

PCAC Race Analysis Worksheet Instructions

1. On worksheet, fill in provided race info: "Split" and "SR" (Stroke Rate as seconds/cycle)
2. Pull up video on vimeo.com or flip.com. On vimeo, search for "dps project". Each video is tagged by event (eg, 100ba, 200im), swimmer's initials (eg, arb, ec, ja) and race date (eg, 052210).
3. Watch video
4. Fill in "Stroke Count" (SC as cycles). Note: Fr/ Ba: 1 cycle = 1 right stroke + 1 left stroke
5. Calculate "FSD" (free swimming distance as meters). To calculate, note where your head breaks the surface - this is your "streamline" (SL as meters) distance. On the lane lines, the point at which the long solid color begins to alternate with another color is 5 meters (this is also the point under the flags). Use this 5m point as a measuring standard. Once you have your streamline (SL) distance - subtract this from 50m. This will give you the FSD. Example: My head breaks the surface at 7m (about a half body length past the flags); $50-7=43$. 43 meters is my FSD.
6. Calculate "DPC" (Distance Per Cycle as meters/cycle). Divide FSD by "stk cnt".

Example:
ARB 100fr 052210

Name: Ariel B.		Meet:	JW Spring Fling			Date: 5/22/10	
Event: 100m Fr							
	Split	SR	Stk Cnt	FSD (50-SL)	DPC (FSD/SC)	Comments	
50	31.84	1.35	19	40	2.12	Less 2 cycles = 2.8 sec faster	
100	32.70	1.4	21.5	45	2.09	Less 4 cycles = 5.6 sec faster	
150						Time drop for Jr Nats = :05.95	
200							
250							
300							
350							
400							