

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		100 synchro medley	execution marks	time is taken and additional points rewarded	
<5:50	40 points	12,5m Ballet Leg Position		<2:40	7 points
<5:55	35 points	12,5m Double Ballet Leg Position		<2:50	6 points
<6:00	30 points	Eggbeat side kick (*)		<3:00	5 points
<6:05	25 points	Boost/TRE 1A		<3:10	4 points
<6:10	20 points	Boost/TRE 5A		<3:20	3 points
<6:15	15 points	25m under water	<3:30	2 points	
<6:20	10 points	25m freestyle sprint	<3:40	1 points	
<6:25	5 points	Vertical Position 15 sculls			
<6:30	2 points	1080° <i>Continuous Spin</i>			
<6:35	1 point				

Note: some penalty may be applied

result:

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