

Schedule 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.

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.

03 Square Loop on Corner

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

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.

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.

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.

07 Golf Ball

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

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° downline, perform a $\frac{1}{2}$ roll, pull through a $\frac{1}{8}$ loop, exit upright.

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.

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

11 Three consecutive $\frac{1}{2}$ rolls

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

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.

13 Figure Z

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

14 Comet with $\frac{1}{2}$ roll

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

15 Roll Combination

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

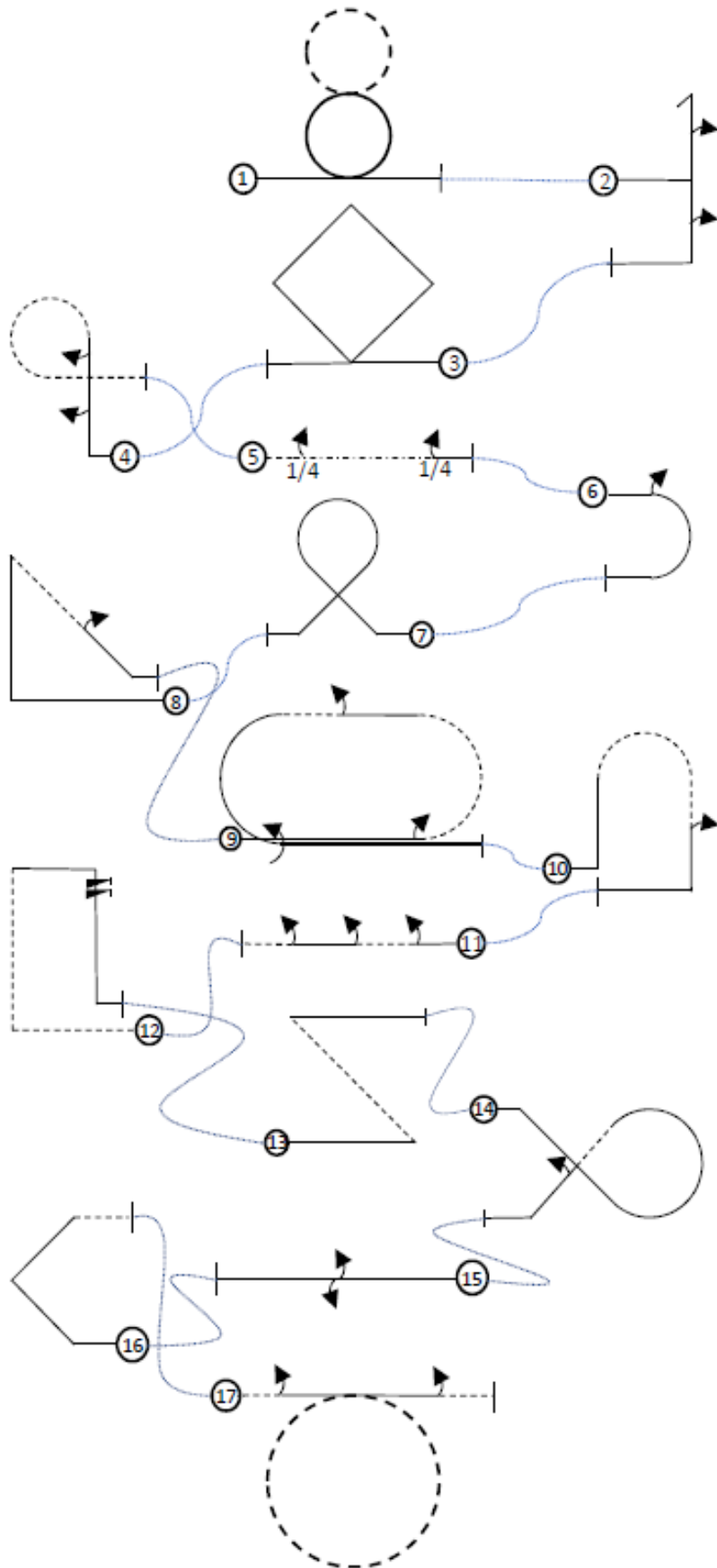
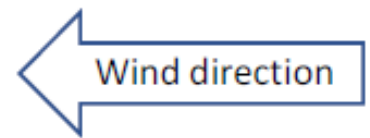
16 Half Square Loop on Corner

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

17 Outside loop

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

Aresti N-19



F3A – Nordic – N-19

No.	Manoeuvre description:	K-factor:
	Start (Not scored).	
1	Vertical 8	3
2	Stall Turn with roll	3
3	Square Loop on Corner	4
4	Figure 9	3
5	Knife-Edge flight with $\frac{1}{4}$ roll, $\frac{1}{4}$ roll	5
6	Split S with $\frac{1}{2}$ roll	2
7	Golf Ball	5
8	Shark Fin with $\frac{1}{2}$ roll	3
9	Reverse Split S, $\frac{1}{2}$ roll, Reverse Immelman with full roll	5
10	Pull-Push-Pull Humpty-Bump with $\frac{1}{2}$ roll (Option: with $\frac{1}{4}$ rolls)	3
11	Three consecutive $\frac{1}{2}$ rolls	4
12	Top Hat with spin	4
13	Figure Z	4
14	Comet with $\frac{1}{2}$ roll	3
15	Roll Combination	3
16	Half Square Loop on Corner	2
17	Outside loop	4
	Landing (Not scored).	
Total:		60

