

Skill Testing Juniors

1) ÖHM Rif 16.11.2026 Junior TECHNICAL TEAM TRE A elements

	execution marks
Figure 1	
Figure 2	
Figure 5	
Figure 4	
Figure 3	

2) Südstadt Test 23.11.2024

Swim Test 400m freestyle

<5:50	40 points
<5:55	35 points
<6:00	30 points
<6:05	25 points
<6:10	20 points
<6:15	15 points
<6:20	10 points
<6:25	5 points
<6:30	2 points
<6:35	1 point

100 synchro medley
12,5m Ballet Leg Position
12,5m Double Ballet Leg Position
Eggbeat side kick (*)
Boost/TRE 1A
Boost/TRE 5A
25m under water
25m freestyle sprint
Vertical Position 15 sculls
1080° <i>Continous Spin</i>

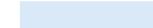
execution marks

time is taken and additional points rewarded
<2:40 7 points
<2:50 6 points
<3:00 5 points
<3:10 4 points
<3:20 3 points
<3:30 2 points
<3:40 1 points

result:



result:



Note: some penalty may be applied

(*) execution on eggbeater no arms, the height chart of double arm eggbeater -2 points is taken