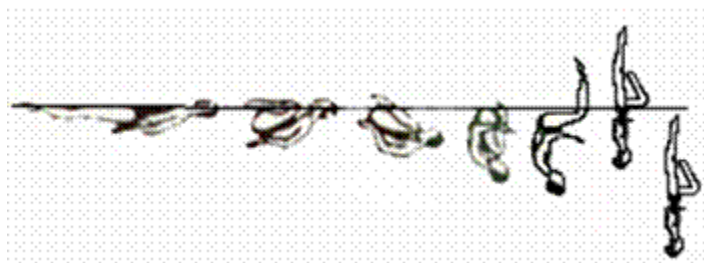
307 FLYING FISH 2.1

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 below the surface. A *Thrust* is executed and with no loss of height one leg is rapidly lowered to a **Fishtail Position** and without a pause the horizontal leg is rapidly lifted to a **Vertical Position**. A *Vertical Descent* is executed at the same tempo as the *Thrust*.



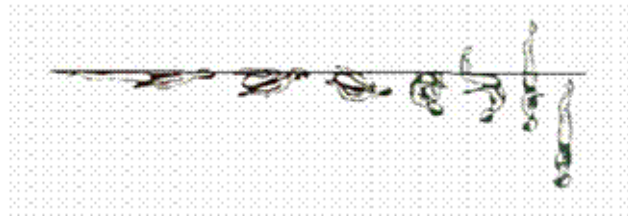
315 KIPNUS 1.6

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.



316 KIPSWIRL 2.3

From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water. As the trunk unrolls and the legs are straightened a 360° rotation is executed to assume a **Vertical Position**. A *Vertical Descent* is executed.



361 PRAWN 1.8

From a **Front Layout Position**, a Walkover Front is executed to the **Split Position**. The legs join to assume a **Vertical Position** at ankle level. A *Twirl* is executed. A *Vertical Descent* is executed.

