



New Town Secondary School Annual Cross Country

**12 May 2023 (Friday)
8.00am – 12.00 pm
West Coast Park
Directional Map**

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.



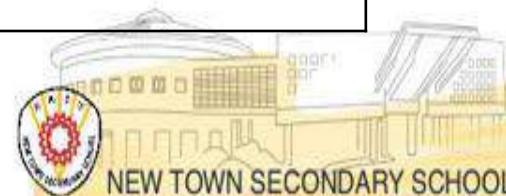
Event Details and Programme



Date : 12 May 2023 (Friday)
Time : 8.00 am – 12.00 pm
Venue : West Coast Park
Attire : NTSS PE attire & sports shoes

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!



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



Transportation By Car

VIA CLEMENTI ROAD



TURN RIGHT TO WEST COAST HIGHWAY



2 ENTRANCES VIA CAR PARK 3

Directions to Assembly Area – WCP Grand Lawn

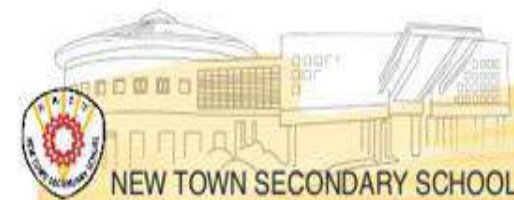
1. Look Out For The Sign

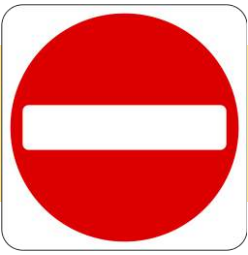


2. Walk Along The Path



3. Assembly Area – Stage & Grand Lawn





Out of Bounds Areas





Out of Bounds Areas



Playground & Zipline



Sandpit & Shoreline



Cross Country @ West Coast Park (2.4 KM)

Running route: Clockwise direction 

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

Assembly area




Legend:


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

 Drop off Point

 Results Area

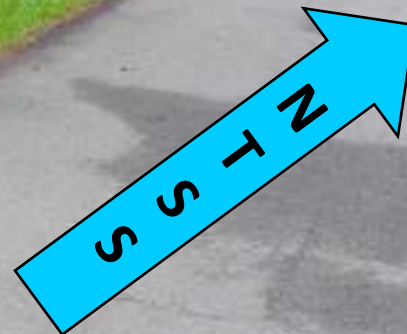
 Warm Up Area

 Refreshment Point (Food & Drinks)

