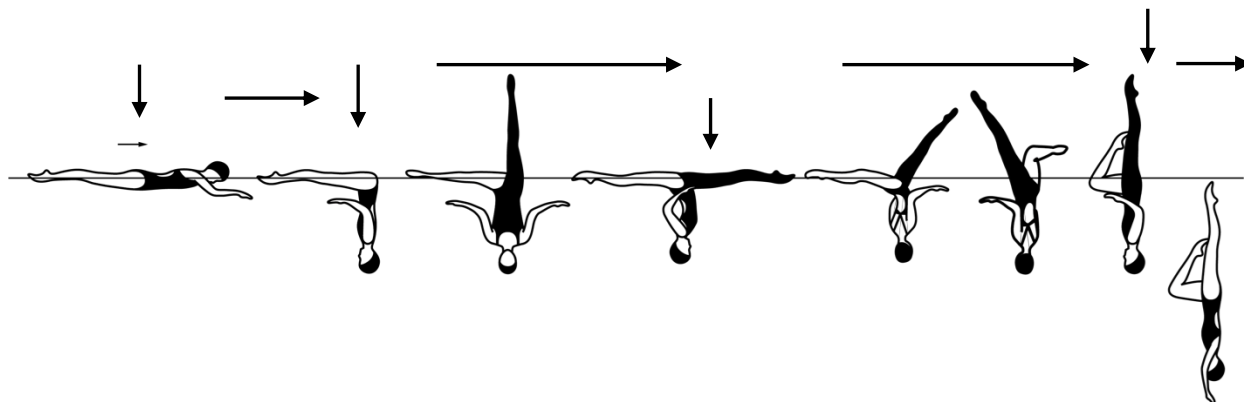


Minerva



Minerva

DD 2.0

					Total
NVT	6.0	23.0	22.0	10.0	61
PV	0.98	3.77	3.61	1.64	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
Bent Knee Vertical	Showing Hips	Crotch Level	Upper-Thigh	Mid-Thigh	Low-Thigh/ Above Kneecap	Kneecap	Below Kneecap
Side Fishtail	Crotch Level	Upper-Thigh	Mid-Thigh	Low Thigh/ Well Above Knee	Kneecap	Below Kneecap	Mid-Shin
Splits	Crotch/ Legs Dry 180*	Legs Dry 170*-180*	Legs Almost Dry. 160*-170*	Lower Legs Dry/ Crotch Underwater 150*-160*	Lower Legs Dry/ Crotch Underwater 130*-140*	Feet Above Surface/ Legs Underwater 110*-120*	Feet Out Vertically Up to 100*

- 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.
- 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.
- 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.
- Front Pike Position to Side Fishtail to Split Position:** One leg is lifted to vertical as the body rotates 90° on its longitudinal axis to assume a **Side Fishtail Position**. With continuous motion another 90° rotation is executed in the same direction as the vertical leg is lowered to assume a **Split Position**.

5. **Side Fishtail Position:** Body extended in **Vertical Position** with one leg extended sideways with the foot at the surface of the water regardless of the height of the hips.
6. **Split Position:** Split Position: The legs are evenly split forward and back, with the feet and thighs at the surface. The lower back is arched, with hips, shoulders, and head on a vertical line. The hips should be as close to the surface as possible. Watch for the hips to remain square with the body (not rotated or twisted to the side).
7. ***Split Position to Vertical Bent Knee Position:*** *During an additional 180° rotation in the same direction, the front leg is lifted to vertical as the back leg bends to an angle of 90° or less with the thigh and shin remaining at the surface of the water to assume a **Bent Knee Vertical Position**.*
8. **Vertical Bent Knee 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.
9. ***Vertical Descent:*** *While maintaining a **Bent Knee Vertical Position**, the body descends along its longitudinal axis until the toes are submerged.*