

Swiss Synchro Test 4

300m Swimming		
1	Description	Judgement
25m underwater 25m butterfly 25m backstroke 25m breaststroke 25m crawl 25m side flutter kick, 1st series right/ 2nd series left (arm 90° up) Repeat the whole series a second time	300m swim without stop, the whole distance should be swum efficiently and rhythmically underwater: body and head totally submerged, style used optional penalty 5 sec: for incorrect underwater (break, start) and incorrect style	measuring time score according to marking scale for swimming
Flexibility		
2	Description	Judgement
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		
3	Description	Judgement
<i>Half Twist</i> in a Vertical Bent Knee Position , <i>Twirl</i> to Vertical Position	Start in a Vertical Bent Knee Position , the body remains on its longitudinal axis throughout the rotation. When the <i>Half Twist</i> is completed, a <i>Twirl</i> is executed as the bent knee is extended to meet the vertical leg in a Vertical Position .	according to FINA: control and execution
4	Description	Judgement
FINA BM 13f) Continuous Spin 720°	Starting in Vertical Position a descending Spin with a rapid rotation of 720° (2) which is completed as the heels reach the surface and continues through submergence.	according to FINA: control and execution
Compulsory Figures 13-14-15		
5	Description	Judgement
FINA 423 - Ariana	A <i>Walkover Back</i> is executed to a Split Position . Maintaining the relative position of the legs to the surface, the hips rotate 180°. A <i>Walkout Front</i> is executed.	according to FINA: control and execution

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6	<i>FINA</i> 143 Rio	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 with a Barracuda Spin 360°.	according to FINA: control and execution
Parts of Optional Figures 13-14-15			
	Parts of Optional Figures 13-14-15	Description	Judgement
7	<i>FINA</i> 351 Jupiter (from Fishtail Position to Fishtail Position)	From the Fishtail Position , maintaining the angle between the legs, the horizontal leg moves to vertical as the vertical leg simultaneously continues its arc to the surface to assume 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 .	according to FINA: control and execution
8	<i>FINA</i> 437 Oceanea (from the beginning of the figure to the Vertical Position)	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 .	according to FINA: control and execution
9	<i>FINA</i> 240a Albatross Half Twist (From the beginning of the figure to the first Bent Knee Vertical Position)	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.	according to FINA: control and execution
10	<i>FINA</i> 403 Swordtail (From the beginning of the figure to the Knight Position)	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 .	according to FINA: control and execution
11	<i>FINA</i> 355f Porpoise Continuous Spin (From the beginning to the first Vertical Position)	From a Front Layout Position , a Front Pike Position is assumed. The legs are lifted to Vertical Position .	according to FINA: control and execution

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12	<i>FINA 315 Seagull</i> (From the Tuck Position to the end of the figure)	Starting in a Tuck Position , 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 symetrically to Split Position . The legs are joined rapidly to resume Vertical Position . A Vertical Descend is executed.	according to FINA: control and execution
Routine Set with music			Judgement
13	See provided video and routine description text document	technical elements: 1. Double arm Body Boost 2. Nova is executed to Vertical Bent Knee Position . A <i>Half Twist</i> executed as the bent leg is extended to assume a Vertical Position . A <i>Continuous Spin of 360°</i> is executed. 3. A <i>Front Pike Position is assumed</i> . One leg is lifted to Fishtail Position , then the second leg is lifted to assume a Vertical Position . A <i>Half Twist</i> is executed followed by a further rotation of 180° with the legs opening to a Split Position . A <i>Walkout Front</i> is executed. 4. A <i>Rocket Split</i> is executed 5. Ballet Leg sequence	according to FINA Technical Merit