



## Administration

### Sprint Test

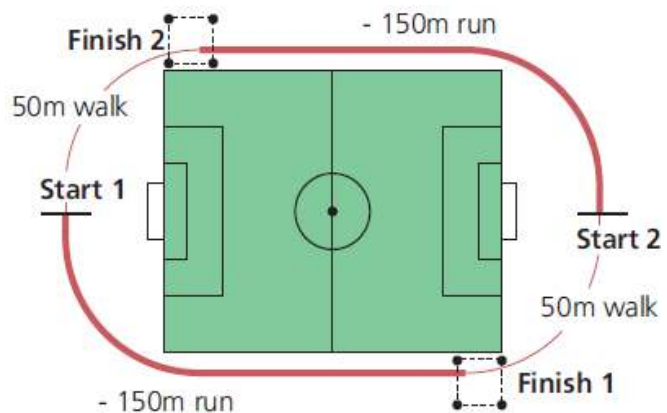
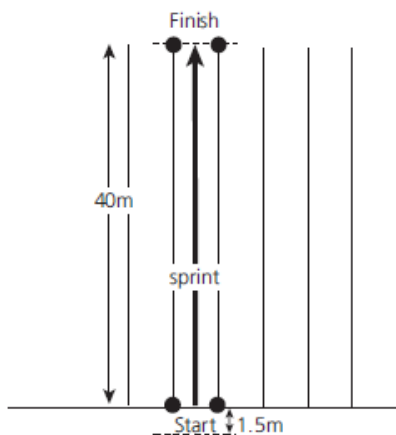
- Participants run six consecutive 40 meter sprints followed by a recovery period after each sprint (while walking back to the start line)
- Dynamic start with the front foot on a line that is 1.5 meters away from the electronic timing gates at the starting position
- If a participant falls or trips, they are allowed another attempt at that specific sprint
- If a participant fails one sprint out of the six, they are given one more attempt immediately after the sixth sprint
- If a participant fails two sprints, they fail the test

### Interval Test

- Participants run a total of ten consecutive laps
- A lap consists of two 150 meter runs with two 50 meter recovery walks
  - Starts with running 150 meters in the prescribed time
  - Followed by walking 50 meters in the prescribed time
  - This process is repeated to complete one lap
- Walking area is marked by cones 3 meters on each side of the 150 meter marks
- If a participant fails to reach the walking area in the prescribed time, they are issued a warning
- If a participant fails to reach the walking area for a second time, they fail the test

### Notes

- The time between the sprint test and interval test should be approximately 10 minutes



## State Referee Standards

### Sprint Test

- Maximum of 10 seconds per sprint

### Interval Test

- Maximum of 45 seconds for the 150 meter run
- Maximum of 45 seconds for the 50 meter walk