

## SPECIFIC STRATEGY FOR THE MEDALLISTS VERSUS FINALISTS AND SEMI-FINALISTS IN THE WOMEN'S 200 M BREASTSTROKE AT THE SYDNEY OLYMPIC GAMES

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The performances of the women's 200 m breaststroke at the Sydney Olympic games (final and semi-final) were studied using 12 video cameras. For each of the four 50 m laps, stroke velocities, stroke frequency, stroke length, and turn velocities were calculated using a specific competition analysis computer program. The medallists swam faster than the non-medallist finalists in the four 50 m laps of the race. However, the difference was not statistically significant. In contrast, the medallists had a longer stroke length than the two other groups. For the 16 swimmers, the 200 m breaststroke velocity was mainly related to the velocity of the third and fourth 50 m laps ( $r = 0.88$  and  $0.86$ ;  $p \leq 0.01$ ). From the stroke frequency and stroke length perspective, three different technique strategies were observed. However, they were not related to the final result.

**KEY WORDS:** swimming, biomechanics, performance, breaststroke, women

**INTRODUCTION:** The purpose of this study was to identify whether there was a specific strategy for the medallist, versus finalists and semi-finalists who perform better at the Olympics. The start phase, velocity, stroke frequency, stroke length and turns were studied for each lap throughout the race and related to the final result.

**METHODS:** Subjects. Sixteen swimmers were studied. They consisted of the swimmers that qualified from the heats to the semi-finals. Out of these 16 swimmers, eight swam the final, and three were medallists.

**Data Collection.** During the Sydney 2000 Olympic Games, the 200 m breaststroke was analyzed using a total of 12 video cameras. Eight of these cameras were located on the catwalk that ran above the center lanes of the pool, positioned approximately 18 m above pool deck. Seven of the cameras were Sony TRV-900E digital cameras operating at 50 Hz. The high speed camera was a Motion Scope PCI 1000 S Mono high speed camera operating at 125 Hz. Following is a list of the cameras used and their positions:

1. 7.5 m from the start – looks at the first 15 m of the race (all lanes)
2. High speed camera at the 7.5 m mark to obtain more information on the race start (middle 3 lanes only)
3. 12.5 m from the start – looks at lanes 1-4 between 5 m and 20 m
4. 12.5 m from the start – looks at lanes 5-8 between 5 m and 20 m
5. 25 m – to obtain accurate information on the 25 m splits for each swimmer (all lanes)
6. 37.5 m from the start – looks at lanes 1-4 between 30 m and 45 m
7. 37.5 m from the start – looks at lanes 5-8 between 30 m and 45 m
8. 42.5 m from the start – looks at the turns (all lanes)

Two Sony lipstick cameras operating at 25 Hz were located beneath the pool with one at approximately 5 m from the wall at one end and the other at 12 m. These cameras covered the view from 5 m to 15 m for most of the lanes of the pool to give depth information on the starts and turns.

The last two cameras were located in the gantry above the first level of spectator seating and were positioned at the 25 m mark. These cameras were the Sony PC100E model (25 Hz) that were operated remotely by staff members in the analysis room using BNC cables over a length of approximately 140 m. Four cables were used for each camera to operate the tilt and pan functions. These cameras were connected to a laptop computer via an A-D card. These cameras were used to check the consistency of the information that was being produced by the digitalization process. Each camera could only compute the analysis information for one lane in a race.

The competition analysis computer program could perform analysis on all swimmers from any heat and lane. Variables that were determined from the competition analysis included the start time (time from the gun until the swimmer's head passed through the 15 m mark) and turn time (period from the swimmer's head passing the 7.5 m mark on his way into the wall and then return to this point after having completed the turn). Finish time was defined as the time that it took for the swimmer's head to pass under the flags (5 m from the wall) until the swimmers hands touched the wall at the end of the race. The performance was also divided into 25 m sections in order to accurately determine the velocity through different phases of the race. Swimming velocity was measured for each 25 m section of the race while the free swimming time was the time within a 25 m section that did not include any start, turn or finish sections. Stroke length (meters) and stroke frequency (number of arm stroke cycles per minute) were also calculated in each free swimming section of the race. Stroke length was defined as the distance that a swimmer travels for a complete arm stroke cycle (right hand entry to right hand entry). The number of stroke cycles that would occur in one minute if the present rating was continued was defined as the stroke frequency.

The stroke length and interval velocity were calculated using two different methods and a comparison between the results of each was made. If the information provided by both methods was within a pre-determined variance, the analysis was accepted for the interval timing option and information was computed for the next race section. The first method of calculation was from the interval timing option. This used the race timing at the known locations e.g. 15 m mark from the start and the 25 m for the first race section. The distance and times were known so the velocity could be calculated for this interval. The stroke frequency could only be calculated using the digitizing option where the operator digitizes the swimmer's head at hand entry and then counts a number of strokes before digitizing the head at the same position in the stroke. Digitizing the head provided both the location of the swimmer in the pool and the race time at that location. Using this stroke frequency and the velocity calculated from the known distances and times, it was possible to calculate the stroke length using the formula  $V = SL \times SF$ . The second method of calculating the stroke length and interval velocity was to involve the use of the stroke digitizing option, which was described to calculate the stroke frequency.

