



# VIDEO RACE ANALYSIS

**Winter Ontario Swim Champs LC,  
Toronto, Feb 29-Mar 3, 2024**

- **Swim Ontario has contracted RaceTek to provide full Race Video coverage for all Finals at the Winter OSC Champs LC, Toronto. These Race Videos will be made available to all ONTARIO Teams.**
- **Each Final will have three Race Videos and will be named according to the Meet Name, Gender, Age Category, Event Name and Lanes (L0-2, L3-6 & L7-9).**
  - **Sample naming protocol: 2024WOSC-W14-200IM-FNL-L3-6**
- **During the Competition, the Race Video files will be uploaded to DropBox whereupon a "link" will be generated and made available to the Coaching Staff of each Team.**
  - **Head Coaches or designate will receive a link to the files and may share the link with their Assistant Coaches.**
- **After the Competition (Mar 4th), the Coaching Staff of each team may share the link with their swimmers.**
- **Race Analysis Data Reports can be ordered for all Finalists post-competition. Orders for Team Race Analysis Data Reports will be uploaded to a Team Dropbox folder.**
  - **Race Analysis Data Report Orders (Sample below):**
    - **Team Pricing (10 or under Race Analysis Data Reports):**
      - 50/100 Events - \$10.00/Data Report
      - 200m Events - \$15.00/Data Report
      - 400m Events - \$20.00/Data Report
      - 800m /1500m - \$30.00/Data Reports
    - **Team Pricing (over 10-Race Analysis Data Reports):**
      - All races \$10.00 per Data Report (except 800/1500 - \$20.00).
  - **CompTrak Model (Sample below):**
    - The CompTrak Model includes the Race Analysis Data Output
    - Pricing (all events): \$10.00/Report

**For Further Information**

**Contact Ken Olson: text: 403-815-5516 or email: [ken@racetek.ca](mailto:ken@racetek.ca)**



**Race Analysis Data Report:** *This is a "real time" Race Data Report (.html). This interactive report measures key swim-metrics data elements that can be used to objectively evaluate a race (Starts, Turns, Finishes, Split Times, Distance per Stroke, and Stroke Rates.*

**Sample:**

[https://www.racetek.ca/new/wp-content/uploads/2019/10/womens\\_100fly\\_lc\\_swimmetricreport.html](https://www.racetek.ca/new/wp-content/uploads/2019/10/womens_100fly_lc_swimmetricreport.html)

**CompTrak Data Report:** *This data model uses VRA data to display each race as a one-line tracking entry. Each entry is displayed so that it can be compared to previous performances, Race Plan Data and World Performance Data.*

**Sample:**

[https://www.racetek.ca/new/wp-content/uploads/2019/09/comptrak\\_model-womens\\_100\\_fly.pdf](https://www.racetek.ca/new/wp-content/uploads/2019/09/comptrak_model-womens_100_fly.pdf)

## **Additional RaceTek Data Services** (contact [ken@racetek.ca](mailto:ken@racetek.ca))

**RacePlan Sheet:** *Modeled after the best World Swimmers but scaled up/down to each individual and their goal time.*

[https://www.racetek.ca/new/wp-content/uploads/2019/10/womens\\_100fly\\_lc\\_race-plan-model-oct2019.pdf](https://www.racetek.ca/new/wp-content/uploads/2019/10/womens_100fly_lc_race-plan-model-oct2019.pdf)

**Practice Plan Sheet:** *Taken from the Race Plan but organized for efficient use in practice.*

[https://www.racetek.ca/new/wp-content/uploads/2019/10/womens\\_100fly\\_lc\\_practice-plan-model\\_oct2019.pdf](https://www.racetek.ca/new/wp-content/uploads/2019/10/womens_100fly_lc_practice-plan-model_oct2019.pdf)

**Practice Card:** *Suitable for taking to workout.*

[https://www.racetek.ca/new/wp-content/uploads/2019/10/womens\\_100fly\\_lc\\_practice-card\\_oct2019.pdf](https://www.racetek.ca/new/wp-content/uploads/2019/10/womens_100fly_lc_practice-card_oct2019.pdf)

**For detailed information about RaceTek's Integrated Race Analysis System visit the RaceTek website - [www.racetek.ca](http://www.racetek.ca)**



## ***Race Analysis Data - Registration Sheet***

***Registration for Race Analysis Data and CompTrak can be made before, during or after the competition. The data reports will be assembled after the competition.***

***Competition: Winter Ontario Swim Champs, Toronto, 2024***

***Team Name:***

***Coach:***

***Contact Info: Phone:***

***Email:***

*Please provide a list of your swimmers including Gender, Name, Age Category-Event Name. Send list to [ken@racetek.ca](mailto:ken@racetek.ca) or text 403-815-5516*

*Example: Male-Swimmer Name-14-200 IM*