



**30th Synchro Cup 2023      12-14 May 2023**

**Appendix II : Figures**

**Cat. Beginners**

101	Ballet Leg Single	1.6
316	Kipnus	1.4
361	Prawn	1.5
344	Neptunus	1.6

**Cat. 12&under**

**World Aquatics/FINA Appendix I  
12&under Figures 2022-2025**

Compulsory:

106	Straight Ballet Leg	1.6
301	Barracuda	1.8

Group 1:

359	Front Ariana	2.2
348	Tower	1.9

Group 2:

363	Water Drop	1.8
401	Swordfish	2.1

Group 3:

311	Kip	1.6
227d	Swanita Spinning 180°	1.9

**Cat. Youth**

**World Aquatic/FINA Appendix I  
Youth Figures 2022-2025**

Section A:

140g	Flamingo Bent Knee twist Spin	2.9
437	Cyclone Open 180°	2.6
308h	Barracuda Airborne Split Spin Up 180°	2.9
407	Swordfish Straight Leg Ariana Rotation	2.6

Section B:

356f	Whip Continuous Spin 720°	3.0
441	Saturn	2.5
352	Venus	3.0
240i	Albatross Spin Up 360°	2.5

Section C:

144	Rio Straight Leg	3.1
421	Walkover Back Closing 360°	2.4
440d	Ipanema Spinning 180°	3.1
311j	Kip Combined Spin	2.4