Statistical Methods. Means and standard deviations were computed for all variables. A one-way ANOVA was used to compare the results of the medallists to the non-medallist finalists and the semi-finalists. For the whole group, single and stepwise regressions were calculated between the 200 m breaststroke velocity (independent variable) and the other studied variables (dependent variable) using the Stat View 512+ program. In the stepwise regressions only the variables that added significantly to the prediction equation were retained. The cluster method of analysis was used to define the three main technique strategies used by the swimmers. In all statistical analyses, the 0.05 level of significance was adopted.

**RESULTS:** The comparisons of the main variables between the medallists, non-medallist finalists and semi-finalists are presented in the Table 1.

The medallists swam faster than the non-medallist finalists in the four 50 m laps of the race. However, that difference was not statistically significant. In contrast, they had a significant longer stroke length than the two other groups.

Table 1 Comparison of the Main Studied Variables (mean  $\pm$  SD) between the Medallists (M), the Non-Medallist Finalists (NM-F) and the Semi-Finalists (SF)

	M N = 3	NM-F N = 5	SF N = 8
200 m velocity (m.s-1)	1.38 (0.01) *	1.37 (0.01)**	1.34 (0.01)***
Start velocity (m.s-1)	1.8 (0.02)	1.82 (0.06)**	1.76 (0.03)
1 <sup>st</sup> 50 m velocity (m.s-1)	1.38 (0.02)	1.37 (0.03)	1.35 (0.03)
2 <sup>nd</sup> 50 m velocity (m.s-1)	1.33 (0.01)	1.3 (0.01)	1.3 (0.02)
3 <sup>rd</sup> 50 m velocity (m.s-1)	1.33 (0.03)	1.3 (0.03)	1.27 (0.02)***
4 <sup>th</sup> 50 m velocity (m.s-1)	1.32 (0.02)	1.3 (0.01)**	1.27 (0.03)***
1 <sup>st</sup> 50 m SF (cycle.min-1)	36.4 (2.9)	43.1 (4.0)	39.5 (5.24)
2 <sup>nd</sup> 50 m SF (cycle.min-1)	34.7 (3.3)	38.9 (3.6)	37.4 (4.5)
3 <sup>rd</sup> 50 m SF (cycle.min-1)	36.2 (2.2)*	42.6 (2.7)**	38.0 (4.5)
4 <sup>th</sup> 50 m SF (cycle.min-1)	42.1 (2.4)*	48.4 (3.3)**	41.2 (5.3)
1 <sup>st</sup> 50 m SL (m.cycle-1)	2.29 (0.2)*	1.93 (0.18)	2.09 (0.23)
2 <sup>nd</sup> 50 m SL (m.cycle-1)	2.32 (0.2)*	2.02 (0.19)	2.11 (0.2)
3 <sup>rd</sup> 50 m SL (m.cycle-1)	2.22 (0.16)*	1.84 (0.09)	2.04 (0.24)
4 <sup>th</sup> 50 m SL (m.cycle-1)	1.9 (0.12)	1.62 (0.11)**	1.89 (0.24)
Turn velocity 1 (m.s-1)	1.44 (0.03)	1.45 (0.03)	1.44 (0.04)
Turn velocity 2 (m.s-1)	1.41 (0.01)	1.42 (0.01)**	1.38 (0.02)***
Turn velocity 3 (m.s-1)	1.41 (0.01)	1.41 (0.03)**	1.36 (0.02)***

SF = stroke frequency; SL = stroke length

\* Significant difference between medallists and non medallist finalists.

\*\* Significant difference between non-medallist finalist and semi-finalists.

\*\*\* Significant difference between medallist and semi-finalists.

