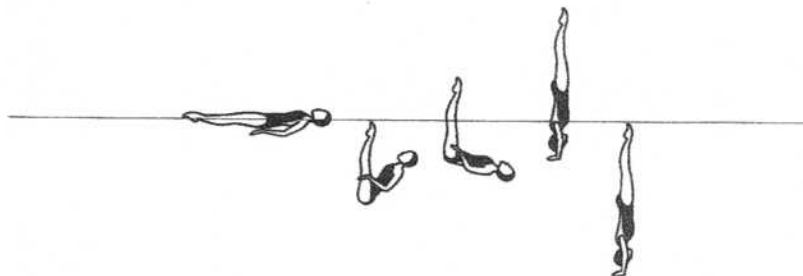


301. Barracuda

Difficulty 2.0

From a Back Layout Position, the legs are raised to the vertical as the body is submerged to a Back Pike Position with the toes just under the surface. From that position with the legs remaining perpendicular to the surface, a vertical upward *Thrust* of the legs and hips is rapidly executed as the body unrolls to assume a Vertical Position. Maximum height is desirable. Maintaining the Vertical Position, the body descends along its longitudinal axis, at the same tempo as the *Thrust*, until the toes are submerged.



FINA Description from the Coaches, Judges and Referees Manual

Figure 301 – Barracuda

Difficulty – 2.0

Rule Book Description

1. From a Back Layout Position, the legs are raised to vertical as the body is submerged to a Back Pike Position with the toes just under the surface.

2. A *Thrust* is executed to Vertical Position.

3. A *Vertical Descent* is executed at the same tempo as the *Thrust*.

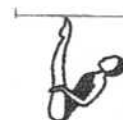
Major Desired Actions

1. See BP 1 Back Layout Position and BP 11, Back Pike Position. In the submerged Back Pike, the hips are directly beneath the position they occupied in Back Layout. The pike is held only long enough to define the position and completion of the transition. In the Back Pike Position before the *Thrust* the feet should be below the surface of the water.



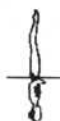

2. See BM 9 *Thrust*. Sharp increase in speed. Maximum height in BP 6 prior to initiation of descent. Vertical Position clearly defined.

3. See BM 10. Speed and accuracy.

Diagrams



FINA WEIGHT for 301 Barracuda – 2.0

									Total
NVT=	13.0	37.0	14.0						64
PV =	2.03	5.78	2.19						