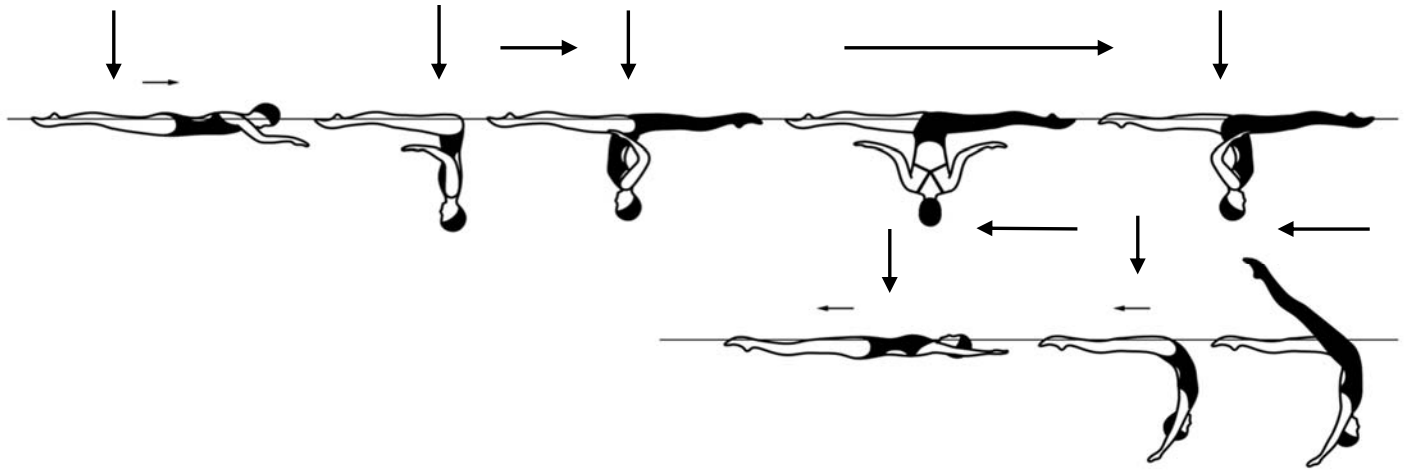








Ariana Front



359 Ariana Front

DD 2.2

						
NVT	6.0	20.0	17.0	23.0	7.0	73
PVT	0.82	2.74	2.33	3.15	0.96	10

1. **FRONT LAYOUT POSITION.** The body is extended horizontally, on the stomach, with head, upper back, buttocks and heels at the surface. The face may be in or out of the water.
2. **FRONT LAYOUT POSITION TO FRONT PIKE POSITION.** From a *Front Layout Position*, as the head and trunk descend to a *Front Pike Position*, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Watch for the hips to replace the head (no more movement and no less). Watch for the feet to remain on the surface during this transition.
3. **Front Pike Position:** The hips are bent to form a 90* angle between the legs and the trunk. The head is extended in line with the trunk. The legs are together and fully extended. Heels and back of the thighs are on the surface.
4. **Front Pike to Splits:** From a *Front Pike Position*, with the head and shoulders remaining vertically aligned with the hips, one leg is lifted in a 180* arc over the surface to a *Split Position*. Watch for both legs to remain locked as the swimmer assumes the *Split Position*.
5. **Split Position:** The legs are evenly split forward and back, with the feet and thighs at the surface. The lower back is arched, with hips, shoulders, and head on a vertical line. The hips should be as close to the surface as possible. Watch for the hips to remain square with the body (not rotated or twisted to the side).
6. **Ariana rotation.** Maintaining the relative position of the legs to the surface of the water, an *Ariana Rotation* is performed. The trunk turns 180* around its longitudinal axis, while the legs rotate horizontally at the surface of the water, with full extension of the legs maintained throughout.
7. **Splits to Surface Arch:** From a *Split Position*, the hips remain stationary as the front leg is lifted in a 180* arc over the surface to meet the opposite leg in a *Surface Arch Position*. Watch for both legs to

*remain locked as the swimmer assumes the **Surface Arch Position**. There should be no traveling during this transition.*

8. **Surface Arch Position:** The lower back is arched so the hips, shoulders, and head are on a vertical line. The legs are together at the surface. The hips should be as close to the surface as possible.
9. **Surface Arch to Back Layout:** *From a **Surface Arch Position**, with continuous foot first movement, the hips, chest, and face surface sequentially at the same point, assuming a **Back Layout Position** as the head occupies the position of the hips at the beginning of this action. Watch for the head to replace the hips (no more movement and no less). Watch for the feet to remain on the surface during this transition.*
10. **Back Layout Position:** The body is extended on the back, with the face, chest, thighs, and feet at the surface. The ears, hips, and ankles are in line.