

New Town Secondary School Annual Cross Country

12 May 2023
Briefing for **Students**



Objectives



- **Foster** a strong school spirit and bonding amongst students and staff.
- **Promote** active healthy lifestyle that improves the well-being and health of members of the NTSS family as everyone exercise together.
- **Inculcate** the school values such as integrity, resilience, care and concern and self-discipline as students prepare for the run and complete the race.



Event Details and Programme

Date : 12 May 2023 (Friday)

Time : 8.00 am – 12.00 pm

Venue : West Coast Park

Attire : NTSS PE T-Shirt & Shorts, & shoe/sports shoes

ONLY for this event, Girls are allowed to report directly in PE attire (NTSS PE T-Shirt & Shorts), without school skirt.

Time	Programme
8:00am	Assembly at West Coast Park Grand Lawn, Attendance-Taking & Distribution of Number tags to runners
8:15am	Welcome Address
8:30am	Start of Cross-Country: Principal to flag off the first race of the day.
8.30am	Secondary 4&5 Boys flag off
8.50am	Secondary 4&5 Girls flag off
9.10am	Secondary 2 Boys flag off
9.30am	Secondary 2 Girls flag off
9.50am	Secondary 1 Boys flag off
10.10am	Secondary 1 Girls flag off
10.30am	Secondary 3 Boys flag off
10.50am	Secondary 3 Girls flag off
11.10am	Prize Giving Ceremony
12.00pm	End of Cross-Country Event

Take note of tag colour assigned to each level!



Cross Country @ West Coast Park (2.4 KM)







Turning point at **CP 14** before the tunnel & in front of the toilet

Running route: **Clockwise direction** 

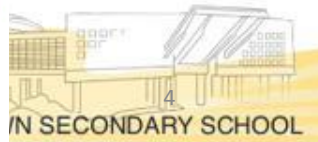


Assembly area

Legend:

-  Water Point
-  Drop off Point
-  Results Area
-  First Aid Post
-  Warm Up Area
-  Refreshment Point (Food & Drinks)

YOUR EVENT **123** Tags Return Point



Event Information



- Parents Gateway Letter to Parents dated **17 April 2023** has been sent.
- Information available on the **School's website**:
 1. **Directional Map** to Grand Lawn and of running route
 2. Students' Briefing PowerPoint slides



NEW TOWN SECONDARY SCHOOL



Attendance Is **COMPULSORY**



Be punctual and report to WCP
Grand Lawn by **7.50am** for
attendance-taking.

Absentees



- **Unwell or injured students to seek medical attention.**
- **Submit MC to Form teacher immediately the following Monday, 15 May 2023.**



Students who are unable to run



- **Students excused from the run due to medical reasons or injury, must still attend the event. You can assist your teachers with light duties and support your friends who are running.**
- **If you a runner and do not feel well on the day of event, inform your Form or PE Teacher immediately when you report at Grand Lawn.**

Transportation By Public transport

Bus stop directly in front of West Coast Park	Bus 176
Bus stop opposite West Coast Park	Bus 175,176
Alight in front of Clementi Woods park (West Coast Road) and take a 5-10 minutes walk through West Coast Link to West Coast Park	Bus 30,51, 143

From Clementi Bus Inter-change: **Bus Service 175**

Name of Bus Stop

↓ Clementi Interchange (Clementi Avenue 3)

↓ NTUC Fairprice (Clementi Avenue 3)

↓ Opp Blk 460 (Clementi Avenue 2)

↓ Blk 601 (West Coast Road)

↓ Opp Kent Ridge Sec School (West Coast Road)

↓ Aft West Coast Link (West Coast Highway)

→ Opp West Coast Park (West Coast Highway) [**Bus stop No. 17369**]

Alight
here



NEW TOWN SECONDARY SCHOOL

Transportation By Car

VIA CLEMENTI ROAD



**TURN RIGHT TO WEST
COAST HIGHWAY**



**2 ENTRANCES VIA
CAR PARK 3**

Transportation to WCP



- **Bus transport from school is only provided for student helpers and Sec 1 students.**
- **Sec 1s, inform your Form teachers latest by 5 May (Friday) if you require transport to and from WCP.**
- **Reporting time: 7.15am**
- **Reporting venue: School foyer**
- **Wait for further instructions from your Form or CCA teacher.**

Safety in Road Crossing at WCP



- Set off from home early to avoid crowds and traffic jam.
- Use the pedestrian pathway.
- Cross the roads at the proper traffic junctions and use the designated traffic light crossings.
- **Observe traffic rules** and cross the roads when the traffic lights are in your favour.
- Traffic conditions at WCP is usually bad with many heavy vehicles!
- **Do not** endanger your own life and lives of others by using your phones or dashing across the road.
- **Disciplinary actions** will be taken against those who do not observe traffic rules.

A blue-tinted photograph of a runner on a beach path. The runner is on the left side of the frame, wearing a blue shirt and dark shorts. The background shows a wide beach, the ocean, and distant hills under a clear sky. A white, torn-edge text box is positioned in the lower right quadrant of the image.

