

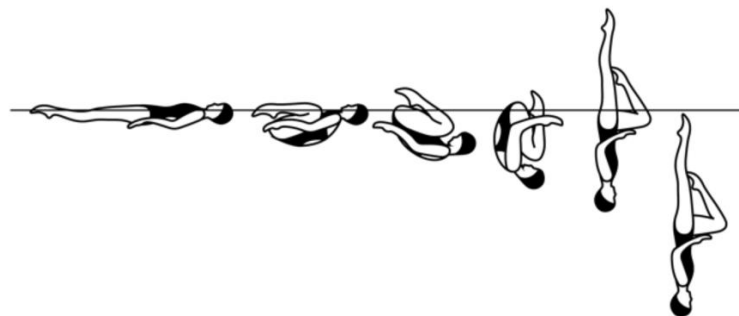
AUSTRIAN OPEN 2019:

Figures 10 and under:

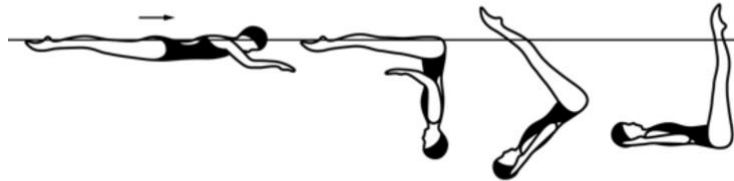
1. BALLERINA VARIANT: From a **Back Layout Position** a **Tub Position** is executed. One leg is lifted into a **Surface Flamingo Position**. The ballet leg is lowered in a 90° arc to the surface as the other leg moves to assume a **Bent Knee Position**. The toe moves along the inside of the extended leg until a **Back Layout Position** is assumed.



2. 316 KIPNUS: From a **Back Layout Position**, a partial Somersault Back Tuck is executed until the shins are perpendicular to the surface. The trunk unrolls as the legs assume a **Bent Knee Vertical Position** midway between the former vertical line through the hips and the former vertical line through the head and the shins. A *Vertical Descent* is executed in a **Bent Knee Vertical Position**.



3. PARTIAL SOMERSAULT FRONT PIKE: From a **Front Layout Position** a **Front Pike Position** is executed. Maintaining this position, the body somersaults forward around a lateral axis so that the hips replace the head at the one quarter point to assume a **Submerged Ballet Leg Double Position**.



4. SEAGULL VARIANT: From a **Back Layout Position**, a **Tub Position** is executed. It is followed by a rapid partial Somersault Back Tuck until the shins are perpendicular to the surface of the water. Without hesitating the legs are opened rapidly into a **Split Position**. A *Walkout Front* is executed.

