



PROGRAMA PERLIMINAR P-19 (2018-2019)

P-19.01 LOOP TRIANGULAR, 1/2 ROLL, DOIS 1/4 ROLLS CONSECUTIVOS, DOIS 1/4 ROLLS CONSECUTIVOS, 1/2 ROLL

A partir de voo direito, executar $\frac{1}{2}$ roll no centro, empurrar executando $\frac{3}{8}$ loop para ficar a subir a 45° , executar dois $\frac{1}{4}$ roll consecutivos, puxar executando $\frac{1}{4}$ loop para ficar a descer a 45° , executar dois $\frac{1}{4}$ roll consecutivos, empurrar executando $\frac{3}{8}$ loop, executar $\frac{1}{2}$ roll no centro, saída positiva.

P-19.02 FIGURA "Et" C/ DOIS 1/2 ROLL EM SENTIDOS OPOSTOS, QUATRO 1/8 ROLLS CONSECUTIVOS

A partir de voo direito, puxar executando $\frac{1}{8}$ loop para ficar a subir a 45° , executar dois $\frac{1}{2}$ rolls consecutivos em sentidos opostos, puxar executando $\frac{5}{8}$ loop para ficar a descer à vertical, executar quatro $\frac{1}{8}$ roll consecutivos, puxar executando $\frac{1}{4}$ loop, saída positiva

P-19.03 8 CUBANO C/ SNAP-ROLL, SNAP-ROLL

A partir de voo direito, puxar executando $\frac{5}{8}$ loop para ficar a descer a 45° , executar um snap-roll, empurrar executando $\frac{3}{4}$ loop para ficar a descer a 45° , executar um snap-roll, puxar executando $\frac{1}{8}$ loop, saída positiva.

P-19.04 MEIO LOOP QUADRADO C/ 1/2 ROLL

A partir de voo direito, puxar executando $\frac{1}{4}$ loop para ficar a subir à vertical, executar $\frac{1}{2}$ roll, empurrar executando $\frac{1}{4}$ loop, saída positiva.

P-19.05 COBRA ROLL INVERSO C/ ROLL, DOIS 1/4 ROLL CONSECUTIVOS

A partir de voo direito, empurrar executando $\frac{1}{8}$ loop para ficar a descer a 45° , executar um roll, puxar executando $\frac{1}{4}$ loop para ficar a subir a 45° , executar dois $\frac{1}{4}$ roll consecutivos, puxar executando $\frac{1}{8}$ loop, saída invertida.

P-19.06 DUAS VOLTAS DE VRILLE INVERTIDA

A partir de voo invertido, executar duas voltas de vrille, definir uma descida à vertical, puxar executando $\frac{1}{4}$ loop, saída positiva.

P-19.07 FIGURA "9" COM 1/2 ROLL

A partir de voo direito, puxar executando $\frac{1}{4}$ loop para ficar a subir à vertical, executar $\frac{1}{2}$ roll, empurrar executando $\frac{3}{4}$ loop, saída invertida.

P-19.08 EMP-EMP-EMP. HUMPTY BUMP C/ 2x 1/4 ROLLS CONSECUTIVOS., 2x 1/2 ROLLS CONSECUTIVOS. OPOSTOS. (OP: 1/4 ROLL; 1/2 ROLL, + 1/4 ROLL SENTIDO OPOSTO)

A partir de voo invertido, empurrar executando $\frac{1}{4}$ loop para ficar a subir à vertical, executar dois $\frac{1}{4}$ roll consecutivos, empurrar executando $\frac{1}{2}$ loop para ficar a descer à vertical, executar dois $\frac{1}{2}$ roll consecutivos em sentidos opostos, empurrar executando $\frac{1}{4}$ loop, saída invertida.

Opção: A partir de voo horizontal invertido, empurrar executando $\frac{1}{4}$ loop para ficar a subir à vertical, executar $\frac{1}{4}$ roll, empurrar executando $\frac{1}{2}$ loop para ficar a descer à vertical, executar $\frac{1}{2}$ roll e $\frac{1}{4}$ roll consecutivos e em sentidos opostos, empurrar executando $\frac{1}{4}$ loop, saída invertida.

