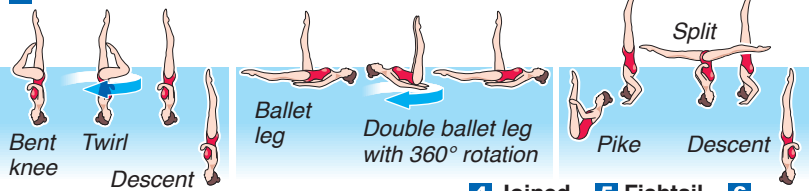


# Synchronized Swimming Aquatics Centre

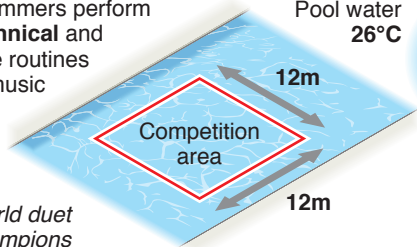
- TECHNICAL ELEMENTS**
- 1** Albatross twirl
- 2** Travelling ballet leg combination
- 3** Rocket split



**EVENTS: Duet, Team** (eight swimmers)

Swimmers perform **technical** and **free** routines to music

Pool water **26°C**



World duet champions  
**Svetlana Romashina, Natalia Ishchenko** (RUS)

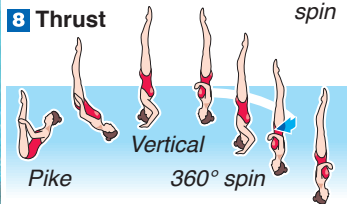
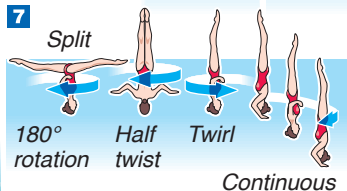
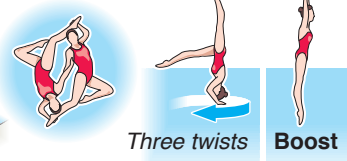
Nose clip stops water entering nostrils

Gelatin keeps hair in place

Waterproof make-up



- 4** Joined action
- 5** Fishtail
- 6**



- 9** Cadence action

Swimmers take turns to perform same move

- 10** Patterns

Circle and straight line

