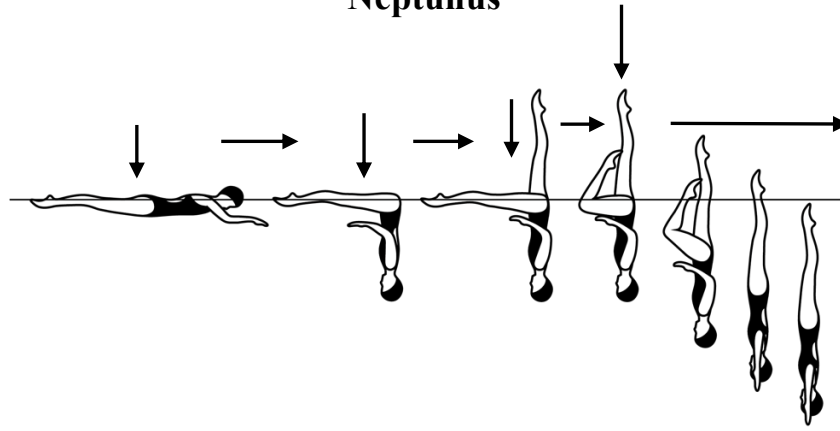


Neptunus



Neptunus

DD 1.7

						Total
NVT	6.0	14.5	12.5	9.0	0	42
PV	1.43	3.45	2.98	2.14	0	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 Above Kneecap	Kneecap	Below Kneecap
Vertical Bent Knee	Showing Hips	Crotch Level	Upper Thigh	Mid-Thigh	Low Thigh Above Kneecap	Kneecap	Below Kneecap

- 1. Front Layout Position:** The body is extended horizontally, on the stomach, with head, upper back, buttocks and heels at the surface. The face may be in or out of the water.
- 2. Front Layout Position to Front Pike Position:** From a Front Layout Position, as the head and trunk descend to a **Front Pike Position**, the buttocks, legs and feet travel along the surface until the hips occupy the position of the head at the beginning of this action. Watch for the hips to replace the head (no more movement and no less). Watch for the feet to remain on the surface during this transition.
- 3. 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.
- 4. Front Pike Position to Fishtail Position:** From a **Front Pike Position**, without movement of the trunk, and with minimal change in water level, one leg is lifted to a **Fishtail Position**. Watch for both legs to remain locked as the swimmer assumes the **Fishtail Position**.
- 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. ***Fishtail Position to Bent Knee Vertical Position:*** *From a Fishtail Position, without movement of the vertical leg or trunk, the horizontal leg is bent to assume a Vertical Bent Knee Position.*
7. **Bent Knee Vertical Position:** The body is extended, perpendicular to the surface, head downward. The ears, hips, and ankles are in line. The toe of the bent leg is in contact with the inside of the knee or thigh of the extended leg.
8. ***Bent Knee Vertical Position to Vertical Descent:*** *Starting in the Bent Knee Vertical Position, the body descends along its longitudinal axis. During the descent, the toe of the bent leg slides along the inside of the vertical leg as the knee is extended to meet the vertical leg (passing through but not pausing at a Vertical Position) as the ankles submerge, continuing the descent until the toes are submerged. (No Pause at Vertical)*