P-19.09 QUEDA DE ASA C/ ROLL, TRÊS 1/4 ROLLS CONSECUTIVOS.NA SUBIDA, 3/4 ROLL NA DESCIDA

A partir de voo invertido executar um roll, empurrar executando $\frac{1}{4}$ loop para ficar a subir à vertical, executar três $\frac{1}{4}$ roll consecutivos, executar uma queda de asa para ficar a descer à vertical, executar $\frac{3}{4}$ roll, empurrar executando $\frac{1}{4}$ loop, saída invertida.

P-19.10 MEIO 8 CUBANO INVERSO C/ ROLL

A partir de voo invertido empurrar executando $\frac{1}{8}$ loop para ficar a subir a 45° , executar um roll, puxar executando $\frac{5}{8}$ loop, saída positiva.

P.19.11 VOO EM FACA C/ 1 1/4 ROLL, 1 1/4 ROLL

A partir de voo direito, executar 1 $\frac{1}{4}$ roll, manter voo em faca, executar 1 $\frac{1}{4}$ roll saída positiva.

P-19.12 VOLTA DE IMMELMAN C/ 1/2 ROLL

A partir de voo direito, puxar executando $\frac{1}{2}$ loop, executar $\frac{1}{2}$ roll, saída positiva.

P-19.13 LOOP C/ DOIS 1/2 ROLLS INTEGRADOS

A partir de voo direito, empurrar executando um loop integrando $\frac{1}{2}$ roll nos primeiros 90° e outro $\frac{1}{2}$ roll nos últimos 90° , saída positiva.

P-19.14 MEIO LOOP QUADRADO DE CANTO COM 1/2 ROLL NA SEGUNDA DESCIDA

A partir de voo direito, empurrar executando $\frac{1}{8}$ loop para ficar a descer a 45° , empurrar executando $\frac{1}{4}$ loop para ficar a descer a 45° , executar $\frac{1}{2}$ roll, puxar executando $\frac{1}{8}$ loop, saída positiva.

P-19.15 CHAVE DUPLA C/ ROLL, 1/2 ROLL, 1/2 ROLL, ROLL

A partir de voo direito, puxar executando $\frac{1}{4}$ loop para ficar a subir à vertical, executar um roll, puxar executando $\frac{5}{8}$ loop para ficar a descer a 45° , executar $\frac{1}{2}$ roll, empurrar executando $\frac{1}{4}$ loop para ficar a subir a 45° , executar $\frac{1}{2}$ roll, puxar executando $\frac{5}{8}$ loop para ficar a descer à vertical, executar um roll, puxar executando $\frac{1}{4}$ loop, saída positiva.

P-19.16 MEIO 8 CUBANO C/ DOIS 1/4 ROLLS CONSECUTIVOS

A partir de voo direito, puxar executando $\frac{5}{8}$ loop para ficar a descer a 45° , executar dois $\frac{1}{4}$ roll consecutivos, saída positiva.

P-19.17 LOOP QUADRADO C/ 1/2 ROLL, 1/2 ROLL, 1/2 ROLL, 1/2 ROLL

A partir de voo direito executar um loop quadrado executando $\frac{1}{2}$ roll em cada lado (o primeiro na subida), saída positiva.



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° upline, perform consecutively two $\frac{1}{4}$ rolls, pull through $\frac{1}{4}$ loop into a 45° 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° 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° downline, perform a snap-roll, push through a $\frac{3}{4}$ loop into a 45° 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° downline, perform a roll, pull through a $\frac{1}{4}$ loop into a 45° 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° 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° and another $\frac{1}{2}$ roll in the last 90° , 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° downline, push through a $\frac{1}{4}$ loop into a 45° 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 vertical upline, perform a roll, pull through a $\frac{5}{8}$ loop into a 45° downline, perform a $\frac{1}{2}$ roll, push through a $\frac{1}{4}$ loop into a 45° upline, perform a $\frac{1}{2}$ roll, pull through a $\frac{5}{8}$ loop into a 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° 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.