

Manual

Women on Wings (WOW) World Record 2018

Kharkiv/Ukraine 30.07-03.08.2018

Daily schedule (times are subject to change)

Monday July 30:

07:00 07:45	Breakfast Bus departure to DZ Upon arriving at DZ; medical check, signing & event registration
09:00 09:30	Safety briefing Prep for dives
11:00-18:00	52-ways with two groups + Friends of WOW BWC, 4-5 jumps
19:00	Bus departure to hotels

Tuesday July 31:

07:00	Breakfast
08:00	Bus departure to DZ
09:00	Upon arriving at DZ; medical check, signing Prep for dives
10:30-18:00	52-ways with two groups + Friends of WOW BWC, 4-5 jumps
19:00	Bus departure to hotels

Wednesday August 1:

07:00	Breakfast
08:00	Bus departure to DZ
	Upon arriving at DZ; medical check, signing
09:00	Prep for dives
10:30-18:00	58-way WR attempts + 50-ish-way support group + Friends of WOW BWC, 4 jumps
10.00	Due deserture to hotale
19:00	Bus departure to hotels

Thursday August 2:

07:00	Breakfast
08:00	Bus departure to DZ Upon arriving at DZ; medical check, signing
09:00	Prep for dives
10:30-18:00	58-way WR attempts + 50-ish-way support group + Friends of WOW BWC, 4 jumps
18:30	Bus departure to hotels
20:00	Party!

Welcome

Welcome to the Women on Wings project uniting female skydivers to kick ass, break records, share information, learn new skills, promote the sport and have a fantastic time doing it!

At last! The day we've all been waiting for since a new Women's European Record event was announced some time ago. We know it's not exactly the format we hoped for, but we sure will make one heck of an event out of it! We know you've brought your «A» game and are prepared to write your own chapter in the record books. It's going to be a marathon five days with some of the best female skydivers in the world. With the proper focus, dedication and determination, we know one – or more – new (now) WORLD Records are within our grasp. LET'S DO IT!

Event organizers

Kate Cooper-Jensen, Lesley Gale, Lise Nansen, Marloes Swarthoff & Alia Veselova.

Camera team

Andrey Veselov Henny Wiggers Egor Vysotsky

FAI judges

Gisela Heitzinger Volodymyr Zlotnyk

We have 19 countries represented. We are honoured to be here leading you on this incredible journey.

Alia, Kate, Lesley, Lise & Marloes

Rules for safety

The first priority for this event is SAFETY. The rules set forth below are **NOT NEGOTIABLE** and will require a 100% commitment from all participants to be effective.



LEG STRAPS AND CHEST STRAPS MUST BE ON AND BUCKLED PRIOR TO BOARDING THE AIRCRAFT.



HELMETS AND SEATBELTS MUST BE WORN IN THE PLANE FOR TAKEOFF.



BE AWARE OF ALL TRAFFIC AROUND YOU AT ALL TIMES IN FREEFALL AND UNDER CANOPY. ALL TRAFFIC BELOW YOU HAS THE RIGHT OF WAY.

 \checkmark

THE LANDING DIRECTION IS SET BY THE ARROW ON THE GROUND.



DO NOT FLY YOUR CANOPY OVER THE RUNWAY UNDER 1,000 FT.



NO TURNS GREATER THAN 90 DEGREES UNDER CANOPY ONCE YOU ENTER THE LANDING PATTERN.



NO HIGH PERFORMANCE CANOPY LANDINGS. PERIOD.



AFTER YOU LAND, DO NOT CROSS THE RUNWAY IF THERE IS AN AIRCRAFT ON FINAL APPROACH. WAIT BEHIND AT LEAST 200 FT. FROM THE RUNWAY UNTIL THE AIRCRAFT HAS LANDED AND IS NO LONGER FACING YOU.



BE WARNED! FAILURE TO FOLLOW THESE RULES WILL RESULT IN YOUR BEING GROUNDED FROM THIS EVENT, AND IN SOME CASES GROUNDED FROM THE DROP ZONE.

