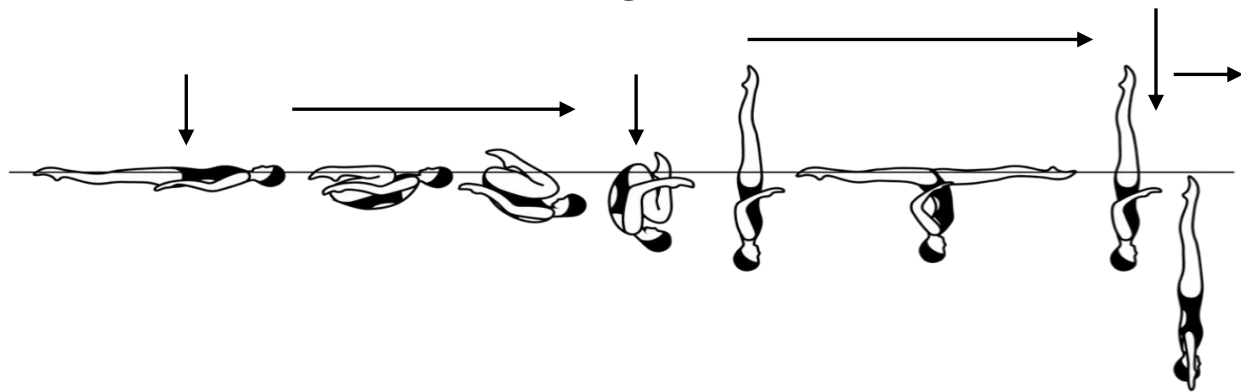


Seagull



315 Seagull

DD2.2

| | | | | | | | |
|-----|------|------|------|------|------|------|-------|
| | | | | | | | TOTAL |
| NVT | 3.0 | 2.0 | 20.0 | 19.0 | 16.0 | 14.0 | 74 |
| PV | 0.41 | 0.27 | 2.70 | 2.57 | 2.16 | 1.89 | 10 |

| Water Levels | Excellent/Near Perfect | Very Good | Good | Competent | Satisfactory | Deficient | Weak |
|---------------------|----------------------------|-----------------|------------------|----------------|---------------------------------|----------------|--------------------------------|
| Score | 9.5 | 8.5 | 7.5 | 6.5 | 5.5 | 4.5 | 3.5 |
| Fishtail | Back of horizontal leg dry | Crotch level | Upper thigh | Mid-thigh | Low thigh (well above knee cap) | Knee cap | Below knee cap |
| Double Leg Vertical | Upper thigh | Upper mid-thigh | Low to mid-thigh | Above knee cap | Knee cap | Below knee cap | Well below knee cap (mid-shin) |

1. **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.
2. **Back Layout to Tuck Position:** From a **Back Layout Position**, the knees and toes are drawn along the surface to the chest. With continuous motion, a **Tuck Position** is assumed as the body somersaults backward around a lateral axis until the shins are perpendicular to the surface. Watch for "continuous" movement and the vertical position of the shins at the end of the transition.
3. **Tuck Position:** The body is as compact as possible, with the back rounded, heels close to the buttocks, face close to the knees, and the legs together (or as close a physically possible).
4. **Tuck Position to Vertical Position to Split Position to Vertical Position:** The trunk rapidly 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. The legs are lowered rapidly and symmetrically to **Split Position**. The legs are rapidly joined to resume **Vertical Position**.
5. **Vertical Descent:** Maintaining a **Vertical Position**, the body descends along its longitudinal axis at the same tempo used at the beginning of the figure, until the toes are submerged. The **Vertical Position** should be held until the swimmer's feet have completely cleared the surface.