

AUSTRIAN OPEN 2019:

Figures 8 and under:

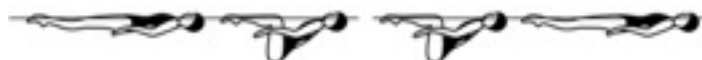
1. BACK LAYOUT POSITION



2. FRONT LAYOUT POSITION: Face may be in or out of the water.



3. TUB 360°: From a **Back Layout Position** the knees are drawn toward the chest, with toes at the surface to assume a **Tub Position**. A 360° rotation is executed. The knees are straightened to resume a **Back Layout Position**.



4. 310 SOMERSAULT BACK TUCK: From a **Back Layout Position**, the knees and toes are drawn along the surface to assume a **Tuck Position**. With continuous motion, the tuck becomes more compact as the body somersaults backward around a lateral axis for one complete revolution. A **Back Layout Position** is resumed.