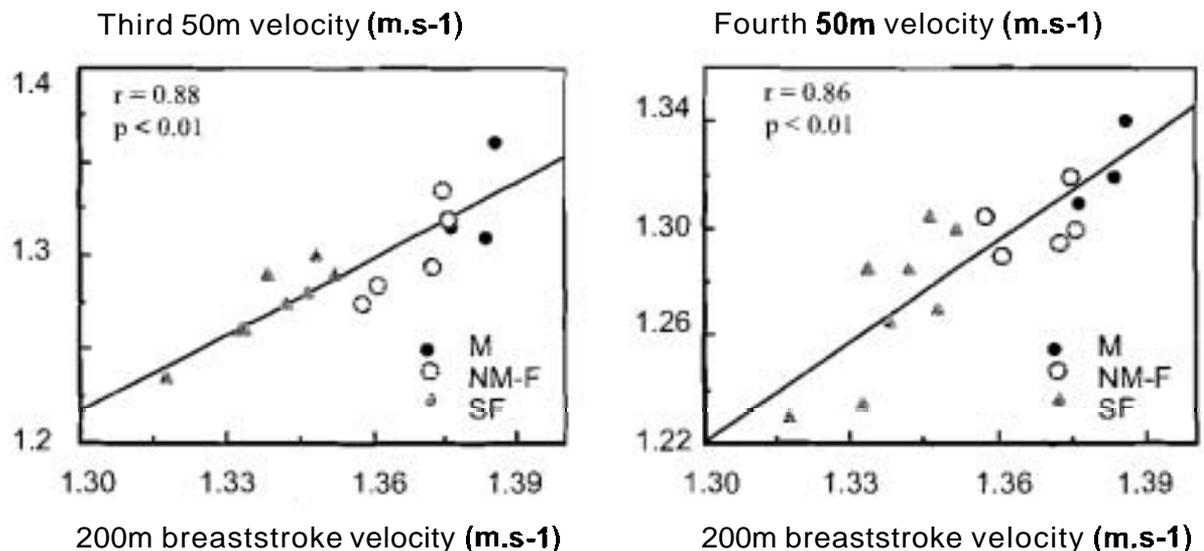


Figure 1 - Relationship between the third, fourth 50 m velocity and the 200 m breaststroke velocity.

For the whole group ( $n = 16$ ), the 200 m breaststroke velocity was mainly related to the velocity of the third (Figure 1), fourth (Figure 1) and first 50 m lap ( $r = 0.88$ ;  $0.86$   $p \leq 0.01$  and  $0.53$ ;  $p \leq 0.03$ ; respectively) and to the velocity of the turn 2 and 3 ( $r = 0.69$  and  $r = 0.68$ ,  $p \leq 0.01$ ). To further investigate the relative importance of these variables, stepwise regressions were

calculated between the 200 m breaststroke velocity and the start, swim and turn velocities. The velocity of the third 50 m (V50-3) was the most important factor. The velocity of the second turn (TV-2), and the velocity of the fourth 50 m lap (V50-4) were the two other main variables. They increased the relationship between the 200 m breaststroke velocity and V50-3 from 0.88 to 0.97, following the equation:

$$200 \text{ m breaststroke velocity} = 0.329 (V50-3) + 0.291 (TV-2) + 0.203(V50-4) + 0.263$$

The swimming technique (stroke frequency and stroke length) was analyzed by the cluster method to determine the three main technique strategies used by the 16 swimmers (Table 2). T1 consisted of the gold and silver medallists and two semi-finalists. It was characterized by the highest stroke length in the four 50 m laps. T2 consisted of the bronze medallist. It was characterized by an average stroke frequency and stroke length. T3 consisted of three finalists. It was characterized as the highest stroke length in the four 50 m laps of the race. However, these strategies were not related to the performance.

Table 2 Description of the Two Main Technique Strategies Used by the 16 Swimmers

	<b>T1, N = 4</b> Gold and silver medallists	<b>T2, N = 8</b> Bronze medallist	<b>T3, N = 4</b> 3 finalists
<b>200 m velocity (m.s-1)</b>			
<b>1<sup>st</sup> 50 m SF (cycle.min-1)</b>	34.9 (1.4)'	39.1 (1.2)''	47.1 (2.8)'''
<b>2<sup>nd</sup> 50 m SF (cycle.min-1)</b>	33.1 (0.6)'	36.9 (1.1)**	42.5 (4.4)'''
<b>3<sup>rd</sup> 50 m SF (cycle.min-1)</b>	34.1 (1.1)*	38.8 (1.6)''	44.7 (3.1)'''
<b>4<sup>th</sup> 50 m SF (cycle.min-1)</b>	37.7 (3.7)'	43.5 (3.2)''	49.8 (2.1)'''
<b>1<sup>st</sup> 50 m SL (m.cycle-1)</b>	2.34 (0.1)'	2.1 (0.11)''	1.76 (0.1)'''
<b>2<sup>nd</sup> 50 m SL (m.cycle-1)</b>	2.38 (0.08)'	2.12 (0.07)''	1.86 (0.16)'''
<b>3<sup>rd</sup> 50 m SL (m.cycle-1)</b>	2.32 (0.01)'	1.99 (0.05)''	1.74 (0.13)'''
<b>4<sup>th</sup> 50 m SL (m.cycle-1)</b>	2.09 (0.16)'	1.78 (0.09)**	1.57 (0.07)'''

SF = stroke frequency; SL = stroke length

\* Significant difference between T1 and T2

\*\* Significant difference between T2 and T3

\*\*\* Significant differences between T1 and T3

**CONCLUSION:** In the women's 200 m breaststroke, the medallists swam faster than the non-medallist finalists. However, that difference was not statistically significant. In contrast, the medallists had a significant higher stroke length. For the 16 swimmers group, the 200 m breaststroke velocity was mainly related to the second part of the race (third and fourth 50 m laps). The technique strategy was very different from one swimmer to another. Some swimmers swam with a high stroke frequency and low stroke length while some others swam with a low stroke frequency and a high stroke length. However, these strategies were not considered of major importance for the final result.

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