Safety first

Safety is our number one priority! Here are some things everyone can do to make this event as safe as possible:

- 1. Know where everyone is around you while diving or floating to the formation, during break off, under canopy, and during landing. Look up and behind you before waving off and deploying your parachute. We are breaking off high so don't feel like you are rushed.
- 2. Please do not remove your booties under canopy. After you open and steer clear of other canopies, you may stow your slider.
- 3. Landing areas can get crowded and this is when accidents happen. If you are uncomfortable landing in a crowded area, land farther out and walk back in. All of us would rather walk a little farther than get hurt or hurt someone else.

The plan

Altitude – Our goal is to set a new 3-point Sequential Record. We will be going to between 13,500 ft and 18,000 ft AGL for most jumps. The altitude will vary depending on what we are doing and the local air traffic control.

Dirt dives – All dirt dives will be with jumpsuits. We will always start every dirt dive with everyone on grips (this way we can tell who is missing). We will try to do at least one dirt dive every jump in full gear before we get on the airplanes and take off.

Using oxygen – We will turn the oxygen on at 12,000 ft. Keep your canula on as long as possible; the longer you keep it on, the better you will perform. Keep your canula on until you have to drop it to line up. If you can keep holding it to your nose or mouth even in the line-up, please do so.

We will also have alcohol wipes to clean your canula. We have found that drinking hot liquids a couple times per day – hot coffee, even hot water – will kill the viruses that are commonly spread when using oxygen for high altitude jumps. Also rinsing your mouth and throat with a mouth wash like «Listerine» after each jump can also help.

Exits – The tighter the exit, the closer everyone will be to the formation and the more working time we will have. Exits will make the difference of whether we get a record or not. Concentrate on a good tight line-up and tight exit, keep your body touching the person's rig in front of you as you run down the aisle and out of the plane.

Warm up dive 52 way – slotting team 1 (by slot #)

First name	Last name	Country	Team	Slot
A PL (LT)				
Linda	Rasmussen	NO	1	A 01
kristin	fossnes	NO	1	A 02
Yvette	Niele	NL	1	A 03
Petra	Engwerda	NL	1	A 04
Kiera	Chapman	GB	1	A 05
Gunilla	Sigurd	SE	1	A 06
Albertha	Dolfing	NL	1	A 07
Ulrikke	Baumgraeber	DE	1	A 08
Marion	Floysand	NO	1	A 09
Erica	Richardson	GB	1	A 10
Helen	Samuelsson	SE	1	A 11
Meike	Kendall	DE	1	A 12
Joelle	Perrin	FR	1	A 13
Mieke	Mulder	NL	1	A 14
Irene	Locher	GE	1	A 15
Sylvia	Schlaphof	SW	1	A 16
Thi Bich Van	На	FR	1	A 17
Pirre	Löfgren	FI	1	A 18
Hanga	Keri	CZ	1	A 19
B PL(LEAD)				
Sally	Dyhr	DK	1	B 01
	Cooper-	DV	1	D 00
Kate	Jensen	DK	1	B 02
Nataliya	Kozlova	RU	1	B 03
Marloes	Swarthoff	NL	1	B 04
Victoria	Bradley	GB	1	B 05
Kari	Berg	NO	1	B 06
Monica	Westera	NL	1	B 07
Ali	Woodhouse	GB	1	B 08
Emily	Aucutt	GB	1	B 09
Anastasiya	Klyazniko	UK	1	B 10
Carla	Costa	PT	1	B 11
Andreea	Pistea	RO	1	B 12
Merlin	Saareste	ES	1	B 13
Nadja	Lonnroth	FI	1	B SF

C PLANE (RT)				
Maria	Ängarp	SE	1	C 01
Fanny	Hopmans	NL	1	C 02
Charlotte	Pope	GB	1	C 03
Radya	Collard	FR	1	C 04
Stefanie	Andersen	DK	1	C 05
Sian	Stokes	GB	1	C 06
Cheryl	Farnden	GB	1	C 07
Rebecca (Becs)	Bradley	GB	1	C 08
Olga	Rudakova	RU	1	C 09
Inna	Volobueva	RU	1	C 10
Elena	Efromeeva	RU	1	C 11
Anna	Shmaglit	RU	1	C 12
Tatiana	Ponkrateva	RU	1	C 13
Snezana	Bastuck	DE	1	C 14
Viktoriia	Arsan	UK	1	C 15
Elena	Goncharova	RU	1	C 16
Antonina	Yakovleva	UK	1	C 17
Kateryna	Logginova	UK	1	C 18
Manue	nicols	FR	1	C 19

