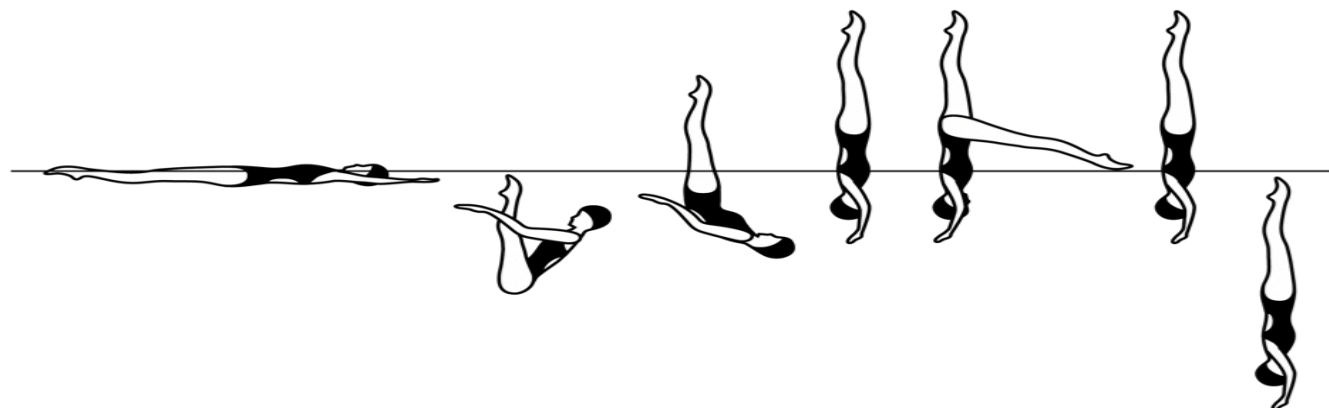


Flying Fish



307 Flying Fish

DD 2.4

							Total
NVT	7.0	31.0	18.5	14.0	13.0	83.5	
PV	0.84	3.71	2.22	1.68	1.56	10	

Height Chart for Dynamic Height – Thrust, Double Leg

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
Barracuda	Lower ribs or higher	Waist	Top of pelvis	Showing crotch	Upper thigh	Mid-thigh	Above knee cap

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 Back Pike Position:** From a **Back Layout Position**, the legs are raised to the vertical as the body is submerged to a **Back Pike Position**, with the toes just under the surface.
3. **Back Pike Position:** The toes are just under the surface and the legs are perpendicular to the surface. The body is bent at the hips to be as compact as possible (angle of 45° or less), head in line with trunk. Legs are extended and together.
4. **Back Pike Position to Vertical Thrust Position:** A *thrust* is executed to a **Vertical Position** and with no loss of height one leg is rapidly lowered to a **Fishtail Position**, and without a pause the horizontal leg is rapidly lifted to a **Vertical Position** and a rapid vertical descent is executed.
5. **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.
6. **Vertical Descent:** Maintaining the **Vertical Position**, the body descends along its longitudinal axis at the same tempo as the initial thrust, until the toes are submerged.