Supplementary Material

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| **Supplementary Table 3**. Change in boat velocity for a change in predictor variables of two within-crew standard deviations with adjustment for stroke rate and power in the four boat classes. Data are mean (%), ±90% compatibility limits, with observed magnitude and p values for non-inferiority and non-superiority tests (p–/p+). |
|  | M1x | W1x | M2- | W2- |
| Within-stroke velocity range | -0.4, ±0.6; small\*0.59/0.04 | **-1.1, ±0.7;** **mod\*\*\***0.96/0.005 | -0.1, ±0.5; trivial0.23/0.08 | -0.1, ±0.6; trivial0.28/0.14 |
| Time from catch to minimum velocity | -0.1, ±0.8;trivial 0.35/0.17 | -0.1, ±0.5; trivial0.27/0.08 | 0.3, ±0.2;small\*<0.001/0.36 | -0.2, ±0.5;trivial\*0.36/0.04 |
| **Force variables** |
| Mean force | **-2.2, ±1.1;** **large\*\*\***0.99/0.001 | **-2.4, ±1.4;** **large\*\*\***0.99/0.03 | **-3.2, ±1.2;** **v.large\*\*\***0.993/0.005 | -2.6, ±1.9; v.large\*\*\*0.96/0.009 |
| Peak force | **-1.6, ±0.6;** **large\*\*\***0.99/0.001 | **-1.6, ±0.6;** **large\*\*\*\***0.999/<0.001 | -1.6, ±0.6; large\*\*\*\*0.996/>0.001 | -2.2, ±1.6; large\*\*\*0.97/0.01 |
| Rate of force development  | **-0.3, ±0.3;** **small\*0**0.55/0.003 | **-0.3, ±0.2;** **small\*0**0.47/<0.001 | -0.3, ±0.5; small\*00.51/0.03 | 0.0, ±0.4; trivial0.06/0.12 |
| Time to peak force from the catch  | -0.2, ±0.3; trivial0\*0.36/0.003 | **-0.3, ±0.2;** **small\***0.31/<0.001 | -0.1, ±0.4; trivial0.14/0.05 | **-0.6, ±0.5;** **small**0.89/0.002 |
| Mean to peak force ratio | -0.2, ±0.5; trivial0.36/0.06 | -0.2, ±0.4; trivial0\*0.37/0.03 | -0.0, ±0.9; trivial0.25/0.19 | -0.4, ±0.8; small0.59/0.08 |
| Peak force angle | **0.1, ±0.2;** **trivial000**0.001/0.98 | **-0.1, ±0.2;** **trivial00**0.06/0.001 | -0.3, ±0.5; small\*00.47/0.03 | **-0.5, ±0.2;** **small\*\***0.90/<0.001 |
| **Oar angle variables** |
| Catch slip | 0.1, ±0.3; trivial000.01/0.15 | **0.2, ±0.3;** **trivial0**0.003/0.32 | -0.0, ±0.3; trivial000.08/0.04 | -0.3, ±0.2; small\*00.43/0.001 |
| Finish slip | -0.0, ±0.2; trivial0000.02/0.01 | **0.3, ±0.3;** **small\*0**0.002/0.58 | 0.0, ±0.3; trivial0.05/0.07 | -0.3, ±0.3; small\*00.60/0.003 |
| Finish angle | -0.1, ±0.2; trivial000.07/0.007 | **0.4, ±0.3;** **small\*\***0.001/0.77 | -0.1, ±2.6; trivial0.43/0.32 | 0.2, ±0.9; trivial0.15/0.43 |
| Arc angle | 0.3, ±0.4; small\*00.02/0.46 | **1.1, ±0.3;** **mod\*\*\*\***<0.001/>0.99 | **0.6, ±0.3;** **small\*\*\***0.002/0.97 | 1.1, ±1.1; mod\*\*0.03/0.90 |
| Catch angle | -0.3, ±0.5; small\*00.52/0.02 | **-1.0, ±0.3;** **mod\*\*\*\***0.998/<0.001 | -1.2, ±0.8; mod\*\*\*0.96/0.02 | -0.9, ±0.7; mod\*\*0.93/0.008 |
| M1x, men’s single scull; W1x, women’s single scull; M2-, men’s coxless pairs; W2- women’s coxless pairs.Number of crews: 10, 8, 3 and 6 respectively.Number of races: 17, 13, 5, 12 respectively.Scale of magnitudes: <0.3%, trivial; 0.3-0.9%, small; 0.9-1.6%, moderate (mod); 1.6-2.5%, large; 2.5-4.1%, very large (v.large); >4.1%, extremely large (e.large). Reference-Bayesian likelihoods of substantial change: \*possibly; \*\*likely; \*\*\*very likely, \*\*\*\*most likely. \*\*\* and \*\*\*\* indicate rejection of the non-superiority or non-inferiority hypothesis (pN- or pN+ <0.05 and <0.005 respectively).Reference-Bayesian likelihoods of trivial change: 0possibly; 00likely; 000very likely, 0000most likely.Likelihoods are not shown for effects with inadequate precision at the 90% level (failure to reject any hypotheses: p>0.05). Effects in **bold** have adequate precision at the 99% level (p<0.005). |