Warm up dive 52 way – slotting team 1 (by first name)

First name	Last name	Country	Team		Slot
Albertha	Dolfing	NL		1	A 07
Ali	Woodhouse	GB		1	B 08
Anastasiya	Klyazniko	UK		1	B 10
Andreea	Pistea	RO		1	B 12
Anna	Shmaglit	RU		1	C 12
Antonina	Yakovleva	UK		1	C 17
Carla	Costa	РТ		1	B 11
Charlotte	Роре	GB		1	C 03
Cheryl	Farnden	GB		1	C 07
Elena	Efromeeva	RU		1	C 11
Elena	Goncharova	RU		1	C 16
Emily	Aucutt	GB		1	B 09
Erica	Richardson	GB		1	A 10
Fanny	Hopmans	NL		1	C 02
Gunilla	Sigurd	SE		1	A 06
Hanga	Keri	CZ		1	A 19
Helen	Samuelsson	SE		1	A 11
Inna	Volobueva	RU		1	C 10
Irene	Locher	GE		1	A 15
Joelle	Perrin	FR		1	A 13
Kari	Berg	NO		1	B 06
Kate	Cooper- Jensen	DK		1	B 02
Kateryna	Logginova	UK		1	C 18
Kiera	Chapman	GB		1	A 05
kristin	fossnes	NO		1	A 02
Linda	Rasmussen	NO		1	A 01
Manue	nicols	FR		1	C 19
Maria	Ängarp	SE		1	C 01
Marion	Floysand	NO		1	A 09
Marloes	Swarthoff	NL		1	B 04
Meike	Kendall	DE		1	A 12
Merlin	Saareste	ES		1	B 13
Mieke	Mulder	NL		1	A 14
Monica	Westera	NL		1	B 07
Nadja	Lonnroth	FI		1	B SF
Nataliya	Kozlova	RU		1	B 03
Olga	Rudakova	RU		1	C 09
Petra	Engwerda	NL		1	A 04

Pirre	Löfgren	FI	1	A 18
Radya	Collard	FR	1	C 04
Rebecca (Becs)	Bradley	GB	1	C 08
Sally	Dyhr	DK	1	B 01
Sian	Stokes	GB	1	C 06
Snezana	Bastuck	DE	1	C 14
Stefanie	Andersen	DK	1	C 05
Sylvia	Schlaphof	SW	1	A 16
Tatiana	Ponkrateva	RU	1	C 13
Thi Bich Van	На	FR	1	A 17
Ulrikke	Baumgraeber	DE	1	A 08
Victoria	Bradley	GB	1	B 05
Viktoriia	Arsan	UK	1	C 15
Yvette	Niele	NL	1	A 03

Warm up dive 52 way – slotting team 2 (by slot #)

A PLANE (LT)

