

Technical Elements

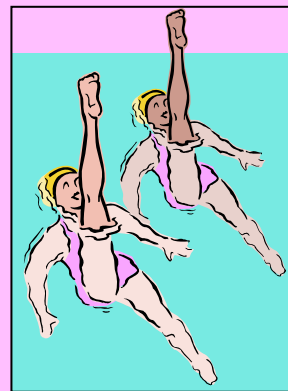
1 Bent Knee Vertical 1/2 twist ending is optional * 2. Boost 1 arm 3 Travelling Eggbeater 1 arm forward & sideways 4 Ballet Leg Combo 3+ rt/lr ballet/flam. 5 Thrust to bent knee vertical descend 6 Ariana whole figure	Tier 4 Duet	Solo Technical Merit		Tier 5 Duet	1 Vertical 1/2 twist ending is optional 3 * 2. Boost 1/4 turn 1 arm Tr. Eggbeater forward 2 arms 4 Ballet Leg Combo lt/rt b legs, flam., doubles 5 Thrust rapid vert. descent 6 Ariana whole figure
		Execution	50%		
		Synchronization	10%		
		Difficulty	40%		
		Solo Artistic Impression			
		Choreography	50%		
Music Interpretation	20%				
Manner of Presentation	30%				
*1. Boost 1/4turn, no arms 2 Tr. Eggbeater 1 arm forward or sideways Ballet Leg Combo 3+ positions lt/rt ballet legs flamingoes 3 Front Walkover whole figure 4 Bent Knee Vertical 180 spin 5 Thrust to bent knee vert. rapid descent 6	Tier 4 Team	Duet & Team Tech. Merit		Tier 5 Team	*1. Boost 1 arm 2 Tr. Eggbeater 1 arm forward & sideways Ballet Leg Combo 3+ positions - lt/rt ballet, flamingoes doubles 3 Front Walkover whole figure 4 Bent Knee Vertical 1/2 twist join to vertical descend 5 Thrust rapid vertical descent 6
		Execution	40%		
		Synchronization	30%		
		Difficulty	30%		
		Duet & Team Art. Impression			
		Choreography	50%		
Music Interpretation	30%				
Manner of Presentation	20%				

Tier 4 Solo

- 1. Crane - vert., descend
- 2. Boost 1 arm
- 3. Tr. Egg. fwd&side 1arm
- 4. BK spin 180
- 5. Ariana whole figure
- 6. Thrust-BK, rapid desc.

Tier 5 Solo

- 1. Split-vert., descend
- 2. Boost 1/4 turn 1arm
- 3. Tr. Egg. fwd 2arms
- 4. BL Combo 3+positions *see T5 team
- 5. Vert. sp 360
- 6. Ariana whole figure
- 7. Thrust, rapid vert. descent



TIERS 1, 2 & 3 Technical Elements

1 Eggbeater sideways minimum 1 metre arms optional	Tier 1 - Solo, Duet, Team	Technical Merit	
		Execution S50% D40% T40%	Synchronization S10% D30% T30%
		Difficulty S40% D30% T30%	
		Artistic Impression	
		Choreography S50% D50% T50%	Music Interpretation S20% D30% T30%
2 Alternate Sailboat		Manner of Presentation S30% D20% T20%	
3 Stroking Sequence breaststroke head up front & side flutter			
4 Back Tuck Somersault			
Must be performed in order and not combined <i>high and controlled uniform motion each section clearly defined</i>			
DUETS & TEAMS		Technical Merit	
1 Tr. Eggbeater 1 m.+ forward or sideways arms optional	Tier 2 - Solo, Duet, Team	Execution S50% D40% T40%	Synchronization S10% D30% T30%
2 Ballet Leg Combo. 2 of left/right sailboats/ ballet legs		Difficulty S40% D30% T30%	
3 Kick Pull Kick 2strokes- F.P.pulldown		Artistic Impression	
4 Split Position join to vertical at ankle height vertical descent		Choreography S50% D50% T50%	Music Interpretation S20% D30% T30%
5 Kipnus whole figure		Manner of Presentation S30% D20% T20%	
SOLOS 1. Tr. Eggbeater forward or sideways 2. Ballet leg combo 3. Kick Pull Kick 4. Kipnus			
DUETS & TEAMS		Technical Merit	
1 Tr. Eggbeater duet fwd or side-arms opt team fwd&side. 1 arm	Tier 3 - Solo, Duet, Team	Execution S50% D40% T40%	Synchronization S10% D30% T30%
2 Ballet Leg Combo. 3+ of lt/rt sailboats, ballet legs, flamingoes		Difficulty S40% D30% T30%	
3 Kick Pull Kick 2 strokes		Artistic Impression	
4 Ariana Rotation		Choreography S50% D50% T50%	Music Interpretation S20% D30% T30%
5 Kip		Manner of Presentation S30% D20% T20%	
SOLOS 1. Crane - B.K. vert. desc. 2. Tr. Eggbeater fwd & sideways, arms opt. 3. BL Combo 3+ of lt/rt----- 4. Kick Pull Kick 5. Ariana whole figure		sailboat/b.legs/flamgoes	

Technical Merit	
<u>Execution</u> effortlessness & fluidity maximum height solid & stable accuracy extension flexibility clarity & cleanness strength and power endurance efficiency in all figures, transitions, propulsion & patterns	
<u>Synchronization</u> with music with each other crisp & precise sharp & clear at the surface below the surface precision throughout timing of arm and leg actions & techniques position timing transition into position timing	
<u>Difficulty</u> wide range of difficult elements complex combinations strokes and eggbeater intricate patterns & changing at and below surface high risk moves placement of figures intricate synchronization, not always counting distance covered close spacing frequent changes strong complex propulsion extreme flexibility intensity double arm and leg moves	
Artistic Impression	
<u>Choreography</u> balance of creative & technical elements captivating creative unique cohesive whole with logical structure continuous flowing movement well placed elements balanced mix of wide variety of elements many patterns with fluid, frequent & logical changes covers all areas of pool memorable	
<u>Music Use & Interpretation</u> blending of movements & music expressing oneness interpret the obvious & subtle qualities of music achieve an emotional impact using musical elements strong emotional impact exceptional use of moods, subtle & powerful music superior interpretation of special parts complete expression	
<u>Manner of Presentation</u> total command, compelling attention projects personality & involves viewers charismatic, completely poised & confident fresh & spontaneous performance total body use, complete body language uniquely captivating & special to swimmers physical and emotional energy	