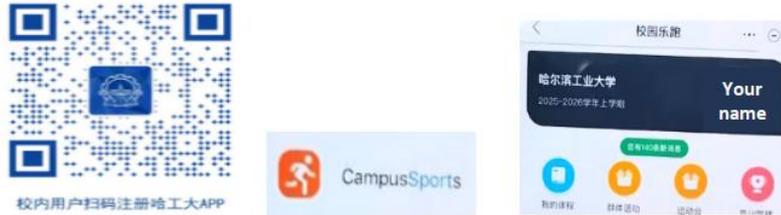


Notice on Extracurricular Running Exercises for Undergraduate Students in the Spring Semester of 2026

Extracurricular Exercise Check-in Method: HIT App - Campus Sports - Campus Run



Grade Related: Students must complete 20 or more valid runs within the designated timeframe (**Weeks 3-12, March 23rd - May 31st, 2026**) as the minimum grade for physical education this semester. Fewer than 20 runs will result in a failing grade.

Inquiries and Appeals: See Article 6.

Safety Tips: Please adjust your exercise intensity based on your current physical fitness level and complete your running workouts step by step while ensuring safety.

I. Participants

Students of year 2023, 2024, and 2025 who are taking physical education courses, and students who are retaking physical education courses (except students in health classes and students exempted from physical education courses).

II. Rules Description

1. Basic Rules Settings:

Year	Running Settings	
Undergraduate Students of Grade 23, 24, and 25, and Students Who are Retaking Physical Education Courses (Except For	Running Area:	Harbin Institute of Technology Campuses Campus 1 Track & Field Stadium, Campus 2 Track & Field Stadium, Civil Engineering Building (Formerly School of Architecture), Campus 1 Science Park.
	Start & End Time:	[March 23th - May 31th]

Students Exempted from Physical Education Classes)	Running Time	05: 30-22: 00	Number of Runs	Valid Times \geq 20 times (2 Valid Exercises Can Be Recorded per Day)
	Number of Check-in Points Passed	2		
	Pace	3-10 Minutes per Kilometer	Running Mileage	\geq 2km

- To ensure effective exercise, **a maximum of two valid exercise runs per day** will be recorded and linked to your physical education score. Any additional runs will be recorded but not linked to your score.
- To prevent over-exercise, the maximum mileage for a single exercise run is 5 kilometers.



III. Registration and Login Methods for HIT's "Campus Sports":

- Log in to the HIT Cyberspace Administration and download the HIT App.



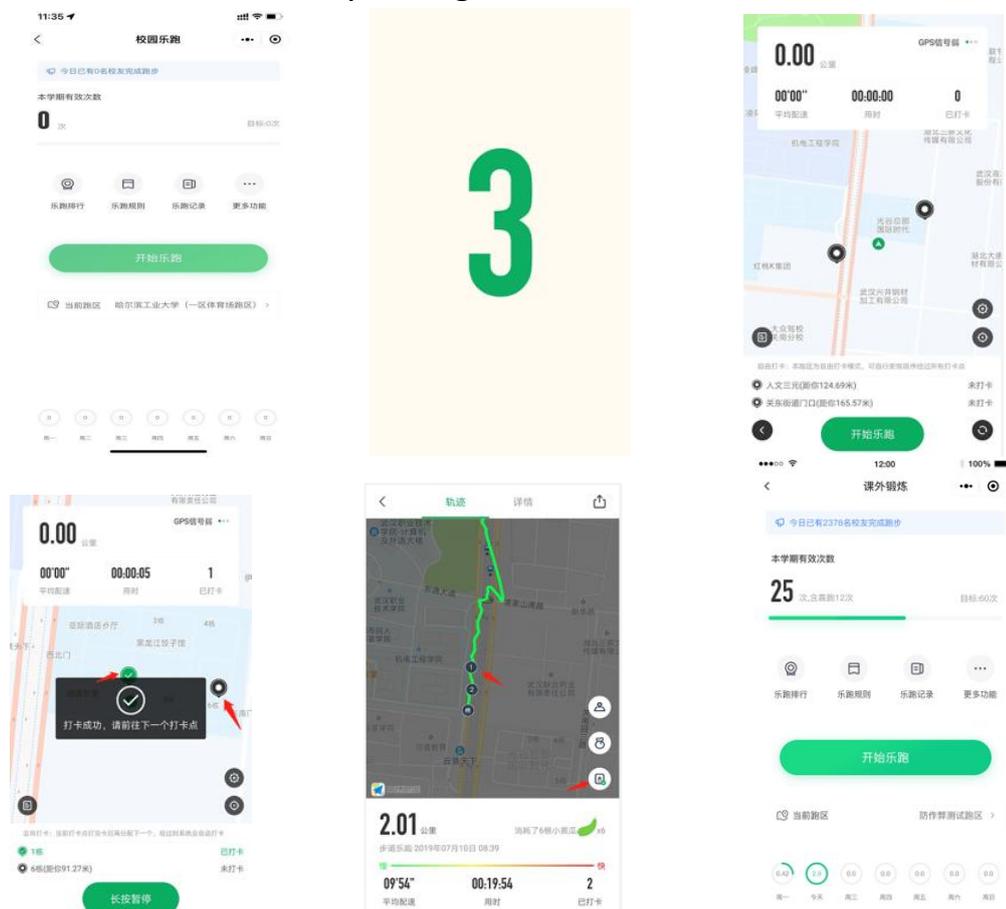
校内用户扫码注册哈工大APP

- or <http://ca.hit.edu.cn/xxxt/mhfwtx/hgdAPP.htm>
- Download, install, and complete registration.
- Go to the HIT App, search for "Campus Sports" at the top of "Apps," and complete the "Campus Sports" registration and verification.



IV. Running Process

Click "校园乐跑" (Campus Fun Run), select a running zone, and start your run. After your run, upload your data to view the number of runners on campus today, the number of valid runs this semester, including morning runs, as well as the fun run rankings, fun run rules, fun run records, running demonstrations, fun run results, start date, running zone information, and weekly mileage, as shown below:



V. Other Notes

1. Please pay attention to personal safety while running, yield to all types of motor vehicles and non-motor vehicles, and avoid exercising in rainy, snowy, or windy weather.
2. Running is an ideal endurance training exercise that benefits the cardiovascular system and improves basal energy metabolism. After a month of consistent running, you will notice improvements in your physical fitness, posture, and mental abilities.
3. Frequently changing your phone number to log in will cause your phone's IP address to become abnormal, potentially leading to identification as someone running on your behalf. Please use only one account per phone.
4. To ensure effective exercise, any cheating is prohibited, including using transportation or running for someone else. Lepao's backend will analyze cheating based on segmented running pace, track information, and phone ID changes. Once verified, the student's physical education score for the semester will be revoked and the school will be notified. Anonymous reporting and reporting is also welcome.

VI. If you have any questions or software issues, please contact customer service using the following methods.

1. Customer Service Contact Numbers: 027-59308374, 027-58900361, 027-58900362.
2. Complaint via WeChat Official Account: Trail Running
3. To file a complaint: Reply "Appeal" to the WeChat official account "Trail Running," fill in the relevant complaint details, submit, and a successful submission will be displayed. You can check the complaint status on the complaint interface.
4. For other matters, search for teacher Wang Su(王粟) from the Physical Education Department on the "HIT App" for consultation.

Sports Department
March 19th, 2026