NEW TOWN SECONDARY SCHOOL
ANNUAL CROSS COUNTRY
2023
WEST COAST PARK (WCP)

Assembly Area – WCP Stage & Grand Lawn



**Attendance
-taking by
Form
Teachers at
8.00am
sharp.**



Out of Bounds Areas





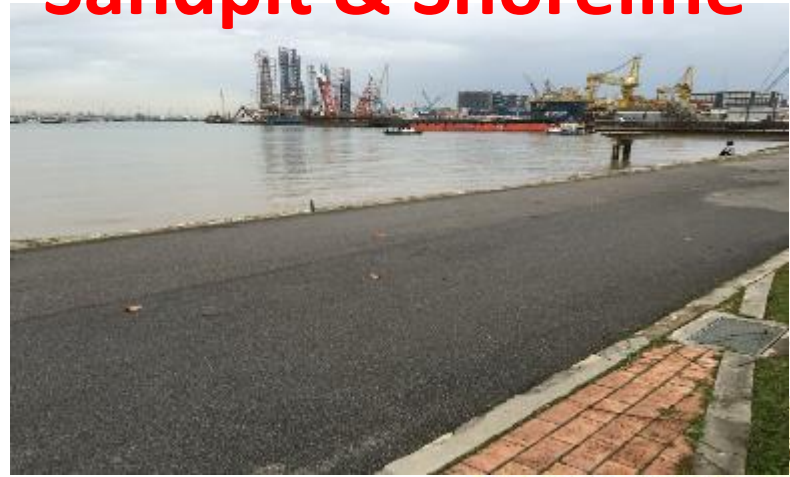
Out of Bounds Areas



Playground & Zipline



Sandpit & Shoreline



Things to Bring

- Bring
 - **water bottle** or snacks e.g. energy bars.
 - **personal medication** e.g. **inhaler is important.**
 - umbrella or poncho.
- Have a **good breakfast** on the morning of the event!
- **Do not** bring too much money and keep your valuables safe.
- Refreshment provided:
 - Packed biscuits for all.
 - Bottled water **ONLY** for runners.
 - Drinks & biscuits for students on duty.



Parent Support Group

- **Snack/Refreshment booth**
- **Game/Photo booth**
- **Adult helpers supporting the event**



Be respectful,
Be appreciative,
Be a good sport!



What happens if it Rains?



- **Take shelter wherever you are.**
- **Make your way to West Coast Park Grand Lawn once the rain stops to report attendance.**
- **Listen to announcements. Dismissal will be from WCP Grand Lawn.**
- **If event is cancelled, Home-Based Learning will be activated.**
- **Ensure you are aware of your class relay/communication system and disseminate information accordingly.**



Instructions to Runners



What is the distance of the run?

- **2.4 KM**, with **21 Checkpoints**.

Who is running?

• All Sec 1s to 5s unless excused due to medical reasons/injury or are student helpers.

- * Familiarise yourself with the route using directional maps!
- * Keep to the designated path. There will be sign postings and road marshals on duty to guide you





NEW TOWN SECONDARY SCHOOL
ANNUAL CROSS COUNTRY
2023
WEST COAST PARK (WCP)

Instructions to Runners



- **Have at least 8 hours of sleep.**
- **Have a good breakfast at least 1 hour before event.**
- **Proper attire and footwear.**
- **Personal medication e.g. inhaler is important.**
- **Warm-up and stretch before the run.**
- **Stay hydrated at all times.**
- **Do not take part or STOP if you are unwell.**
- **Be physically & mentally prepared!**



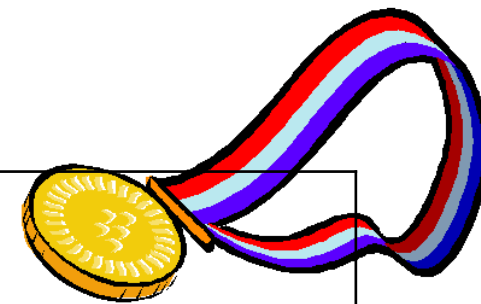
Instructions to Runners



- **Do not** miss your assigned wave.
- Strictly **no** pushing and over-taking on narrow paths/ drains.
- **No** handphones or audio devices allowed during the run. Water bottle is allowed.
- **Display** your running tags clearly, otherwise disqualified.
- **Cross** the finishing banner.
- **Return** your running tags immediately after run.



Prizes



Individual Event	1st – 25th of each cohort level & gender e.g. Sec 4&5 Girls	Medals
Inter-Class	Champion Class of each cohort level	Banneret
Inter-CCA	Champion CCA (Girls)	Engraving of Champion CCA on Challenge Trophy
	Champion CCA (Boys)	Engraving of Champion CCA on Challenge Trophy



Late-comers will not be eligible for any award tabulation.

Final Instructions for All Students



- Be **punctual**.
- Have **self-discipline**.
- Be good ambassadors of the school & considerate users of the park.
- **Listen** to the announcements and **follow** instructions.
- Take note of **out of bounds area** for your own safety.
- Encourage the heart.
- Look after each others' belongings.
- **Leave the park after the event** and observe traffic rules.



New Town Secondary School Annual Cross Country 2023

Date : 12 May 2023 (Friday)
Time : 8.00 am – 12.00 pm
Venue : West Coast Park
Attire : **NTSS PE** T-Shirt & Shorts,
& Shoe/Sports shoes

See You There !