 First Aid Post

123 Tags Return Point

Starting Point



STARTING POINT

Run Round the Grand Lawn – 800 metres



**View on the right as you run
around the grand lawn**

CHECK POINT 1



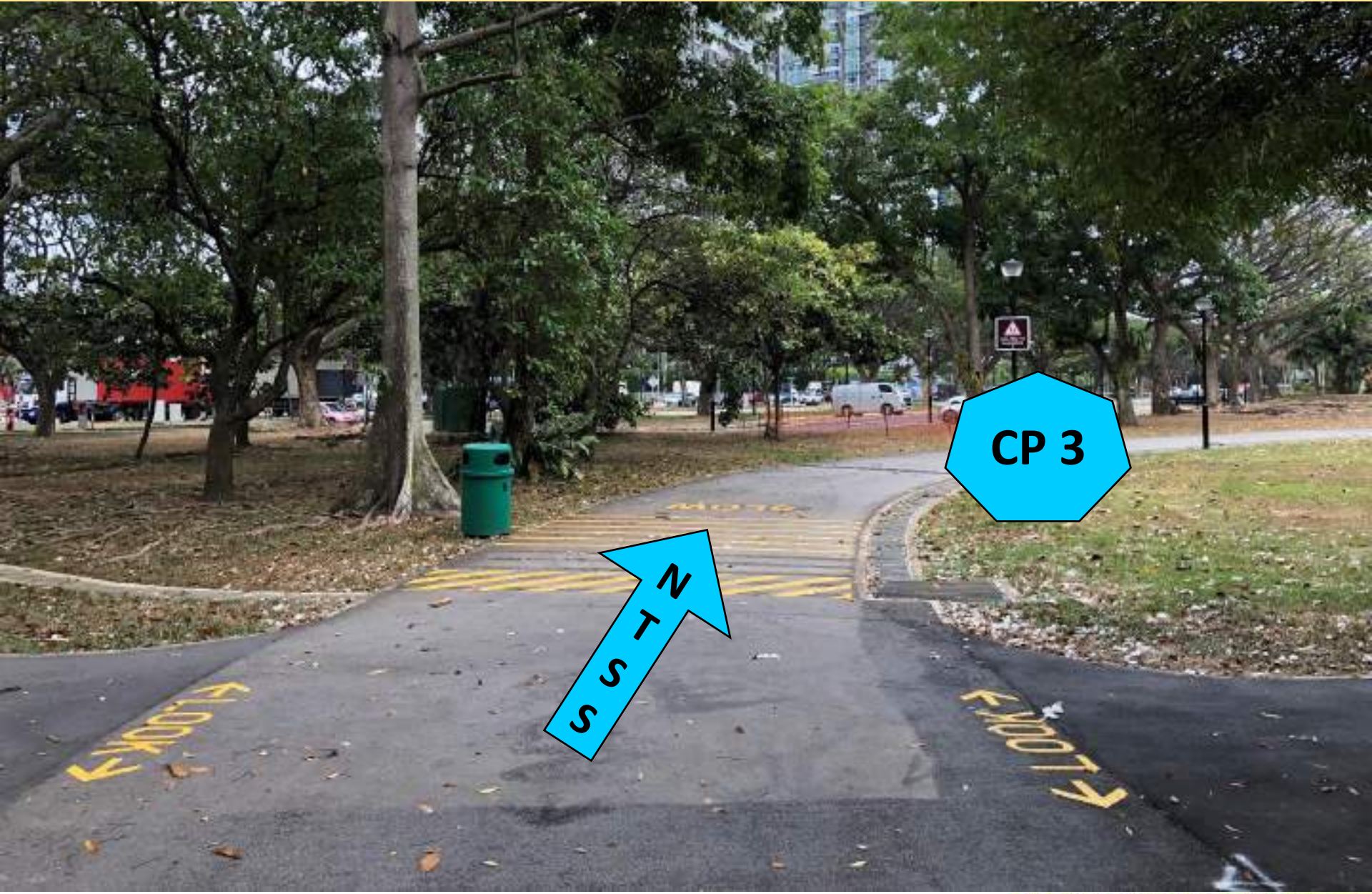
CP 1

NUS

CHECK POINT 2 – NCC & Teachers



CHECK POINT 3 – NCC & Teachers



CHECK POINT 4 – NCC & Teachers



Between CHECK POINT 4 & 5

**MCDONALDS IS ON
THE LEFT**



KEEP LEFT



CHECK POINT 5 – NCC & Teachers

KEEP LEFT

CP 5

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CHECK POINT 6 – NCC & Teachers

