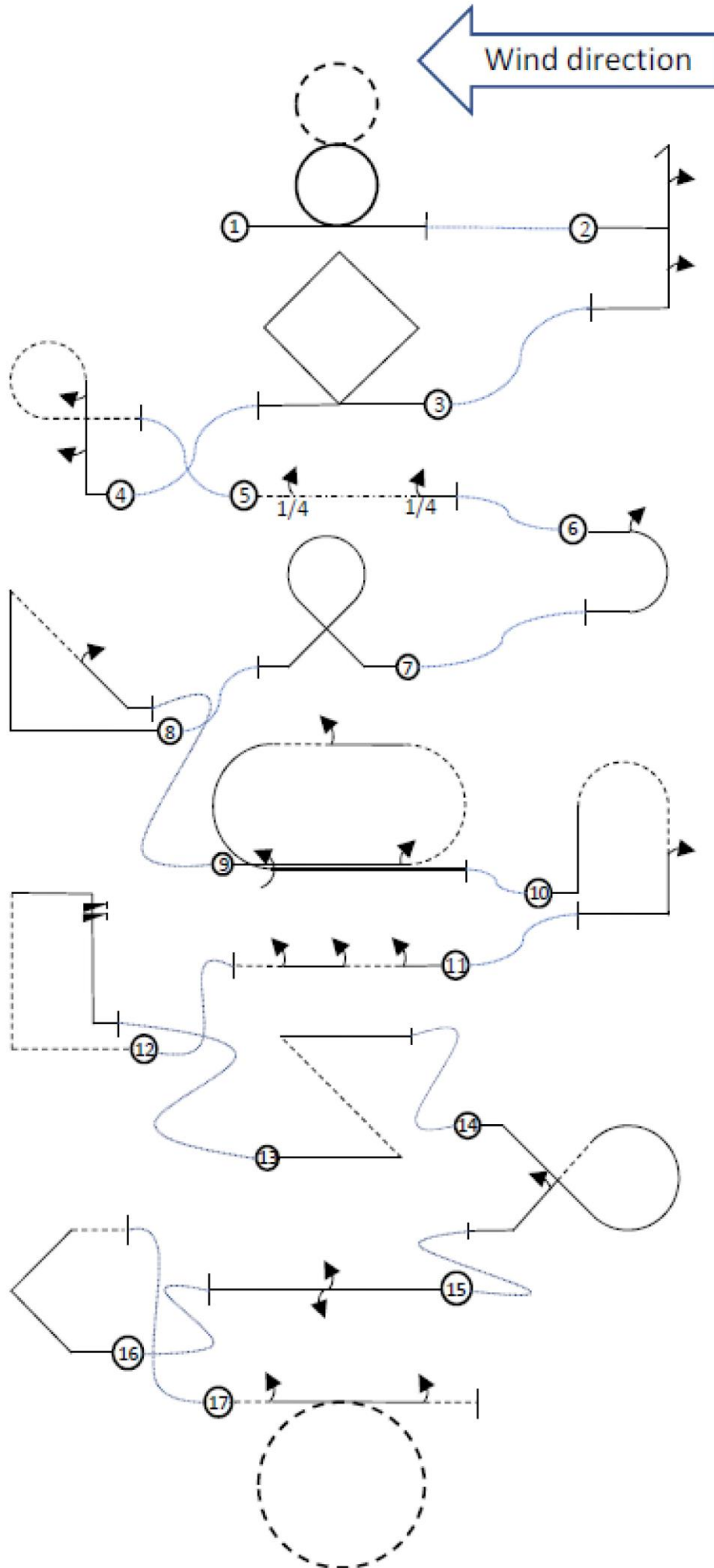


**NORDIC SCHEDULE N-19 (2018-2019)**

| #       | Manoeuvres  | K-factor*   |
|---------|---|-------------|
| N-19.01 | Vertical 8  | 3           |
| N-19.02 | Stall Turn with roll  | 3           |
| N-19.03 | Square Loop on Corner   | 4           |
| N-19.04 | Figure 9  | 3           |
| N-19.05 | Knife-Edge flight with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll                         | 5           |
| N-19.06 | Split S with $\frac{1}{2}$ roll   | 2           |
| N-19.07 | Golf Ball   | 5           |
| N-19.08 | Shark Fin with $\frac{1}{2}$ roll   | 3           |
| N-19.09 | Reverse Split S, $\frac{1}{2}$ roll, Reverse Immelmann with full roll                 | 5           |
| N-19.10 | Pull-Push-Pull Humpty-Bump with $\frac{1}{2}$ roll (Option: with $\frac{1}{4}$ rolls) | 3           |
| N-19.11 | Three consecutive $\frac{1}{2}$ rolls   | 4           |
| N-19.12 | Top Hat with spin   | 4           |
| N-19.13 | Figure Z  | 4           |
| N-19.14 | Comet with $\frac{1}{2}$ roll   | 3           |
| N-19.15 | Roll Combination  | 3           |
| N-19.16 | Half Square Loop on Corner  | 2           |
| N-19.17 | Outside loop  | 4           |
|         |   | Total K= 60 |

\*) K-factor = difficulty factor of the manoeuvre.



