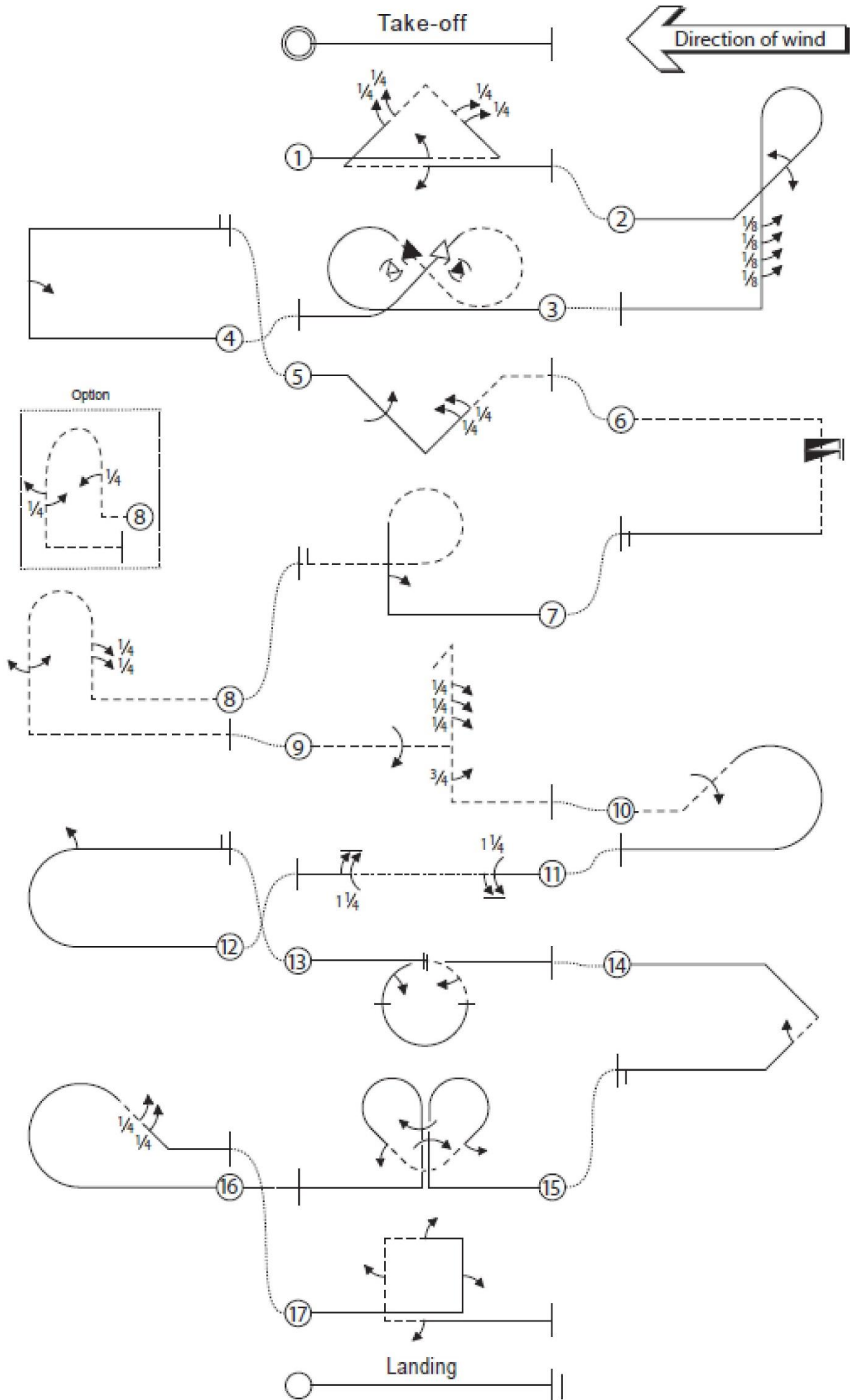


## PRELIMINARY SCHEDULE P-19 (2018-2019)

#	Manoeuvres	K-factor*
P-19.01	Triangle loop with $\frac{1}{2}$ roll, consecutive two $\frac{1}{4}$ rolls, consecutive two $\frac{1}{4}$ roll, $\frac{1}{2}$ roll	3
P-19.02	Figure Et with consecutive two $\frac{1}{2}$ rolls in opposite directions, consecutive four $\frac{1}{8}$ rolls	3
P-19.03	Cuban 8 with snap-roll, snap-roll	5
P-19.04	Half square loop with $\frac{1}{2}$ roll	2
P-19.05	Reverse Cobra Roll with roll, consecutive two $\frac{1}{4}$ rolls	4
P-19.06	Inverted Spin with two turns	3
P-19.07	Figure 9 with $\frac{1}{2}$ roll	3
P-19.08	Push-Push-Push Humpy-Bump with consecutive two $\frac{1}{4}$ rolls, consecutive two $\frac{1}{2}$ rolls in opposite directions (Option: with $\frac{1}{4}$ roll, consecutive $\frac{1}{2}$ roll, $\frac{1}{4}$ roll in opposite directions)	4
P-19.09	Stall Turn with roll, consecutive three $\frac{1}{4}$ rolls, $\frac{3}{4}$ roll	5
P-19.10	Half Reverse Cuban 8 with roll	3
P-19.11	Knife-Edge flight with 1 $\frac{1}{4}$ roll, 1 $\frac{1}{4}$ roll	4
P-19.12	Immelman Turn with $\frac{1}{2}$ roll	2
P-19.13	Loop with two $\frac{1}{2}$ rolls integrated	5
P-19.14	Half Square Loop on Corner with $\frac{1}{2}$ roll	2
P-19.15	Double Key with roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, roll	5
P-19.16	Half Cuban 8 with consecutive two $\frac{1}{4}$ rolls	3
P-19.17	Square Loop with, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll	4