IsVan den WeygaertBE2A 01KatarzynaArtychPL2A 02DianaMolsNL2A 03KristinaKasemetsES2A 05Sabinete SpenkeNL2A 06GudrunSchilchtDE2A 07Lizzie (Elizabeth)AttwoodGB2A 09Siri VictoriaLundNO2A 09PamelaJones RobertsGB2A 11RaphaelleSaint HelaireGB2A 12OlgaBondarchukUK2A 13ConnyJottiSW2A 14 <empty>IntSW2A 16MarynaKniazevaUK2A 16SilvalSomlarBE2A 16MarynaKniazevaUK2A 18SilvalSomlarBICA 18SilvalSomlarBICA 18SilvalSomlarBICB 03AritenGegelyHU2B 03AdriennSissanenFI2B 03ToneBerganNO2B 03GuanaKaisenenFI2B 03GuanaSissanenFI2B 03GuanaSissanenFI2B 10MaxinaSausenFI2B 13MaxinaSausenFI2B 13SusannaRaulo<</empty>	A PLANE (LT)				
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AnneKnabeSW2A 16MarynaKniazevaUK2A 17ElisabethWagner-GantzerDE2A 18SzilviaSomlaiHU2A 19SzilviaSomlaiHU2A 19BPLANEGESomlaiHU2B 01LiseNansenNO2B 02CatherineBrownGB2B 03ToneBerganNO2B 04HannamariRissanenFI2B 05MaxineTateGB2B 06MonicaPaulssonSE2B 08EszterNollHU2B 10MarianneKulveFI2B 11TimeaNagyHU2B 12AlessandraBertozziI2B 13IllonaVan TuldenNL2B 13IllonaVan TuldenNL2B 13EllenAasgaardNO2C 01DittaValsdottirNO2C 01	-	,			
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PLANE (LEAD)Image of the section of t		Somlai	ни	2	A 19
(LEAD)Image: Comparison of the section of					
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CatherineBrownGB2B 03ToneBerganNO2B 04HannamariRissanenFI2B 05MaxineTateGB2B 06MonicaPaulssonSE2B 07YolandaZwijnenburgNL2B 08EszterNollHU2B 09SusannaRaulioFI2B 10MarianneKulveFI2B 11TimeaNagyHU2B 12AlessandraBertozziI2B 13IllonaVan TuldenNL2B SFEllenAasgaardNO2C 01JittaValsdottirNO2C 02	Adrienn	Gergely	HU	2	B 01
ToneBerganNO2B 04HannamariRissanenFI2B 05MaxineTateGB2B 06MonicaPaulssonSE2B 07YolandaPaulssonSE2B 07YolandaZwijnenburgNL2B 08EszterNollHU2B 09SusannaRaulioFI2B 10MarianneKulveFI2B 12AlessandraBertozziI2B 13IllonaVan TuldenNL2B SFEllenAasgaardNO2C 01DittaValsdottirNO2C 02	Lise	Nansen	NO	2	B 02
HannamariRissanenFI2B 05MaxineTateGB2B 06MonicaPaulssonSE2B 07YolandaPaulssonSE2B 07YolandaZwijnenburgNL2B 08EszterNollHU2B 09SusannaRaulioFI2B 10MarianneKulveFI2B 11TimeaNagyHU2B 12AlessandraBertozziI2B 13IllonaVan TuldenNL2B SFCPLANE (RT)IIIEllenAasgaardNO2C 01DittaValsdottirNO2C 02	Catherine	Brown	GB	2	B 03
MaxineTateGB2B 06MonicaPaulssonSE2B 07YolandaKoese- ZwijnenburgNL2B 08EszterNollHU2B 09SusannaRaulioFI2B 10MarianneKulveFI2B 11TimeaNagyHU2B 12AlessandraBertozziI2B 13IllonaVan TuldenNL2B SFCPLANE (RT)IIIEllenAasgaardNO2C 01DittaValsdottirNO2C 02	Tone	Bergan	NO	2	B 04
MonicaPaulssonSE2B 07YolandaKoese- ZwijnenburgNL2B 08EszterNollHU2B 09SusannaRaulioFI2B 10MarianneKulveFI2B 11TimeaNagyHU2B 12AlessandraBertozziI2B 13IllonaVan TuldenNL2B SFC PLANE (RT)II1IEllenAasgaardNO2C 01DittaValsdottirNO2C 02	Hannamari	Rissanen	FI	2	B 05
YolandaKoese- ZwijnenburgNL2B 08EszterNollHU2B 09SusannaRaulioFI2B 10MarianneKulveFI2B 11TimeaNagyHU2B 12AlessandraBertozziI2B 13IlonaVan TuldenNL2B SFCPLANE (RT)IIIEllenAasgaardNO2C 01DittaValsdottirNO2C 02	Maxine	Tate	GB	2	B 06
YolandaZwijnenburgNL2B 08EszterNollHU2B 09SusannaRaulioFI2B 10MarianneKulveFI2B 11TimeaNagyHU2B 12AlessandraBertozziI2B 13IllonaVan TuldenNL2B SFCPLANE (RT)IIIEllenAasgaardNO2C 01DittaValsdottirNO2C 02	Monica	Paulsson	SE	2	B 07
SusannaRaulioFI2B 10MarianneKulveFI2B 11TimeaNagyHU2B 12AlessandraBertozziI2B 13IllonaVan TuldenNL2B SFCPLANE (RT)IIIIEllenAasgaardNO2C 01DittaValsdottirNO2C 02	Yolanda		NL	2	B 08
MarianneKulveFI2B 11TimeaNagyHU2B 12AlessandraBertozziI2B 13IllonaVan TuldenNL2B SFCPLANE (RT)IIIIEllenAasgaardNO2C 01DittaValsdottirNO2C 02	Eszter	Noll	HU	2	B 09
TimeaNagyHU2B 12AlessandraBertozziI2B 13IllonaVan TuldenNL2B SFC PLANE (RT)EllenAasgaardNO2C 01DittaValsdottirNO2C 02	Susanna	Raulio	FI	2	B 10
AlessandraBertozziI2B 13IllonaVan TuldenNL2B SFC PLANE (RT)EllenAasgaardNO2C 01DittaValsdottirNO2C 02	Marianne	Kulve	FI	2	B 11
IllonaVan TuldenNL2B SFC PLANE (RT)Image: Second	Timea	Nagy	HU	2	B 12
C PLANE (RT)Image: Color of the second s	Alessandra	Bertozzi	Ι	2	B 13
EllenAasgaardNO2C 01DittaValsdottirNO2C 02	Illona	Van Tulden	NL	2	B SF
EllenAasgaardNO2C 01DittaValsdottirNO2C 02					
Ditta Valsdottir NO 2 C 02	C PLANE (RT)				
	Ellen	Aasgaard	NO	2	C 01
Mariska Samyn BE 2 C 03	Ditta	Valsdottir	NO	2	C 02
	Mariska	Samyn	BE	2	C 03

