

# **PRELIMINARY AWARD FROM THE POOLSIDE – DEEP END OF POOL**

**Maximum freeboard height = 380mm with  
a minimum depth of 1.8m**

- 1. Perform a shallow dive followed by a glide of at least 5m**
- 2. Perform a shallow dive followed by a Front Crawl leg kick to the surface**
- 3. Perform a shallow dive followed by a dolphin leg kick to the surface**
- 4. Perform a shallow dive followed by a Breaststroke arm and leg kick to the surface**
- 5. Perform a Back Crawl start using the side rail, followed by a Back Crawl kick to the surface**



# FROM A STARTING BLOCK AT THE DEEP END OF THE POOL

Minimum water depth 1.8m. Height of block from water .5m - max .75m

- Perform a shallow dive followed by a glide of 5m
- Perform a grab start followed by a Front Crawl leg kick to the surface
- Perform a grab start followed by a dolphin leg kick to the surface
- Perform a grab followed by a Breaststroke arm pull and leg kick to the surface
- Perform a Wind up start for a stroke decided by the examiner
- Perform a Back Crawl start using the starting block followed by a Back Crawl kick to the surface



# FROM THE POOLSIDE AT THE SHALLOW END OF POOL

Minimum depth .9m - Max depth 1m with  
a Max Freeboard of .38m

- Perform a shallow dive followed by a glide of 5m
- Perform a grab start followed by a Front Crawl leg kick to the surface
- Perform a grab start followed by a dolphin leg kick to the surface
- Perform a grab followed by a Breaststroke arm pull and leg kick to the surface
- Perform a 'Wind up start for a stroke decided by the examiner'
- Perform a Back Crawl start using the starting block followed by a Back Crawl kick to the surface

