



Beep Test

Last updated 2013

GRADE

Open Mens'
Open Ladies'
U18 Mens'
U18 Ladies'

DETAILS

- The test involves running continuously between two points that are 20 metres apart. These runs are synchronized with a CD sound track which plays beeps at set intervals.
- As the test proceeds, the interval between each successive beep reduces, forcing the athlete to increase their speed over the course of the test, until it is impossible to keep in sync with the recording (or, in rare occasions, if the athlete completes the test).
- The progression from one level to the next is signaled by 3 rapid beeps. The highest level attained before failing to keep up is recorded as the score for that test.
- Participants may like to prepare in advance for this sport, by downloading the sound track and running the test.

UNIFORM AND EQUIPMENT

- Bring running gear, water bottle, etc

FORMAT

- ****To be held from 10pm on the Saturday and Sunday following the evening rally as part of the village activities****
- The event is held on the dodgeball courts in the General Purpose Pavilion
- Entries are unrestricted, allowing for the possibility of a large amount of participants
- As participants withdraw, their level achieved will be recorded
- The participant who obtains the highest level in each section will be the winner

State Youth Games is presented by Youth Vision Victoria

To ensure SYG participants are adequately covered in the event of a personal or sporting related accident it is strongly recommended that participating groups or individual participants arrange personal accident insurance. It is the responsibility of the group co-ordinator to ensure this is communicated to SYG participants associated with their groups.