



Element Counts

Metronome: 140 bpm*

* For Training Meets #1 and #2, no metronome will be used and coaches are encouraged to focus on technical accuracy as per the FINA descriptions

1B. Flying Fish Element Hybrid Spinning 180-degrees – DD2.5

Count 1-8/1-4	Eggbeater facing the judges
Count 5	Lean forward (body boost set)
Count 1	Plain body boost (no arms)
Count 3	Head under
Count 4-8/1-4	Set for the Flying Fish Element (FINA description): ¼ turn, left shoulder back under water; left side towards panel
Count 5	Feet break
Count 7	Thrust and hit maximum height Vertical Position
Count 8	Sustain Height
Count 1	Rt. Leg drop to assume the Flying Fishtail Position (right leg at 12 o'clock, left leg at 5 o'clock)
Count 2	Sustain Height
Count 3	Join to Vertical Position
Count 4	Sustain Height
Count 5	¼ spin down to vertical above knee
Count 7	¼ spin down to vertical at ankles
Count 1	Under
Count 3	Tuck

2A. Two Fouetté Rotations – Vertical – Spinning 360-degrees DD – 2.3

Count 1-8	Hold eggbeater (no moving) facing judging panel wall
Count 1	Kick into Right side flutter
Count 2	Hold
Count 3	Left arm airplane across the surface to front layout position
Count 4	Hold
Count 5-6	Pull down into Pike
Count 7	Front Pike Position: hips in line with the figure marker (center of panel)
Count 8-4	Hold
Count 5	Left Leg Fishtail Position
Count 6-8	Hold
Count 1	Fouetté Twirl (FINA description)
Count 2	Hold
Count 3	Left Leg Fishtail Position
Count 4	Hold
Count 5	Fouetté Twirl (FINA description)
Count 6	Hold
Count 7	Left Leg Fishtail Position
Count 8	Hold
Count 1	Vertical Position
Count 2-4	Hold
Count 5	180-degree spin to below knee
Count 6	Hold
Count 7	180-degree spin to ankle
Count 8	Hold
Count 1	Under
Count 3	Tuck

3. Butterfly Element – DD 2.9

Count 1-8/1-4	Hold eggbeater (no moving) facing judging panel wall
Count 5	Kick into side flutter, left shoulder down, right arm extended along the surface, head straight across
Count 6-8	Hold
Count 1	Right airplane (across the water) to front layout position
Count 5	Front Pike Position
Count 6-8	Hold
Count 1	Right Leg Fishtail Position
Count 2-4	Hold
Count 5	Right Split Position (element description)
Count 6	Hold
Count 7	Right Fishtail Position (element description)
Count 8-4	Hold
Count 5	Twirl as you joint to Vertical Position
Count 6-8	Hold
Count 1	Nova Position (Bt. Knee Arch Position, Right leg up)
Count 2-4	Hold
Count 5	Surface Arch Position
Count 6-8/1-4	Unroll
Count 5	Face breaks in Back Layout Position

4B. Vertical - Full Twist to Bt. Knee – Full Twist to Vertical – Open 180 to split - Walkout – DD 2.6

Count 1-8/1-4	Eggbeater facing the judges
Count 5	Lean forward (body boost set)
Count 1	Plain body boost (no arms)
Count 3	Head under
Count 4-8/1-4	Set in vertical underwater: ¼ turn, left shoulder back under water; left side towards panel
Count 5-8	Rise into Vertical Position
Count 1-7	Vertical to Left Leg Bt. Knee Vertical - 180 rotation
	– Count 3 – Hit the 180-degree
	– Count 7 – Hit the 2 nd 180-degree
Count 8	Hold
Count 1-7	Vertical to Left Leg Bt. Knee Vertical - 180 rotation
	– Count 3 – Hit the 90-degree
	– Count 7 – Hit the 1st 180-degree
Count 8	Hold
Count 1-7	Left Leg Bt. Knee to Vertical - 180 rotation
	– Count 4 – Hit the 90-degree
	– Count 8 – Hit the 2 nd 180-degree
Count 8	Hold
Count 1-7	Left Leg Bt. Knee to Vertical - 180 rotation
	– Count 4 – Hit the 90-degree
	– Count 8 – Hit the 2 nd 180-degree
Count 8	Hold
Count 1-2	Right leg to the corner to begin the 180-degree turn into right leg split
Count 3-4	Right leg to the other corner to continue the 180-degree turn into right leg split
Count 5	Split Position
Count 6-8/1-4	Hold
Count 5-6	Right left lifts to 45-degrees to begin a Front Walkout

Count 7-8	Right leg continues to the next 45-degrees to continue the Front Walkout
Count 1	Surface Arch Position
Count 2-6	Unroll towards surface
Count 7	Break the face in back layout
Count 8	Hold

Rocket Split Bt. Knee Element - DD 2.1

Count 1-8	Eggbeater facing the judges
Count 1	Lean forward (body boost set)
Count 3	Plain body boost (no arms)
Count 5	Head under
Count 6-8/1-4	Set for the thrust
Count 5	Thrust Position set
Count 6-8/1-2	Ready
Count 3	Feet break (Thrust)
Count 5	Vertical Position (Thrust)
Count 6	Hold
Count 7	Right Airborne Split Position
Count 8	Hold
Count 1	180-degree Twirl as you bend the right leg into Right Leg Bt. Knee Vertical
Count 2	Hold
Count 3	Join to Vertical Position at ankles
Count 4	Hold
Count 5	Under
Count 7	Tuck