

CROSS COUNTRY RACE 2024

16th April 2024, Tuesday

JURONG LAKE GARDENS

0720h – 1130h

ASSEMBLY AREAS



GETTING THERE

Lakeside MRT Station



GETTING THERE



Bus Services: 154 & 246

GETTING THERE



GETTING THERE



GETTING THERE



GETTING THERE



GETTING THERE



ASSEMBLY AREA (DRY WEATHER)

Wave Plaza



ASSEMBLY AREA (DRY WEATHER)

Wave Plaza

Race Finish Point

Platform

Race Start Point

SEC 4/5

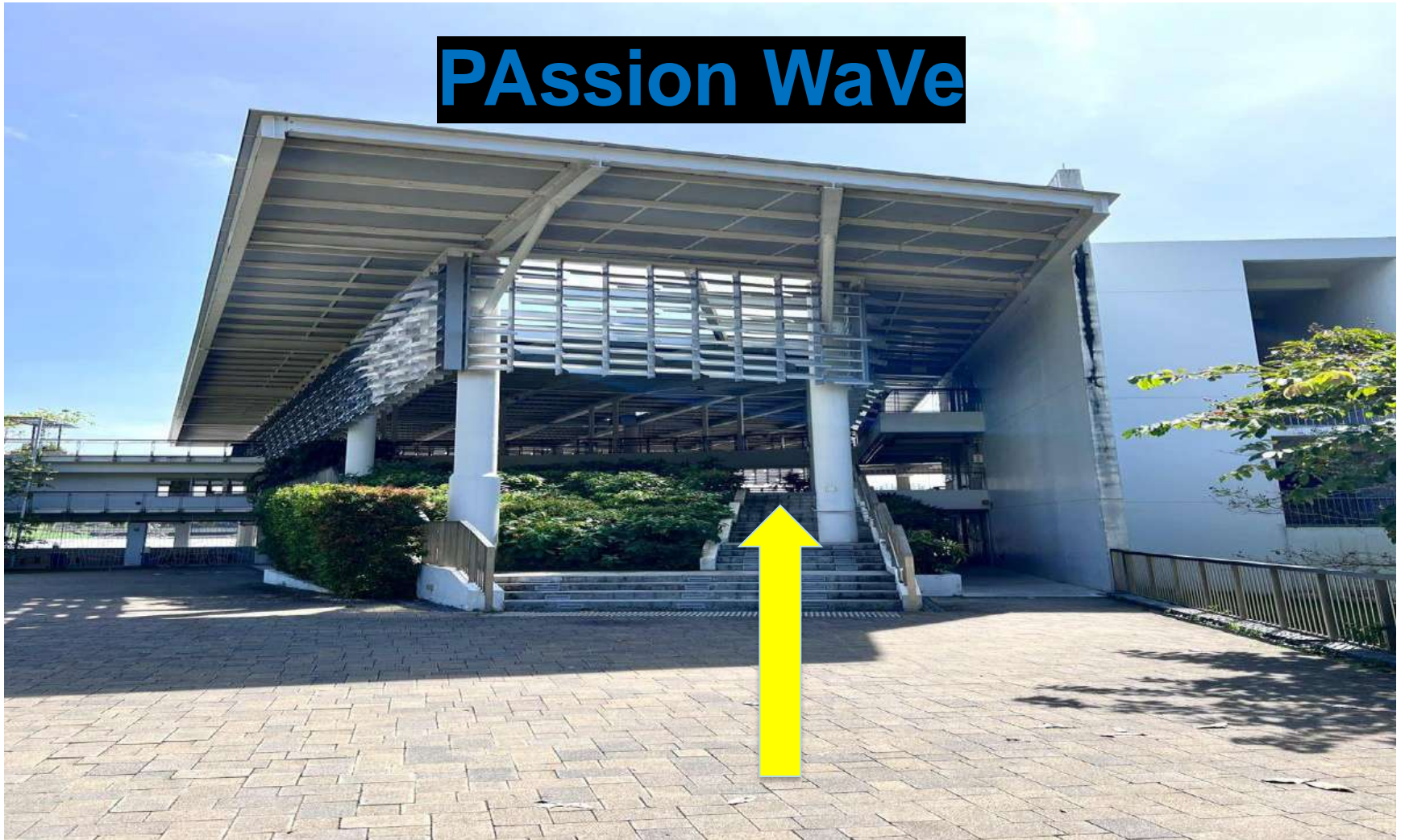
SEC 3

SEC 2

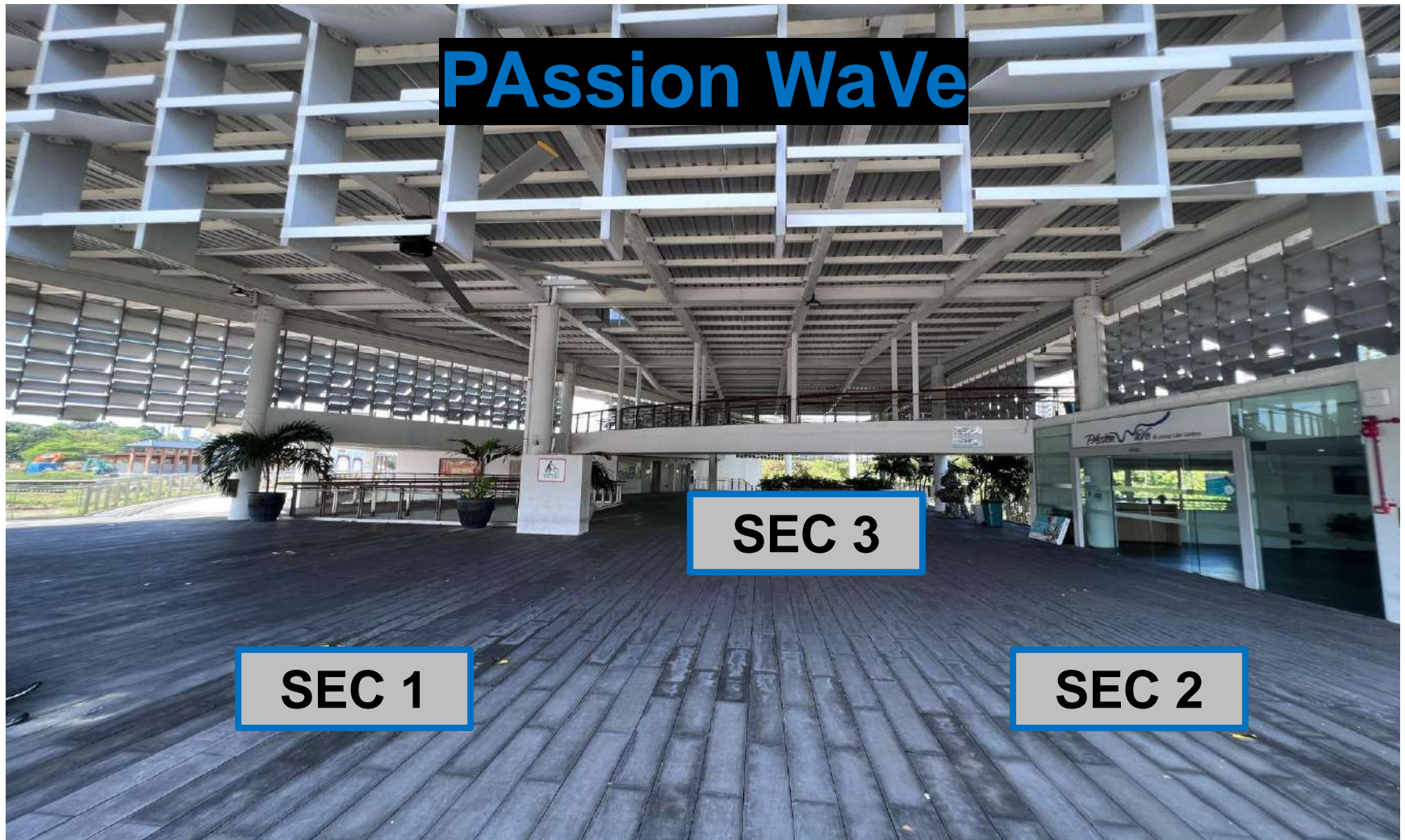
SEC 1

ASSEMBLY AREA (WET WEATHER)

PAssion WaVe



ASSEMBLY AREA (WET WEATHER)



ASSEMBLY AREA (WET WEATHER)



REPORTING REMINDERS

- Attendance is **COMPULSORY**, rain or shine.
 - **Absent (not exempted)** – Letter/MC + **Make-up run**
 - **Absent (exempted)** – Letter/MC + **Make-up run duties**
 - **Present (unwell)** – **Light Duties** + **Make-up run**
 - **Present (late)** – **Heavy Duties** + **Make-up run** (*if nec*)
- Student Councillors** will be deployed at **Lakeside MRT station** and the **bus stops** to direct you to the assembly area from **0645h – 0715h**.
- Report to the assembly area by **0720h** in **Class T-shirt/PE attire, appropriate footwear and socks.**