	Total K=	60
*) K-factor = difficulty factor of the manoeuvre.		

PRELIMINARY SCHEDULE P-19 (2018-2019)



## PRELIMINARY SCHEDULE P-19 (2018-2019)

### **P-19.01 Triangle loop with $\frac{1}{2}$ roll, consecutive two $\frac{1}{4}$ rolls, consecutive two $\frac{1}{4}$ roll, $\frac{1}{2}$ roll**

From upright, perform a  $\frac{1}{2}$  roll in the centre, push through a  $\frac{3}{8}$  loop into a  $45^\circ$  upline, perform consecutively two  $\frac{1}{4}$  rolls, pull through  $\frac{1}{4}$  loop into a  $45^\circ$  downline, perform consecutively two  $\frac{1}{4}$  rolls, push through a  $\frac{3}{8}$  loop, perform a  $\frac{1}{2}$  roll in the centre, exit upright.

### **P-19.02 Figure Et with consecutive two $\frac{1}{2}$ rolls in opposite directions, consecutive four $\frac{1}{8}$ rolls**

From upright, pull through a  $\frac{1}{8}$  loop into a  $45^\circ$  upline, perform consecutively two  $\frac{1}{2}$  rolls in opposite directions pull through a  $\frac{5}{8}$  loop into a vertical downline, perform consecutively four  $\frac{1}{8}$  rolls, pull through a  $\frac{1}{4}$  loop, exit upright.

### **P-19.03 Cuban 8 with snap-roll, snap-roll**

From upright, pull through a  $\frac{5}{8}$  loop into a  $45^\circ$  downline, perform a snap-roll, push through a  $\frac{3}{4}$  loop into a  $45^\circ$  downline, perform a snap-roll pull through a  $\frac{1}{8}$  loop, exit upright.

