



---- Information, Rules and Regulations ----

PACER, Progressive Aerobic Cardiovascular Endurance Run, is a 15-meter shuttle run test for estimating the VO₂ Max, an indicator of cardio-respiratory fitness level.

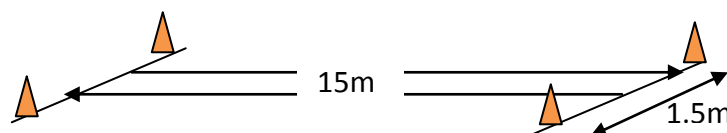
I. Details of the 8th HKUST PACER Challenge are:

- Date** : 26th April 2016 (Tuesday)
Time : 5:30pm – 7:30pm
Venue : Badminton Courts, S. H. Ho Sports Hall
Schedule : **5:30pm – 5:40pm** Registration
5:40pm – 5:50pm Opening Ceremony & Demonstration to Participants
5:50pm – 7:20pm Challenge
7:20pm – 7:30pm Closing Ceremony & Prize Presentation
Organizer : Sports Association, Track and Field Club and Distance Runners' Club
Supported by: Sports & Wellness, SAO

II. Rules and Regulations:

1. Format and Process of PACER

Format: Participants are required to **run between two 15-meter-apart marker lines, synchronizing with the paced “beep” sounds** along the assigned lane. Each lane is around 1.5 meter wide.



As the run proceeds, participants are required to run faster progressively in matching the faster frequency of the “beep” sounds. **The Run will be ended when the participant fails to keep the synchronization the second time.**

Please click [🎵](#) to listen the paced “beep” sounds.

- Process:**
- i. On the command “Get ready”, participants **MUST** stand behind the marker line. At the “beep” sound, the participant starts to run towards the opposite marker and then to reach the opposite marker line before/at the next “beep” sound.
 - ii. “One beep” sound means the end of the current lap while “three beeps” sound means the pace of the upcoming lap will be faster.
 - iii. When the participant reaches the marker **BEFORE** the next “beep” sound, he/she has to stay behind the marker line and wait for the next “beep” sound to run towards the opposite marker again.
 - iv. When the participant fails the marker line before/at the “beep” sound, he/she **should immediately return and speed up to reach the next marker line before/at the next “beep” sound.** The assigned Judge Assistant will raise the flag to notify the participant that he/she failed for the first time.



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- v. Participant keeps running synchronizing with the paced “beep” sounds according to the processes listed in **iii** and **iv**.
- vi. The run will be ended when the participant fails to keep the synchronization the second time. The previous lap achieved is the participant’s achievement. The assigned Judge Assistant will raise both the flag and the other hand to inform the participant to end the run.

2. Participants

- 2.1 Full-time HKUST students are eligible to join the Challenge.
- 2.2 Students may take part in the Challenge by forming **team of 4 (with at least 1 different gender)** or **as individual**.

3. Entry Fee

Free of Charge.

4. Registration

Teams/ Individuals must submit the online registration forms [[Team](#)] [[Individual](#)] together with the health declaration on **15th April 2016 (Friday)**. The confirmation email will be sent out to the participants on **18th April 2016 (Monday)**.

5. Judge

- 5.1 The Organizer will assign 2 trained Judge Assistants for each lane.
- 5.2 The Judge Assistant will inform the participant who fails to synchronize with the “beep” sound:
 - i. first failure - raise the flag;
 - ii. second failure - raise both the flag and the other hand to inform the participant to end the run.

6. Result

- 6.1 The laps successfully achieved by individual participant will be his/her achievement.
- 6.2 The total laps achieved by the 4 participants of the team will be the team’s achievement.

7. Prizes

Medals will be awarded to the top 3 teams, top 3 male and female participants.

8. Attire

- 8.1 Participants **MUST** wear sports attires and non-marking sports footwear.
- 8.2 Participants wearing spectacles with metallic frame or breakable lens and jewelry items will **NOT** be allowed to take part in the Challenge.



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9. Reporting Procedures On- the- day

- 9.1** Participants must present their student ID cards at the Registration Counter located in S. H. Ho Sports Hall during the period from 5:30pm to 5:40pm on the event date. Participants who failed to report on time will be disqualified.
- 9.2** Participant labels will be distributed to the participants. They should check if there are any errors and must inform the organizer immediately for amendment before the Challenge starts.
- 9.3** Participants **MUST** stick the participant label visibly on their chest and back. Participants without the participant labels will **NOT** be allowed to take part in the Challenge.

10. HLTH1010 Course Hours

On successful completion of the Challenge, HLTH1010 Course participants will attain 2 course hours under “Organized Sports” of the “Activities” module.

- 11. The Organizer reserves the right to claim damages against the participants when there is any damage of equipment and/ or facilities caused by the participants during the Challenge.**
- 12. The Organizer reserves the right to amend the Rules and Regulations as deemed necessary without prior notice.**

8th HKUST PACER Challenge Organizing Committee
8th April 2016