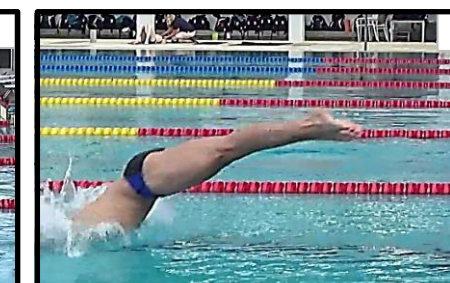


TRACK START EVALUATION SHEET



REAR ARM ACTION

Photo Ref	Score	Set Up
1		Hips in front of back foot
1		Feet approximately hip width apart
1		Pressure through balls of foot onto wedge
1		Hands grip just outside foot line
1		Arms long with tension through shoulders
1		Eyes downwards
		Drive
2		Drive back leg to accelerate hips forward
2		Head in neutral position
2		Arms pull to create forward body motion
3		Elbows travel back beyond torso
3		Rear leg drives to hip line or above
3		Elbows at highest point as front leg leaves block
		Flight Phase
4		Lead leg drives to hip line as fast as possible
4		Arms recover through and forward past face to streamline position
5		Legs meet mid flight
		Entry
5		Arms & head streamlined before point of entry
4,5,6		Feet & ankles at full extension during flight
5,6		Entire body enter through single entry point
Total (18)		



Example: Ben Proud