Lena	Meyer	NO	2	C 04
Ditte	Jacobsen	DK	2	C 05
Mie	Awesome Jusjong	DK	2	C 06
Petra	Gatti	DE	2	C 07
Annika	Björnström	SE	2	C 08
Vaike	Oiglane	ES	2	C 09
Jenny	Melander	SE	2	C 10
Julia	Maksymenko	UK	2	C 11
Merja	Bauters	FI	2	C 12
Tatiyana	Polyanskaya	RU	2	C 13
Bodil Leira	Stene	NO	2	C 14
Gudrun	Rokne	NO	2	C 15
Alia	Veselova	RU	2	C 16
Ruth	Green	GB	2	C 17
Alice	Halpern	DK	2	C 18
Estelle	Audureau	FR	2	C 19

Warm up dive 52 way – slotting team 2 (by first name)

First name	Last name	Country	Team	Slot
<empty></empty>				A 15
Adrienn	Gergely	HU	2	B 01
Alessandra	Bertozzi	Ι	2	B 13
Alia	Veselova	RU	2	C 16
Alice	Halpern	DK	2	C 18
Anna	Oscarson	Se	2	A 05
Anne	Knabe	SW	2	A 16
Annika	Björnström	SE	2	C 08
Bodil Leira	Stene	NO	2	C 14
Catherine	Brown	GB	2	B 03
Conny	Jotti	SW	2	A 14
Diana	Mols	NL	2	A 03
Ditta	Valsdottir	NO	2	C 02
Ditte	Jacobsen	DK	2	C 05
Elisabeth	Wagner-Gantzer	DE	2	A 18
Ellen	Aasgaard	NO	2	C 01
Estelle	Audureau	FR	2	C 19
Eszter	Noll	HU	2	B 09
Gudrun	Schilcht	DE	2	A 07
Gudrun	Rokne	NO	2	C 15
Hannamari	Rissanen	FI	2	B 05
Illona	Van Tulden	NL	2	B SF
Ils	Van den Weygaert	BE	2	A 01
Jenny	Melander	SE	2	C 10
Julia	Maksymenko	UK	2	C 11
Katarzyna	Artych	PL	2	
Katrin	Торр	ES	2	
Kristiina	Kasemets	ES	2	A 04
Lena	Meyer	NO	2	C 04
Lise	Nansen	NO	2	B 02
Lizzie (Elizabeth)	Attwood	GB	2	A 08
Marianne	Kulve	FI	2	B 11
Mariska	Samyn	BE	2	C 03
Maryna	Kniazeva	UK	2	A 17
Maxine	Tate	GB	2	B 06
Merja	Bauters	FI	2	C 12
Mie	Awesome Jusjong	DK	2	C 06

