

## STAR 1 TEST SHEET



Name & Club	Start Date	Back Layout Position and Stationary (Flat) Scull	Head First Scull (standard Scull) 5 metres (16 ft)	Foot First (Reverse) Scull – 5 metres (16 feet)	Back Flutter Kick – 12 metres (40 feet) with "Creative" arms (optional)	Back Crawl and Variations – 12 metres (40 feet)	Tub	Somersault Back Tuck	Waterwheel	Set Routine (solo)	Sequence Routine (duet, trio, team)	Final Result	Fee Paid/Award Issued
1.													
2.													
3.													
4.													
5.													
6.													
7.													
8.													
9.													
10.													

**Signature of Official** \_\_\_\_\_

**Test Location:** \_\_\_\_\_

**Test Date:** \_\_\_\_\_

**Host Club:** \_\_\_\_\_