REPORTING REMINDERS

4. Travel light and do not bring unnecessary valuables.

RECOMMENED PACKING LIST

- ✓ **Medication** e.g. inhaler for students w/ asthma
- ✓ **Water bottle**
- ✓ **Umbrella/Poncho**
- ✓ **Sunblock/Sunscreen**
- ✓ **Face towel**
- ✓ **Mini portable fan**

PROHIBITED ITEMS

- ❖ **Bicycle**
- ❖ **Personal Mobility Devices (PMD)** e.g. kick/electric scooter, skateboard, hoverboard etc.



PROGRAMME SCHEDULE

0720h: Attendance Taking and Valuables Collection

0735h: National Anthem and Pledge

0740h: Principal's Opening Address

0750h: Teacher IC's Pre-run Briefing

0800h: Lower Sec Race [S2(B) → S1(B) → S2(G) → S1(G)]

0845h: Upper Sec Race [S4/5(B) → S3(B) → S4/5(G) → S3(G)]

0930h: Staff Race and Parent Race

1015h: Prize Presentation

1100h: Closing (School Song and Area Cleaning)

1130h: Dismissal



RACE FORMAT

- Distance: **3.1km**
- Route: **Double Out-&-Back (U-turn point at 2km)**
- Result Management: **RFID Race System (Chip Time)**

RACE AWARDS

STUDENT RACE

Top **15** positions per **gender/level** will be awarded a medal.

INTER-CLASS COMPETITION

Top **2** classes per **level** will be awarded medals.

CCA COMPETITION

Top **CCA** per category will be awarded a challenge trophy.



RFID RACE TAG



CROSS COUNTRY RACE 2023
Jurong Lake Gardens

1001

Harry Potter

1-AS | NPCC



CROSS COUNTRY RACE 2023
Jurong Lake Gardens

1501

Ginny

1-AS | CONCERT BAND



CROSS COUNTRY RACE 2023
Jurong Lake Gardens

2001

Ron

2-AS | BASKETBALL



CROSS COUNTRY RACE 2023
Jurong Lake Gardens

2501

Hermione

2-AS | NPCC



RFID RACE TAG



CROSS COUNTRY RACE 2023
Jurong Lake Gardens

3001

Spiderman

3-AS | DESIGN & INNOVATION



CROSS COUNTRY RACE 2023
Jurong Lake Gardens

3501

Mary Jane

3-AS | GIRL GUIDES



CROSS COUNTRY RACE 2023
Jurong Lake Gardens

4001

Batman

4-AS | FOOTBALL



CROSS COUNTRY RACE 2023
Jurong Lake Gardens

4501

Cat Women

4-AS | DESIGN & INNOVATION



RUN STANDARDS & SCORING SYSTEM

STANDARDS FOR FEMALES

($\geq 30:00$ → Make-up run)

LEVEL	TIMING	POINT	TIMING	POINT	TIMING	POINT
1	<24:00	4	<28:00	2	<30:00	1
2	<23:30	4	<27:30	2	<30:00	1
3	<23:00	4	<27:00	2	<30:00	1
4/5	<22:30	4	<26:30	2	<30:00	1

STANDARDS FOR MALES

($\geq 25:00$ → Make-up run)

LEVEL	TIMING	POINT	TIMING	POINT	TIMING	POINT
1	<21:00	4	<23:30	2	<25:00	1
2	<20:00	4	<22:30	2	<25:00	1
3	<19:00	4	<21:30	2	<25:00	1
4/5	<18:00	4	<20:30	2	<25:00	1

SCORING SYSTEM FOR TOP 15 POSITIONS

Position	Point	Position	Point	Position	Point
1 st	25	6 th	15	11 th	10
2 nd	23	7 th	14	12 th	9
3 rd	21	8 th	13	13 th	8
4 th	19	9 th	12	14 th	7
5 th	17	10 th	11	15 th	6



