Pacer Test

Runners Name (printed):

Scorers Name (printed):

1. You are allowed to miss one line. The second line that you miss, your test is finished.
2. Your foot must be on or over the line for it to count. If you miss a line, raise your hand, and your partner will also let you know.
3. Put an “X” through the number if they successfully touch the line. Circle the number if they miss the line.

|  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- | --- |
|  |  |  |  |  |  |  |  |  |  |  |  |  |  | 6th | 7th | 8th |
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | rest |  |  |  |  |  |  | 55% | 55% | 55% |
| 9 | 10 | 11 | 12 | 13 | 14 | 15 | rest |  |  |  |  |  |  | 65% | 65% | 60% |
| 17 | 18 | 19 | 20 | 21 | 22 | 23 | rest |  |  |  |  |  |  | 75% | 70% | 65% |
| 25 | 26 | 27 | 28 | 29 | 30 | 31 | 32 | rest |  |  |  |  |  | 80% | 75% | 70% |
| 34 | 35 | 36 | 37 | 38 | 39 | 40 | 41 | rest |  |  |  |  |  | 85% | 80% | 75% |
| 43 | 44 | 45 | 46 | 47 | 48 | 49 | 50 | 51 | rest |  |  |  |  | 90% | 85% | 80% |
| 53 | 54 | 55 | 56 | 57 | 58 | 59 | 60 | 61 | rest |  |  |  |  | 95% | 90% | 85% |
| 63 | 64 | 65 | 66 | 67 | 68 | 69 | 70 | 71 | 72 | rest |  |  |  | 100% | 95% | 90% |
| 74 | 75 | 76 | 77 | 78 | 79 | 80 | 81 | 82 | 83 | rest |  |  |  |  | 100% | 95% |
| 85 | 86 | 87 | 88 | 89 | 90 | 91 | 92 | 93 | 94 | rest |  |  |  |  |  | 100% |
| 96 | 97 | 98 | 99 | 100 | 101 | 102 | 103 | 104 | 105 | 106 | rest |  |  |  |  |  |
| 108 | 109 | 110 | 111 | 112 | 113 | 114 | 115 | 116 | 117 | 118 | rest |  |  |  |  |  |
| 120 | 121 | 122 | 123 | 124 | 125 | 126 | 127 | 128 | 129 | 130 | 131 | rest |  |  |  |  |
| 133 | 134 | 135 | 136 | 137 | 138 | 139 | 140 | 141 | 142 | 143 | 144 | rest |  |  |  |  |
| 146 | 147 | 148 | 149 | 150 | 151 | 152 | 153 | 154 | 155 | 156 | 157 | end |  |  |  |  |