SITUATIONAL SUCCESS IN 100-M BACKSTROKE EVENT AT THE 2004 AND 2008 EUROPEAN SWIMMING CHAMPIONSHIPS

Abstract
Research involved 9 female swimmers who competed at the 2004 and 2008 European Swimming Championships in the 100m backstroke event. Situational success of female swimmers was measured through overall swim-time, start time (15 m), lap times per 25 meter sections, swimming speed, turn times (7.5 m), stroke frequency, stroke length and finish phase (5 m) were also calculated. The results show statistically significant progress in overall time which was mostly accomplished based on shorter start and turn times. Also, progress in the anaerobic capabilities of four years older female swimmers is notable, indicated by smaller variations in swimming speed in the second half of the section, whereas said differences are not statistically significant for the given model. It is to be assumed that an important role in such start and turn results were played by the new swimsuits that have proven to be most efficient while sliding through water.

Key words: swimming, situational success, backstroke, European Championship