KEEP LEFT

CP 6

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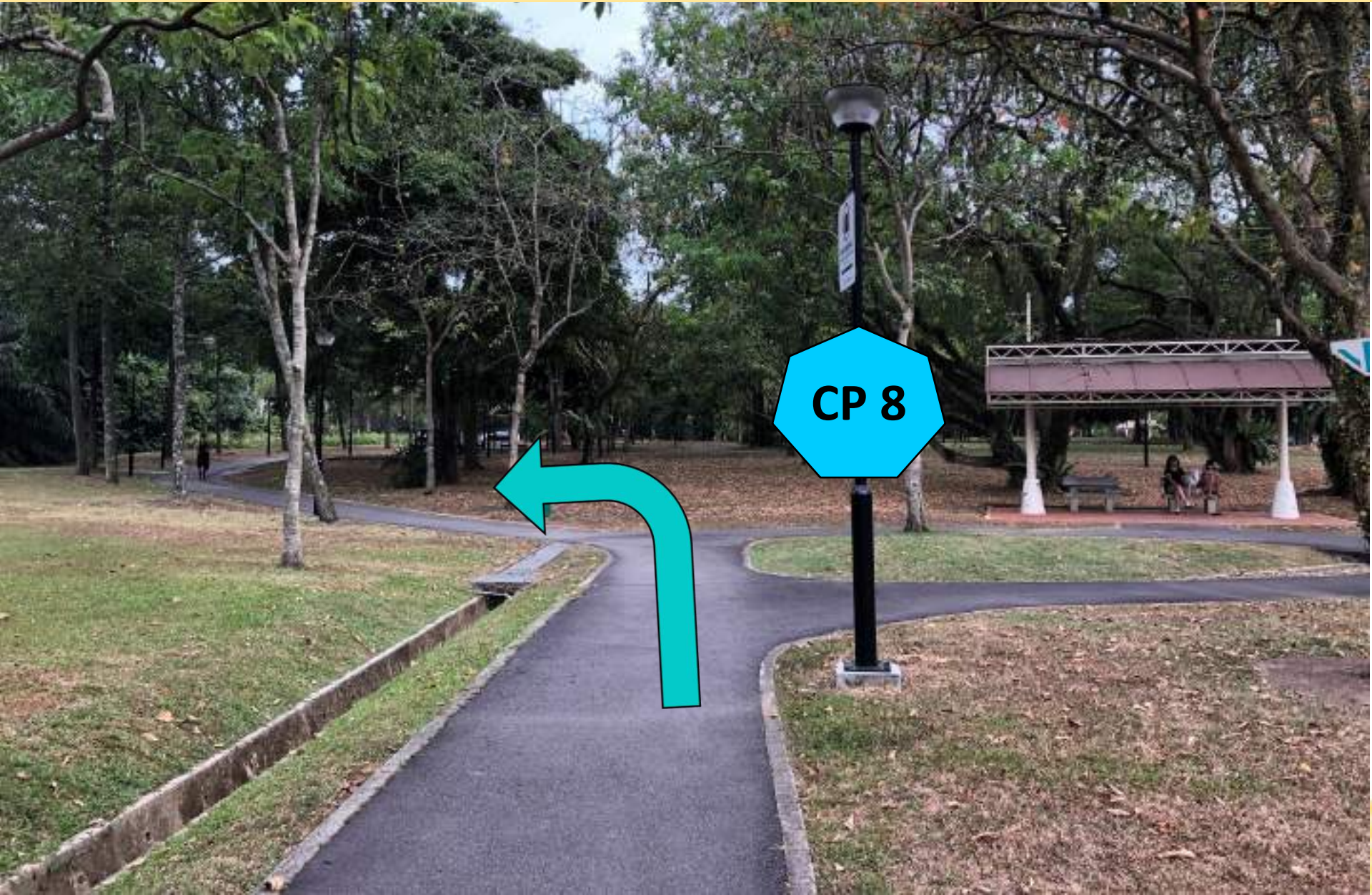
CHECK POINT 7 – NCC & Teachers