## **NORDIC SCHEDULE N-19 (2018-2019)**

### **N-19.01 Vertical 8**

From upright, pull through a  $\frac{1}{2}$  loop, push through a loop, pull through a  $\frac{1}{2}$  loop, exit upright.

### **N-19.02 Stall Turn with roll**

From upright, pull through a  $\frac{1}{4}$  loop into a vertical upline, perform a half roll, perform a stall turn into a vertical downline, perform a half roll, pull through a  $\frac{1}{4}$  loop, exit upright.

### **N-19.03 Square Loop on Corner**

From upright, pull through a  $\frac{1}{8}$  loop into a  $45^\circ$  upline, pull through a  $\frac{1}{4}$  loop into a  $45^\circ$  upline, pull through a  $\frac{1}{4}$  loop into a  $45^\circ$  downline, pull through a  $\frac{1}{4}$  loop into a  $45^\circ$  downline, pull through a  $\frac{1}{8}$  loop, exit upright.

### **N-19.04 Figure 9**

From upright, pull through a  $\frac{1}{4}$  loop into a vertical upline, perform two consecutive  $\frac{1}{2}$  rolls, push through a  $\frac{3}{4}$  loop, exit inverted.

### **N-19.05 Knife-Edge flight with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll**

From inverted, perform a  $\frac{1}{4}$  roll, perform a knife-edge flight, perform a  $\frac{1}{4}$  roll, exit upright.

### **N-19.06 Split S with $\frac{1}{2}$ roll**

From upright, perform a  $\frac{1}{2}$  roll, pull through a  $\frac{1}{2}$  loop, exit upright.

### **N-19.07 Golf Ball**

From upright pull through a  $\frac{1}{8}$  loop into a  $45^\circ$  upline, pull through a  $\frac{3}{4}$  loop into a  $45^\circ$  downline, pull through a  $\frac{1}{8}$  loop, exit upright.

### **N-19.08 Shark Fin with $\frac{1}{2}$ roll**

From upright, pull through a  $\frac{1}{4}$  loop into a vertical upline, pull through a  $\frac{3}{8}$  loop into a  $45^\circ$  downline, perform a  $\frac{1}{2}$  roll, pull through a  $\frac{1}{8}$  loop, exit upright.

### **N-19.09 Reverse Split S, $\frac{1}{2}$ roll, Reverse Immelmann with full roll**

From upright perform a  $\frac{1}{2}$  roll, push through a  $\frac{1}{2}$  loop, perform a half roll in the centre, pull through a  $\frac{1}{2}$  loop, perform a roll, exit upright.

### **N-19.10 Pull-Push-Pull Humpty-Bump with $\frac{1}{2}$ roll (Option: with $\frac{1}{4}$ rolls)**

From upright, pull through a  $\frac{1}{4}$  loop into a vertical upline, push through a  $\frac{1}{2}$  loop into a vertical downline, perform a  $\frac{1}{2}$  roll, pull through a  $\frac{1}{4}$  loop, exit upright.

Option: From upright, pull through a  $\frac{1}{4}$  loop into a vertical upline, perform a  $\frac{1}{4}$  roll, push through a  $\frac{1}{2}$  loop into a vertical downline, perform a  $\frac{1}{4}$  roll, pull through a  $\frac{1}{4}$  loop, exit upright

### **N-19.11 Three consecutive $\frac{1}{2}$ rolls**

From upright, perform three consecutive  $\frac{1}{2}$  rolls, exit inverted.

### **N-19.12 Top Hat with spin**

From inverted, push through a  $\frac{1}{4}$  loop into a vertical upline, push through a  $\frac{1}{4}$  loop into a horizontal line, perform a spin with 2 turns into a vertical downline, pull through a  $\frac{1}{4}$  loop, exit upright.

### **N-19.13 Figure Z**

From upright, pull through a  $\frac{3}{8}$  loop into a  $45^\circ$  upline, push through a  $\frac{3}{8}$  loop, exit upright.

### **N-19.14 Comet with $\frac{1}{2}$ roll**

From upright, push through a  $\frac{1}{8}$  loop into a  $45^\circ$  downline, pull through a  $\frac{3}{4}$  loop into a  $45^\circ$  downline, perform a  $\frac{1}{2}$  roll, pull through a  $\frac{1}{8}$  loop, exit upright.

### **N-19.15 Roll Combination**

From upright perform two consecutive  $\frac{1}{2}$  rolls in opposite direction, exit upright.

### **N-19.16 Half Square Loop on Corner**

From upright, pull through a  $\frac{1}{8}$  loop into a  $45^\circ$  upline, pull through a  $\frac{1}{4}$  loop into a  $45^\circ$  upline, pull through a  $\frac{1}{8}$  loop, exit inverted

### **N-19.17 Outside loop**

From inverted perform a  $\frac{1}{2}$  roll, push through an outside loop, perform a  $\frac{1}{2}$  roll, exit inverted.