

Information Brief for 2.4 KM Run Test

(Sec 2, 4 & 5)

Date	25 th May 2019, Saturday
Venue	Yishun Innova Junior College (YIJC)
Reporting Time	Secondary 2, 4 & 5 Boys: 7.20 am
	Secondary 2, 4 & 5 Girls: 8.00 am
Assembly Area	Parade Square @ YIJC (Beside Carpark)
Attire	CCHY PE shirt, shorts, and socks
	Running/sports shoes are permitted
Expected End Time	1 hour 15 minutes from Reporting Time

To ensure orderly and punctual completion of the Test, and accurate recording of Test scores, students are to be clear of the points listed here.

Reporting

Students are to be seated in their Detail, in running order. Refer to the Detailing List.

As students will not be allowed to use the toilet after reporting, they are advised to use the toilet, before reporting.

Students are also advised to bring a water bottle, for hydration after their run, as the water cooler is quite a distance from the running track.

Students who are late will not be allowed to take the Test. And shall have to take the Test on a separate Saturday in Term 3.

Conduct of Test

The Test will be conducted over four Events:

	Start Point A		Start Point B	
Event 1	Runners: Detail 1	Recorders: Detail 2	Runners: Detail 3	Recorders: Detail 4
Event 2	Runners: Detail 2	Recorders: Detail 1	Runners: Detail 4	Recorders: Detail 3
Event 3	Runners: Detail 5	Recorders: Detail 6	Runners: Detail 7	Recorders: Detail 8
Event 4	Runners: Detail 6	Recorders: Detail 5	Runners: Detail 8	Recorders: Detail 7

There are two Start Points. During each event, there shall be two Details who are running, and another two Details who are recording their timing.

As an illustration, for Event 1, Detail 1 will be running, while Detail 2 will be recording the timing of Detail 1. Concurrently, Detail 3 will be running, while Detail 4 will be recording the timing of Detail 3. During Event 2, Detail 2 and Detail 4 will be running, while Detail 1 and Detail 3 will be recording their timing, respectively.

Between Event 1 and Event 2, and between Event 3 and Event 4, students are not allowed to leave the Test Area to use the toilet or the water cooler.

Recording of Timing

Each student will be responsible for recording the timing of another student. They will be given a Recording Sheet and a pen to do so.

The timing of each lap is to be recorded in the respective boxes on the Recording Sheet. Each Runner shall complete 6 laps.

During a Runner's final approach, the Recorder shall stand beside the Teacher-in-charge. After the Runner has crossed the finish line, the Recorder shall write down the timing of the final lap, and submit the recording sheet to the Teacher-in-charge immediately.

A Runner shall have to re-run, should the Recorder not submit the recording sheet to the Teacher-in-charge, immediately after the Runner has crossed the finish line.

A Runner shall have to re-run, should there be any inaccurate recording of timing by the Recorder, or disputes arising from such concerns.

As there is a large number of Runners during each Event, Recorders are advised to eye-ball their Runners throughout the duration of the Test, lest there be disputes arising from inaccurate recording.

Dismissal

Details which have completed both their running and recording will return to the Assembly Area, and be seated in their Details.

Each Detail will be dismissed when the attendance of students, and their submission of Recording Sheets, are accounted for.

Safety

Students are advised to have a light breakfast, not drink too much water before the run, and have at least 7 hours of sleep the night before.

Students are advised to do their best, but stop and alert their Teacher-in-charge when they feel pain and/or discomforts that they usually do not experience when running.

Absenteeism

Students with a doctor's memo excusing them from physical activities, are excused from attending the Test.

Students without a doctor's memo excusing them from physical activities, and are not present for the Test, shall take their Test on a separate Saturday in Term 3.

Students are advised to complete the Test on 25th May, together with their friends and classmates.

Physical Education Department

15 May 2019