KEEP LEFT

CP 7



CHECK POINT 8 – NPCC & Teachers



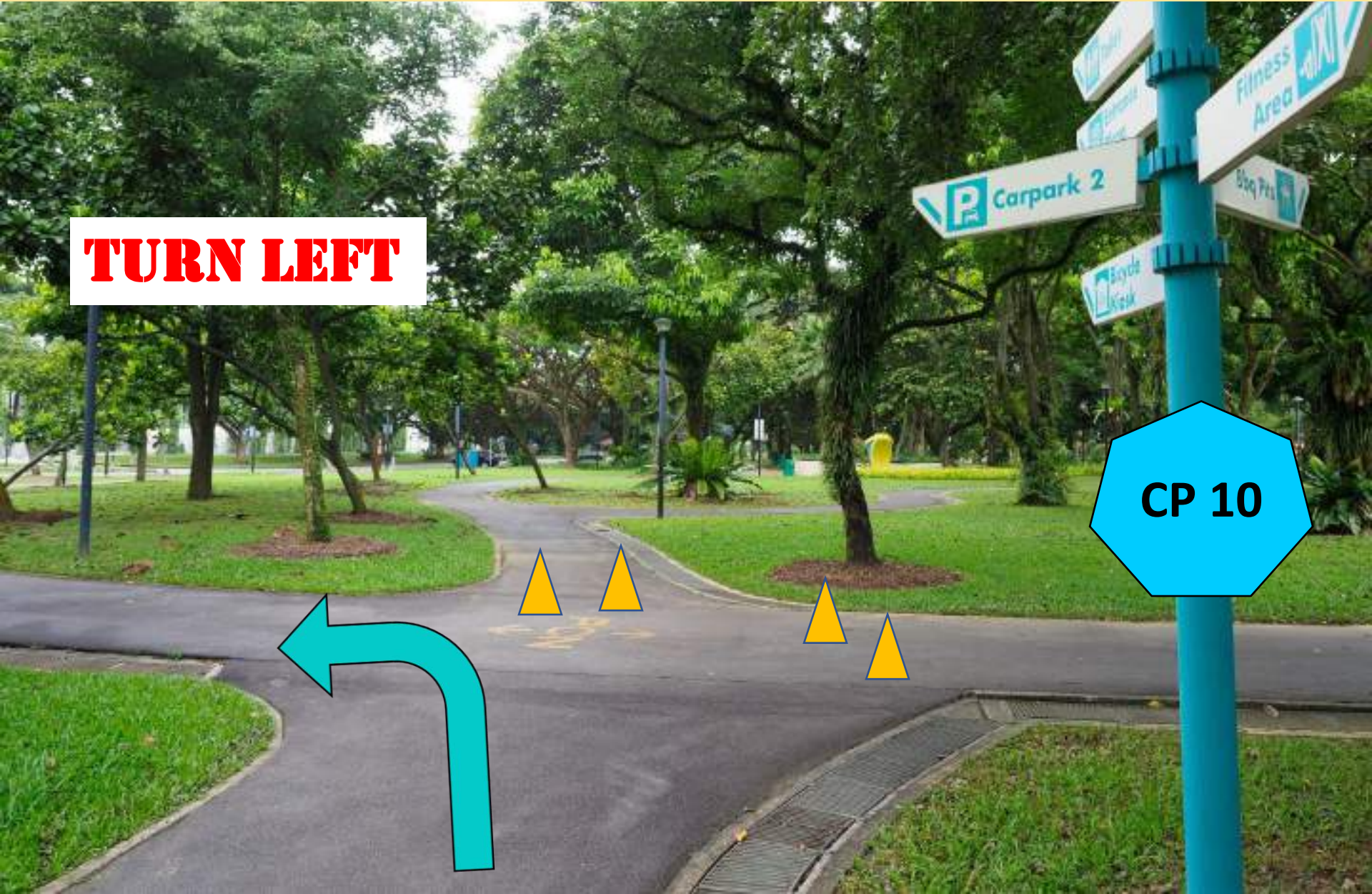
CHECK POINT 9 – NPCC & Teachers



CHECK POINT 10 – NPCC & Teachers

TURN LEFT

CP 10



CHECK POINT 11 – NPCC & Teachers

TURN RIGHT

CP
11



