

Swiss Synchro Test 3

| Swiss Synchro Test 3 | | | |
|----------------------|--|--|---|
| | 250m Swimming | Description | Judgement |
| 1 | 15m underwater 10m dolphin kick 25m butterfly 50m backstroke 50m breaststroke 50m crawl 25m side flutter kick right (left arm 90° up) 25m side flutter kick left (right arm 90° up) | 250m swim without stop, the whole distance should be swum efficiently and rhythmically underwater: body and head totally submerged, style used is optional penalty 5 sec: for incorrect underwater (break) and incorrect style | measuring time score according to marking scale for swimming |
| | Flexibility | Description | Judgement |
| 2 | passive flexibility, split right, left and side on land | Measure each split in cm like described in the "description of measuring flexibility", for oversplits use boards (3cm). Result = Mean of the marks for each split, calculated with provided Excel file | use marking scale for splits |
| | Basics | Description | Judgement |
| 3 | <i>Half Twist</i> in a Vertical Bent Knee Position | Start in a Vertical Bent Knee Position , the body remains on its longitudinal axis throughout the rotation. End in a Vertical Bent Knee Position . | according to FINA: control and execution |
| 4 | Vertical Bent Knee Position to Vertical Position, 180° Spin | Start in a Vertical Bent Knee Position . Maintaining the same height the bent knee is extended to Vertical Position . A <i>180° Spin (FINA BM13 d)</i> is executed. The Spin must be completed as the heels reach the surface. A <i>Vertical Descent</i> is executed. | according to FINA: control and execution |
| | Compulsory Figures 12 and under | Description | Judgement |
| 5 | <i>FINA 106-</i> Straight Ballet Leg | From a Back Layout Position , one leg is raised straight to a Ballet Leg Position . From the Ballet Leg Position the vertical leg is bent, without movement of the thigh, to a Bent Knee Back Layout Position . The toe moves along the inside of the extended leg until a Back Layout Position is assumed. | according to FINA: control and execution |

Swiss Synchro Test 3

| | | | |
|---|--|--|---|
| 6 | <i>FINA</i> 301- Barracuda | From a Back Layout Position , the legs are raised to the vertical as the body is submerged to a Back Pike Position with the toes just under the surface. A <i>Thrust</i> is executed to a Vertical Position . A <i>Vertical Descent</i> is executed at the same tempo as the <i>Thrust</i> . | according to FINA: control and execution |
| Parts of Optional Figures 12 and under | | | |
| | Parts of Optional Figures 12 and under | Description | Judgement |
| 7 | <i>FINA</i> 420- Walkover Back (From the Split Position to the Back Layout Position) | From a Split Position , the back leg is lifted in a 180° arc over the surface to meet the opposite leg in a Front Pike Position and with continuous movement, the body straightens to a Front Layout Position . The head surfaces at the position occupied by the hips at the beginning of this action. | according to FINA: control and execution |
| 8 | <i>FINA</i> 327- Ballerina (From the Submerged Ballet Leg Double Position to the end of the figure) | From the 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. | according to FINA: control and execution |
| 9 | <i>FINA</i> 311- Kip (From Tub Position to Vertical Position) | Start in a Tub Position , a partial <i>Somersault Back Tuck</i> is executed until the shins are perpendicular to the surface. The trunk unrolls 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. | according to FINA: control and execution |
| 10 | <i>FINA</i> 401 Swordfish (From the Bent Knee Front Layout Position to Bent Knee Surface Arch Position) | From the Bent Knee Front Layout Position , the back arches more as the extended leg is lifted in a 180° arc over the surface to assume a Bent Knee Surface Arch Position . | according to FINA: control and execution |
| 11 | <i>FINA</i> 226 - Swan (From the beginning of the figure to the Fishtail Position) | A Nova is executed to the Bent Knee Surface Arch Position . The bent leg straightens to assume a Knight Position . The body rotates 180° to assume a Fishtail Position . | according to FINA: control and execution |

Swiss Synchro Test 3

| | | | |
|-----------|--|---|---|
| 12 | <i>FINA 363</i> - Water Drop (From the Vertical Bent Knee Position to the end of the figure) | From a Vertical Bent Knee Position , a 180° Spin is executed as the bent knee is extended to a Vertical Position before the heels reach the surface of the water. | according to FINA: control and execution |
| | Routine Set with music | Description | Judgement |
| 13 | See provided video and routine description text document | technical elements: 1. Fishtail Position-Vertical Bent Kee Position-Split Position-Vertical Position-Vertical Descent 2. Body boost with arms 3. Ballet leg combination 4. Barracuda thrust 5. Walkout Front 6. Eggbeater combination | according to FINA Technical Merit |