

## **Preliminary Competitive Start Award outcomes**

### **Section 1**

From the poolside at the deep end of the pool

Minimum water depth 1.5 metres, maximum freeboard 0.38 metres.

Under normal starting conditions:

1. Perform a shallow dive followed by a glide of at least 5 metres.
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 pull and leg kick to the surface.
5. Perform a backstroke start using the side/rail followed by a backstroke kick to the surface.

### **Section 2**

From a starting block at the deep end of the pool

Minimum water depth 1.5 metres, recommended height of starting block from the water 0.5 metres, maximum height of starting block from the water 0.75 metres.

6. Perform a shallow dive followed by a glide of 5 metres.
7. Perform a grab start followed by a front crawl leg kick to the surface.
8. Perform a grab start followed by a dolphin leg kick to the surface.
9. Perform a grab start followed by a breaststroke arm pull and leg kick to the surface.
10. Perform a wind up start for a stroke decided by the examiner.
11. Perform a backstroke start using the starting block followed by a backstroke kick to the surface.

*Note: The swimmer is not allowed to do the remaining sections of this Award until they have gained the preceding skills.*

### **Section 3**

From the poolside at the shallow end of the pool

Minimum water depth 0.9 metres, maximum water depth 1.0 metre, maximum freeboard 0.38 metres.

Under normal starting conditions:

12. Perform a shallow dive followed by a glide of at least 5 metres decided by the examiner.
13. Perform a grab start followed by a front crawl leg kick to the surface.
14. Perform a grab start followed by a dolphin leg kick to the surface.

15. Perform a grab start followed by a breaststroke arm pull and leg kick to the surface.
16. Perform a wind up start for a stroke as decided by the examiner.
17. Perform a backstroke start using the side/rail followed by a backstroke kick to the surface.

## **Competitive Start Award outcomes**

### **Section 1**

From the poolside at the shallow end of the pool

Minimum depth 0.9 metres, maximum depth 1.0 metre, maximum freeboard 0.38 metres.

Under normal starting conditions:

1. Perform a track start followed by a glide of at least 5 metres.
2. Perform a backstroke start followed by a dolphin leg kick to the surface.

### **Section 2**

From a starting block at the shallow end of the pool

Minimum depth 0.9 metres, maximum depth 1.0 metre, recommended height of the starting block from the water 0.5 metres, maximum height of the starting block from the water 0.75 metres.

3. Perform a shallow dive followed by a glide of at least 5 metres.
4. Perform a wind up start with a glide of at least 5 metres.
5. Perform a grab start with a glide of at least 5 metres.
6. Perform a track start with a glide of at least 5 metres.
7. Perform a backstroke start using a starting block followed by a dolphin leg kick to the surface.
8. Perform a minimum of three additional starts, under normal starting conditions, as decided by the examiner, showing the appropriate transition into the swimming stroke. One of the starts included must be for the breaststroke.