CHECK POINT 12 – NPCC & Teachers

TURN LEFT

CP 12

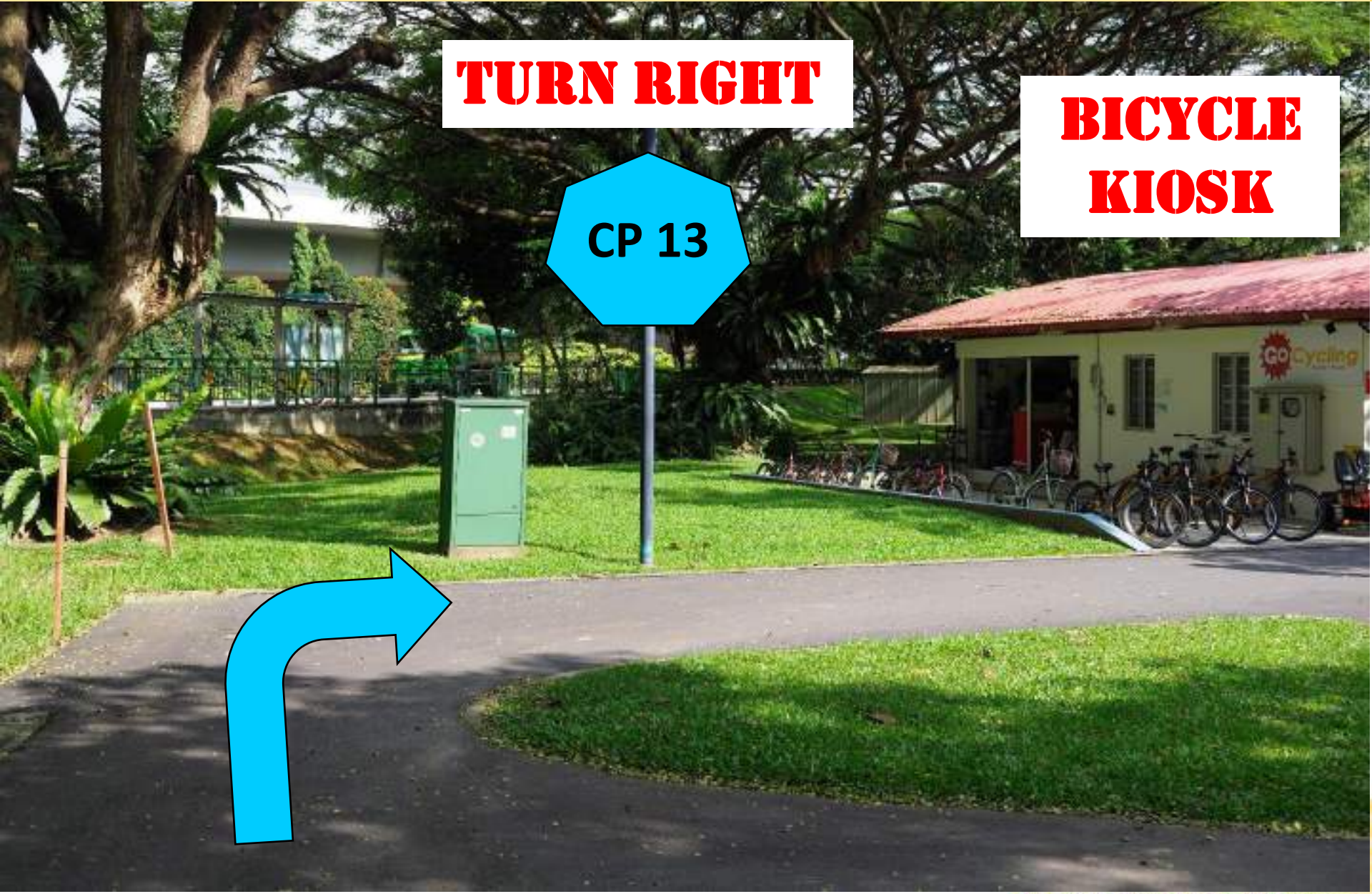


CHECK POINT 13 – NPCC & Teachers

TURN RIGHT

CP 13

**BICYCLE
KIOSK**



CHECK POINT 14 – NPCC & Teachers

CP 14

TURN RIGHT

1KM TO FINISHING



CHECK POINT 15 – NPCC & Teachers

