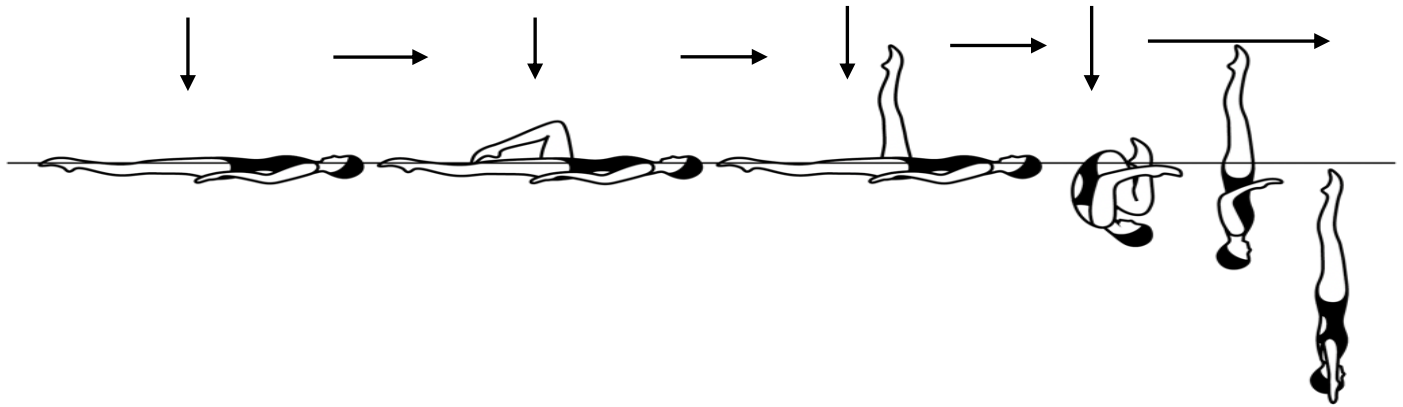


## London



154 London

DD 1.9

NVT	10.5	11.0	6.0	20.0	13.0	60.5
PV	1.74	1.82	0.99	3.31	2.15	10

**Height Chart for Single Ballet 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
Ballet Leg	At Top of Thigh	Upper thigh	Mid-thigh	Low thigh (Well above knee cap)	Above knee cap	Knee cap	Below Knee Cap

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)

- 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.
- Back Layout to Bent Knee Back Layout Position:** From the **Back Layout Position**, with one leg remaining extended at the surface, the toe of the other leg is drawn along the inside of the extended leg until the thigh is vertical to assume the **Back Layout Bent Knee Position**.
- Bent Knee Back Layout Position:** The body is extended on the back, with the face, chest, and one thigh & foot at the surface. The ears, hips, and ankle are in line. The thigh of the bent leg is perpendicular to the surface (vertical). The toe of the bent leg remains in contact with the inside of the extended leg.

4. **Back layout Bent Knee to Ballet Leg Position.** *From the Back Layout Bent Knee Position, the bent knee is straightened, without movement of the thigh, to assume the Ballet Leg Position.*
5. **Ballet Leg Position:** The body is extended with the face, chest and one thigh and foot at the surface. The ears, hips, and ankle are in line. One leg is extended vertically with the thigh perpendicular to the surface.
6. **Ballet Position to Tuck Position:** *A partial Somersault Back Tuck is executed until the shins are perpendicular to the surface of the water.*
7. **Tuck Position:** The body is as compact as possible, with the back rounded, heels close to the buttocks, face close to the knees, with the legs together.
8. **Tuck Position to Vertical Position:** *The trunk unrolls rapidly as the legs are rapidly 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.*
9. **Vertical Position:** The body is extended, perpendicular to the surface, legs together, head downward. The ears, hips and ankles are in line.
10. **Vertical Position to Vertical Descent:** *Starting at the height of the vertical, the body rapidly descends. The Vertical Position should be maintained until the feet have completely cleared the surface.*