Supplementary Material

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| **Supplementary Table 1**. Change in boat velocity for a change in predictor variables of two within-crew standard deviations without adjustment 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- |
| **Time and velocity variables** |
| Stroke rate | **7.0, ±2.1;** **e.large\*\*\*\***<0.001/>0.999 | **7.6, ±0.8;** **e.large\*\*\*\***<0.001/>0.999 | **8.6, ±2.7;** **e.large\*\*\***0.005/0.996 | **9.0, ±1.2;****e.large\*\*\*\***<0.001/>0.999 |
| Within-stroke velocity range | **6.5, ±1.4;** **e.large\*\*\*\***<0.001/>0.999 | **7.1, ±0.7;** **e.large\*\*\*\***<0.001/>0.999 | 7.2, ±3.9; e.large\*\*\*0.01/0.98 | **9.0, ±0.9;** **e.large\*\*\*\***<0.001/>0.999 |
| Time from catch to minimum velocity | **-6.5, ±3.5;** **e.large\*\*\***0.996/0.004 | **-4.0, ±3.0;** **v.large\*\*\*\***>0.999/<0.001 | -4.0, ±3.0; v.large\*\*\*0.96/0.03 | -5.0, ±3.6;e.large\*\*\*0.98/0.02 |
| Distance per stroke | 0.9, ±1.7; mod0.10/0.75 | 0.1, ±2.5; trivial0.39/0.44 | 2.9, ±5.7; v.large0.12/0.85 | 0.0, ±3.4; trivial0.42/0.44 |
| **Force variables** |
| Power output | **7.1, ±0.8;** **e.large\*\*\*\***<0.001/>0.999 | **7.8, ±0.3;****e.large\*\*\*\***<0.001/>0.999 | **8.9, ±1.2;****e.large\*\*\*\***0.001/0.999 | **9.5, ±1.8;** **e.large\*\*\*\***<0.001/>0.999 |
| Mean force | **8.2, ±1.3;** **e.large\*\*\*\***<0.001/>0.999 | **9.2, ±1.0;** **e.large\*\*\*\***<0.001/>0.999 | **9.1, ±2.8;** **e.large\*\*\*\***0.002/0.998 | **13.3, ±5.4;** **e.large\*\*\***0.001/0.999 |
| Peak force | **7.4, ±1.4;** **e.large\*\*\*\***<0.001/>0.999 | **9.6, ±1.5;** **e.large\*\*\*\***<0.001/>0.999 | 8.1, ±4.2; e.large\*\*\*0.007/0.99 | **13.4, ±6.5;** **e.large\*\*\*\***0.003/0.997 |
| Rate of force development  | **3.0, ±0.8;** **v.large\*\*\*\***<0.001/>0.999 | **3.1, ±0.8;** **v.large\*\*\*\***<0.001/>0.999 | 3.7, ±2.8; v.large\*\*\*0.02/0.97 | **4.7, ±1.3;** **e.large\*\*\*\***<0.001/>0.999 |
| Time to peak force from the catch  | **-2.4, ±0.8;** **large\*\*\*\***>0.999/<0.001 | **-3.2, ±2.3;** **v.large\*\*\*\***0.999/<0.001 | -3.0, ±2.5; v.large\*\*\*0.96/0.03 | **-4.4, ±2.0;** **e.large\*\*\*\***0.998/0.001 |
| Mean to peak force ratio | **-2.5, ±0.7;** **v.large\*\*\*\***>0.999/<0.001 | -1.2, ±0.9; mod\*\*0.95/0.006 | -3.6, ±1.9; v.large\*\*\*0.99/0.007 | -2.1, ±2.1; large\*\*0.92/0.04 |
| Peak force angle | 0.8, ±1.0; small\*\*0.03/0.81 | 0.5, ±1.4; small0.16/0.61 | 1.6, ±1.4; large\*\*0.03/0.94 | 0.9, ±2.1; mod0.15/0.71 |
| **Oar angle variables** |
| Catch slip | **-2.9, ±0.8;** **v.large\*\*\*\***>0.999/<0.001 | **-4.7, ±1.3;** **e.large\*\*\*\***>0.999/<0.001 | **-3.6, ±1.1;** **v.large\*\*\*\***0.998/0.001 | -1.0, ±8.7; mod0.56/0.39 |
| Finish slip | **-2.7, ±0.6;** **v.large\*\*\*\***>0.999/<0.001 | **-5.0, ±1.1;** **e.large\*\*\*\***>0.999/<0.001 | -3.5, ±2.7; v.large\*\*\*0.97/0.03 | -4.8, ±2.8; e.large\*\*\*0.99/0.005 |
| Finish angle | **-1.4, ±0.9;** **mod\*\*\***0.98/0.002 | -1.6, ±1.4; large\*\*0.94/0.02 | 1.2, ±15.8; mod0.41/0.56 | -5.7, ±5.3; e.large\*\*0.95/0.04 |
| Arc angle | -1.6, ±1.1; large\*\*\*0.98/0.004 | -1.3, ±1.1; mod\*\*0.93/0.01 | 1.8, ±2.6; large0.08/0.87 | -6.0, ±8.0; e.large0.89/0.09 |
| Catch angle | 0.9, ±1.2; mod0.05/0.80 | 0.0, ±0.9; trivial0.27/0.31 | -4.2, ±2.6; e.large\*\*\*0.98/0.01 | 3.9, ±6.6; v.large0.12/0.85 |
| 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). |