Monica	Paulsson	SE	2	B 07
Olga	Bondarchuk	UK	2	A 13
Pamela	Jones Roberts	GB	2	A 10
Petra	Gatti	DE	2	C 07
Raphaelle	Saint Helaire	GB	2	A 12
Ruth	Green	GB	2	C 17
Sabine	te Spenke	NL	2	A 06
Siri Victoria	Lund	NO	2	A 09
Susanna	Raulio	FI	2	B 10
Szilvia	Somlai	HU	2	A 19
Tatiyana	Polyanskaya	RU	2	C 13
Timea	Nagy	HU	2	B 12
Tone	Bergan	NO	2	B 04
Vaike	Oiglane	ES	2	C 09
Yolanda	Koese- Zwijnenburg	NL	2	B 08





Women on Wings 2018 Warm up dive

52 way, exit order





58 way, point 2



58 way, point 3





58 way, exit order



Dirtdiving in 5 steps

1. «Airplanes»

Everyone takes the position that she has prior to the exit.

2. «Exit frame»

The exit frame is the position we have after our exit relative with the base and with the other jumpers of our airplane. The floater and the first divers move straight down to line of flight and take their positions. The middle people stay and the last divers move back – stay on the line of flight!

3. «Approach frame»

Start at the 5-way base and find your radial. The radial runs through the zipper stingers. Look directly after the exit for the 5-way base and find the radial of your sector. Check the radial again and again! Always start at the 5-way base.

From leaving the airplane until you reach your sector, find the people who are in the formation in front of you, especially the ones you have to dock on, and follow them.

Fly to the formation on the axis from your exit until you can fly parallel to the radial to the formation.

Don't pass the ones you are docking on!

Build a tight approach frame and fly on level in your line group.

If you cannot find your place in the traffic when you reach your sector, wait with some distance, until you are clear about the traffic.

Red zone – Anywhere within 100 ft (33 metres) of the formation. In the red zone, try not to slide sideways to line up with your slot (to line up on your radial). Try not to back up. You are responsible for the person or persons you are docking on. You need to know where these people are in the red zone and follow them to the formation. If there is a collision, it will be the fault of the person who should be behind the other person or persons. Find the person or persons you are docking on in freefall on your way to the formation, this is the best way to prevent problems and know where everyone is relative to you.

Stadiums – When you are in the stadium you will be on your radial. A stadium is simply being higher than the formation and the person you are following to the formation. If each person is higher than the person in front of them, this creates a stadium. Never get level with the formation until you are within 3 feet (1 meter) of your slot. Getting level with the formation further away than 3 feet (1 meter) causes people to «go low». Always stay higher than the formation until you are very close to your slot.

4. «Docking sequence»

Complete the formation with grips. Dock softly. No momentum docks are the ONLY way to dock. Stop completely 12 inches out from your slot and move in very slowly. Once in your slot, take the extra couple of seconds it takes to stop completely, match the fall rate and dock very softly. Hard docks are bad. After you dock, lock your body into a firm box type body position, don't let anything or anyone move you, and stay that way until break off. **Flying the formation** – After you dock, fly your butt off! Keep flying, do not relax, keep flying your slot. To set a new world record, we need everyone in their slot flying and constantly working to stay level with the base, keeping the tension off, and looking in the correct place.

Eye contact – After you dock you should be looking at the centre of the formation, in the direction of the 5-way base. You may or may not be able to see the base. Look for the key to signal the sequential move, this will come from the centre 5-way.

Levels – After you dock, you should be level with the 5-way base during the entire jump. If a wave comes, stay in your locked out position and after the wave goes by, slowly adjust to the level of the base again.

