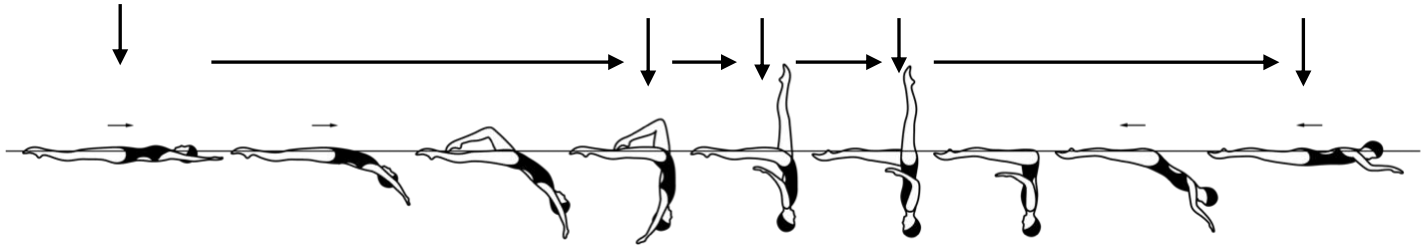


Swan



226 Swan

DD 2.1

						TOTAL
NVT	17.5	14.0	14.0	14.5	6.0	66
PV	2.65	2.12	2.12	2.20	0.91	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 Position to Bent Knee Surface Arch Position:** with the head leading, the head, hips and feet move along the surface of the water. With continuous movement the head leaves the surface of the water as the back is arched more to assume a **Bent Knee Surface Arch Position** with the hips occupying the position of the head at the beginning of this action.
3. **Bent Knee Surface Arch Position:** The lower back is arched so the hips, shoulders, and head are on a vertical line. One leg is at the surface while the other is bent with the thigh perpendicular to the surface and the toe rest on the surface leg. The hips should be as close to the surface as possible.
4. **Bent Knee Surface Arch Position to Knight Position:** The bent leg of the surface arch is extended vertical while the thigh maintains its position perpendicular to the water to assume a **Knight Position**.
5. **Knight Position:** Maintaining a vertical position one leg is extended above the trunk of the body, perpendicular to the water line as and one leg is extended behind the body horizontally on the surface.
6. **Knight Position to Fishtail Position:** The body rotates 180°, the knight leg stays vertical, and the opposite leg remains at the surface as the body rotates around to assume a **Fishtail Position**.
7. **Fishtail Position:** The body is extended perpendicular to the surface, with the head downward, ears, hips and one ankle in line. The other leg is extended forward with the foot at the surface, regardless of the height of the hips.

8. ***Fishtail Position to Front Pike Position:*** *The vertical leg is lowered to the surface of the water to meet the opposite leg in a **Front Pike Position**. Front Pike Position should be evident before the body begins to straighten and rise however there is no pause in this position.*
9. ***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.*
10. ***Front Pike Position to Front Layout Position:*** *With continuous movement, the body is straightened to a **Front Layout Position**. The body straightens, rises and moves along the surface of the water with a stationary **Front Layout Position** achieved as the head surfaces. The head surfaces at the point occupied by the hips at the beginning of this action.*
11. ***Front Layout Position:*** *The body is extended horizontally, on the stomach, with head, upper back, buttocks and heels at the surface.*