

## **500m Test Protocol**

**The test:** A 500 meter piece in a single scull or on the Rowperfect recording the number of strokes taken to complete the test. There is no fixed rate or power output set, it is up to the athlete.

**The conditions:** On water – do test twice, once with the conditions and once against.  
No special preparation required of athlete except that they are warmed up

**Frequency of testing:** Recommend as a test of progress in skill and bi-monthly or monthly

**Running the test:** On water – personnel marking start and finish points. Call out to the athlete as they pass. Athlete counts strokes.

### Setting up the Rowperfect

From the F6 User Settings screen load profile for user or set new user profile (e.g. 500mtest).

NB for testing a series of athletes we recommend loading the first .ini file with the test name and then for each athlete load this up first and then re-save to the athlete initials.

Highlight user identification field hit enter. Change user name (8 characters max). Enter

Amend weight, gender, boat type as above

Highlight “Session is limited by” - select distance. Enter

Value of limitation – 500 meters. Enter

F1 to Accept – takes you back to rowing screen

Recommended displays and arrangement (F2 to change):

1. Power/stroke
2. Power (average)
3. Stroke length
4. Stroke Rate
5. Number
6. Estimated 500m time
7. Distance
8. Time

Return to F6 once you have set the displays and hit F8 to save this display format with this user or test profile file name.

At the end of the session hit F1 to Evaluate and F8 to save the session file and it will prompt you with the file name you gave earlier and will save it as a session file. You can evaluate this later only from within the Rowperfect software Evaluation screen.

To save it as an Excel readable file press F1 to Evaluate and then F4 Text. From the dialogue box, arrow down to Session and press space bar to select. And hit enter to save. This will save it as a .brm file which can be read by Excel and re-saved as an Excel format file.

### **Sample outputs:**

Girls aged 20	30 strokes with conditions and 35 against conditions
Younger girl	36 with and 39 against
Boy young	29 with and 36 against
Older boy	24 with 36 against