Tension – If this is done correctly, there will be no tension on your grips.

5. «Break off»

There is a break off plan. It is laid out in a graphic display. We will dirt dive and practise the break off so you can learn the plan and get comfortable with the plan. If you follow the plan, the break off will be very safe. If you do not follow the plan, the break off can be dangerous. The key to a safe break off is everyone following the plan.

Break off altitude – Break off will start at 6,000 ft (1,828 metres). We may adjust the break off altitude, and if we do, we will always do this prior to a jump and inform everyone of any changes.

Hard Deck – This is the altitude you should leave, even if you have not seen anyone signalling the break off. Leaving at the Hard Deck is not leaving early. You should set an audible altimeter to the Hard Deck altitude.

Tracking groups – At the start of your break off, you will form tracking groups, each tracking group will have a leader. When it is time to leave the formation, form your tracking group first, then start tracking. If you leave and start tracking first, you will not be able to form a tracking group and track off will be more dangerous.

In your tracking group, you should be within 2 to 3 ft (0,6 to 1 meter) of the person you are following – if you put your arm out you should be able to touch them.

Tracking leaders, when you turn and start to track you need to start slow, look to both sides and see tracking group forming, then begin to slowly accelerate. The tracking leader is responsible for the angle at which the tracking group leaves the formation.

Tracking in a group is relative work, you must find a tracking angle that everyone in your group can match. If you are a lighter person who can track very flat, you may have to relax and track a little steeper; if you are a heavier jumper you may need to work very hard to track flatter.

The two most important things to remember about tracking groups are:

- A) Form a tight group where everyone is close enough to touch, and
- B) Do not break your tracking group early, stay in your tracking group as long as you are supposed to! The longer you stay in your tracking group, the safer you break off! If you break your tracking group early, this can cause dangerous areas where people can track into each other.

Opening altitude – The maximum altitude at which you may throw out your pilot chute. Do not start your deployment above this altitude. You are not to be open above this altitude.

Building 52-58 and beyond

After docking, zippers and zipper stingers work to match the fallrate and the shape of the formation. They should be looking across the formation to the opposite person on the other side of the 20-way. Keep the people in front of you down on level!

The zipper stingers help to keep the sector down and lined up. If the sector starts to move, the zipper stinger pulls a bit down and backwards.

Both diamond wings think about the closer behind them and keep her slot narrow enough. When they feel comfortable in their slot, present the free arm for the person docking on them (if any). Keep the diamond on level (it tends to float) and on heading.

The diamond tail helps to keep the sector down and lined up. If the sector starts to move, the diamond tail pulls a bit down and backwards.

The lines must think about moving forward into their slot until they are shoulder to shoulder with the person they are docking on. They take their grip on the wrist when the diamond wing presents her arm. Think forward!

During the final approach, people in lines stay close to their wingman. They fly in a stairstep position with their wingman, almost side by side. When their wingman docks, they move forward until they are shoulder to shoulder with the wingman.

The sequences

During the inter each individual and subgroup has to be shown totally separated (make sure that the grips in the group are released). Simultaneous separation is not required. Each subgroup must be clearly presented and remain intact from the grip release until they take the new grip on the next point.

Women On Wings





Alia Veselova









a Kly

nika Biornstro















Gudrun Rokne











Erica Richardson









lisabeth Wagn



na Vako















Gudrun Schlicht



Helle Eriks

Irene Locher

lia Mak

Katrin Topp

Lizzie Attw

395 1109



Henriette Bollink



Irina Iakina















Illona van Tulden



Izabela Pilarczyk



ari Berg



Kristiina Kase







Hannamari Rissanen



Ils van den Weygaert



Jenny Melander



atarzyna Artych



Liudmila Lukin



Maria del Car z Hurtado



Helen Sar



Inna Volobueva



Joelle Perrin-Putinier



kateryna Logginova







Marianne Kulve





















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onica Westra







in Stole





Maryna Kniazeva











ri Victo































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Tatiana Polyanskaya



Tatiana Ponkrateva





Tatiana Strelnikova





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Ellen Aasgaard