### **P-19.04 Half square loop with $\frac{1}{2}$ roll**

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

### **P-19.05 Reverse Cobra Roll with roll, consecutive two $\frac{1}{4}$ rolls**

From upright, push through a  $\frac{1}{8}$  loop into a  $45^\circ$  downline, perform a roll, pull through a  $\frac{1}{4}$  loop into a  $45^\circ$  upline, perform consecutively two  $\frac{1}{4}$  rolls, pull through a  $\frac{1}{8}$  loop, exit inverted.

### **P-19.06 Inverted Spin with two turns**

From inverted, perform an inverted spin with two turns, perform a vertical downline, pull through a  $\frac{1}{4}$  loop, exit upright.

### **P-19.07 Figure 9 with $\frac{1}{2}$ roll**

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

### **P-19.08 Push-Push-Push Humpy-Bump with consecutive two $\frac{1}{4}$ rolls, consecutive two $\frac{1}{2}$ rolls in opposite directions (Option: with $\frac{1}{4}$ roll, consecutive $\frac{1}{2}$ roll, $\frac{1}{4}$ roll in opposite directions)**

From inverted, push through a  $\frac{1}{4}$  loop into a vertical upline, perform consecutively two  $\frac{1}{4}$  rolls, push through a  $\frac{1}{2}$  loop into a vertical downline, perform consecutively two  $\frac{1}{2}$  rolls, in opposite directions, push through a  $\frac{1}{4}$  loop, exit inverted.

Option: From inverted, push 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 consecutively a  $\frac{1}{2}$  roll,  $\frac{1}{4}$  roll in opposite directions, push through a  $\frac{1}{4}$  loop, exit inverted.

### **P-19.09 Stall Turn with roll, consecutive three $\frac{1}{4}$ rolls, $\frac{3}{4}$ roll**

From Inverted, perform a roll, push through a  $\frac{1}{4}$  loop into a vertical upline, perform consecutively three  $\frac{1}{4}$  rolls, perform a stall turn into a vertical downline, perform a  $\frac{3}{4}$  roll, push through a  $\frac{1}{4}$  loop, exit inverted.

### **P-19.10 Half Reverse Cuban 8 with roll**

From inverted, push through a  $\frac{1}{8}$  loop into a  $45^\circ$  upline, perform a roll, pull through a  $\frac{5}{8}$  loop, exit upright.

### **P-19.11 Knife-Edge flight with 1 $\frac{1}{4}$ roll, 1 $\frac{1}{4}$ roll**

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

### **P-19.12 Immelman Turn with $\frac{1}{2}$ roll**

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

### **P-19.13 Loop with two $\frac{1}{2}$ rolls integrated**

From upright, push through a loop while integrating a  $\frac{1}{2}$  roll in the first  $90^\circ$  and another  $\frac{1}{2}$  roll in the last  $90^\circ$ , exit upright.

### **P-19.14 Half Square Loop on Corner with $\frac{1}{2}$ roll**

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

### **P-19.15 Double Key with roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, roll**

From upright, pull through a  $\frac{1}{4}$  loop into a centre vertical upline, perform a roll, pull through a  $\frac{5}{8}$  loop into a  $45^\circ$  downline, perform a  $\frac{1}{2}$  roll, push through a  $\frac{1}{4}$  loop into a  $45^\circ$  upline, perform a  $\frac{1}{2}$  roll, pull through a  $\frac{5}{8}$  loop into a centre vertical downline, perform a roll, pull through a  $\frac{1}{4}$  loop, exit upright.

### **P-19.16 Half Cuban 8 with consecutive two $\frac{1}{4}$ rolls**

From upright, pull through a  $\frac{5}{8}$  loop into a  $45^\circ$  downline, perform consecutively two  $\frac{1}{4}$  rolls, exit upright.

### **P-19.17 Square Loop with, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll, $\frac{1}{2}$ roll**

From upright perform a square loop while performing a  $\frac{1}{2}$  roll in each one leg, exit upright.