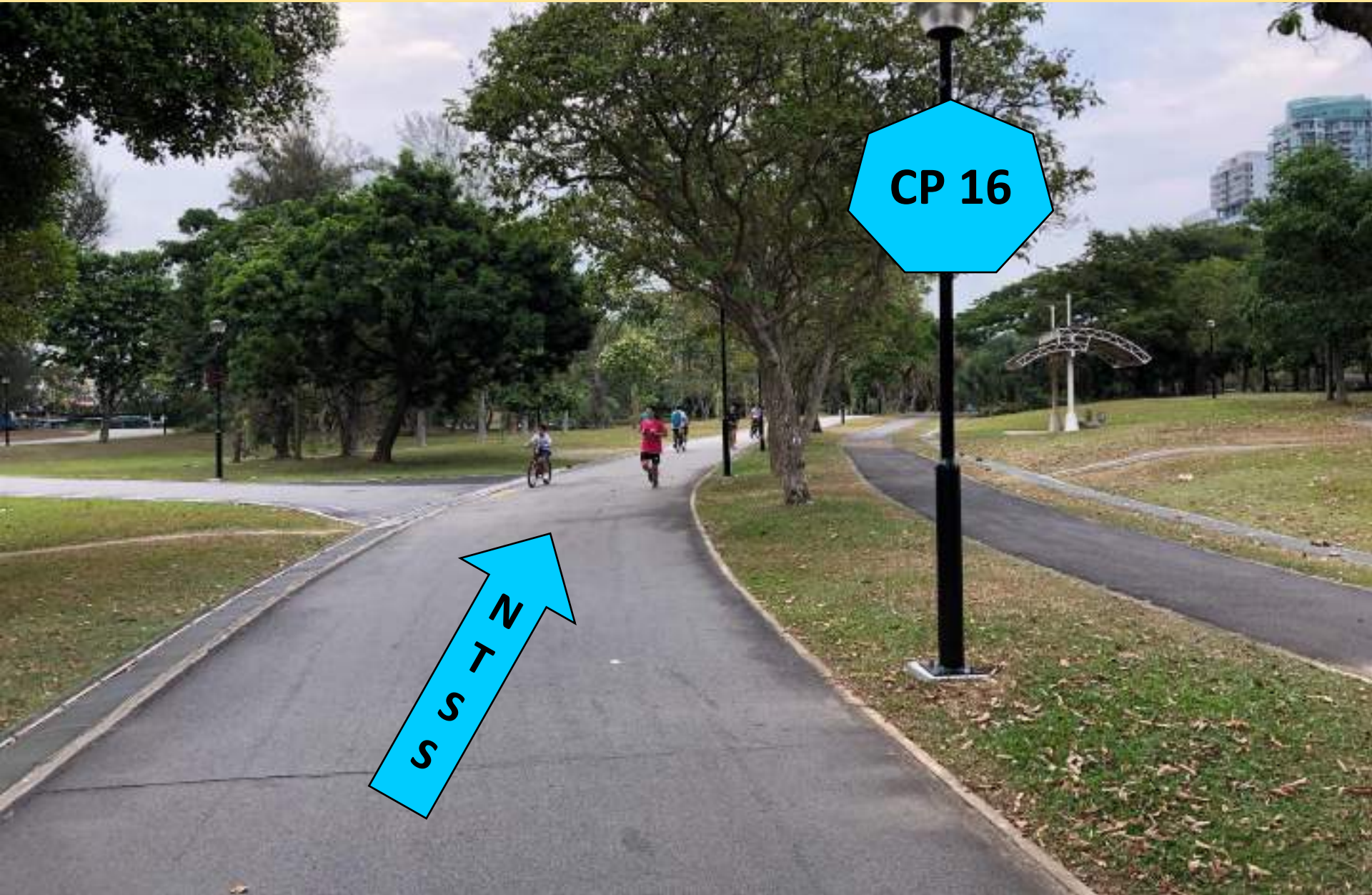
**LONG STRETCH OF PATH WAY
BACK TOWARDS CANAL**

CP 15

S S T Z



CHECK POINT 16 – NPCC & Teachers



CP 16

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CHECK POINT 17 – NPCC & Teachers



CP 17

S S T Z

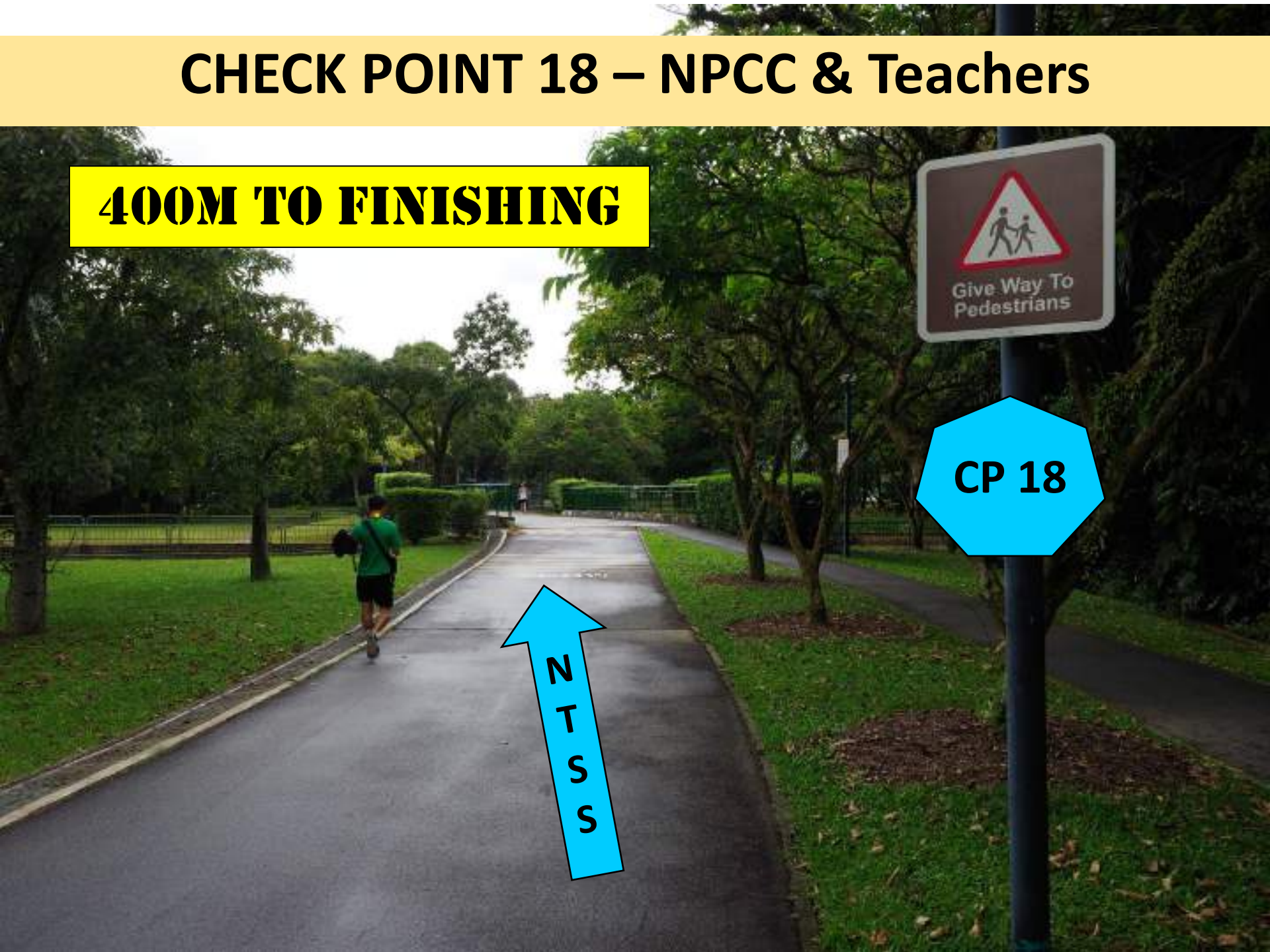
CHECK POINT 18 – NPCC & Teachers

400M TO FINISHING



CP 18

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CHECK POINT 19 – NCC & Teachers

KEEP LEFT

CP 19

S S T N



CHECK POINT 20 – NCC & Teachers

TURN LEFT

CP 20

100M TO FINISHING



CHECK POINT 21 – NCC & Teachers

TO FINISHING POINT

PUBLIC TOILET

CP 21

S S T Z



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**RUN CROSS THE
FINISHING POINT
BANNER**