INTER-CLASS/CCA COMPETITION

CLASS/CCA

Class/CCA headcount: **37**

Inter-class/cca competition headcount: **36**

**Short/long term MC (>1 month), long term absenteeism, transferring out etc.*

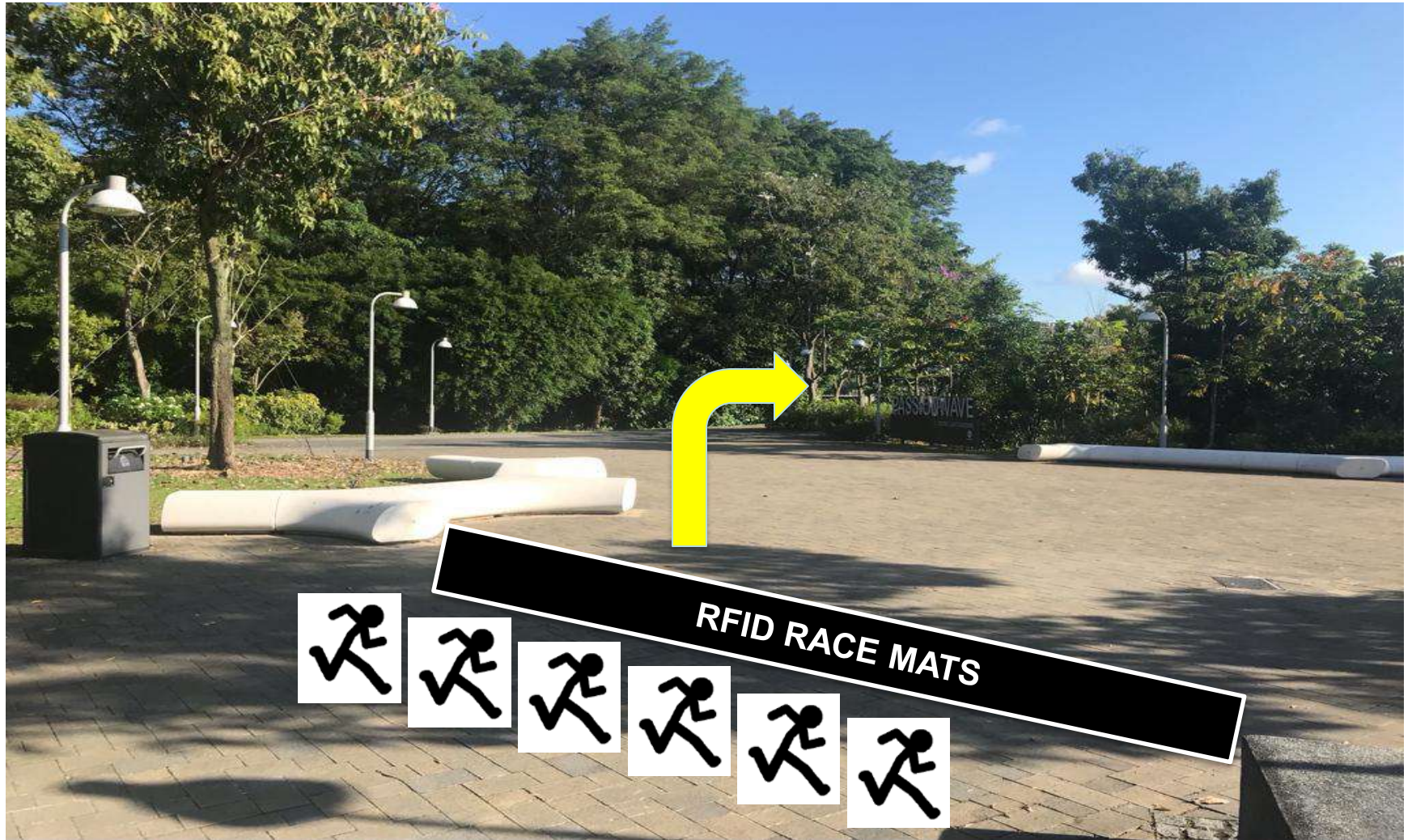
- **1** boy (1st position): **25 pts**
- **12** boys (21:30 – 24:59): $12 \times 1 =$ **12 pts**
- **3** boys (19:00 – 21:29): $3 \times 2 =$ **6 pts**
- **1** girl (10th position): **11 pts**
- **10** girls (< 23:00): $10 \times 4 =$ **40 pts**
- **7** students (duty): $7 \times 3 =$ **21 pts**
- **2** students (absent): **0 pts**

Average pt/student (class/cca): 122/**36**

3.39



START POINT



SHELTER 1



SHELTER 2 (1KM)



Ms Yanti

SHELTER 3



SHELTER 4

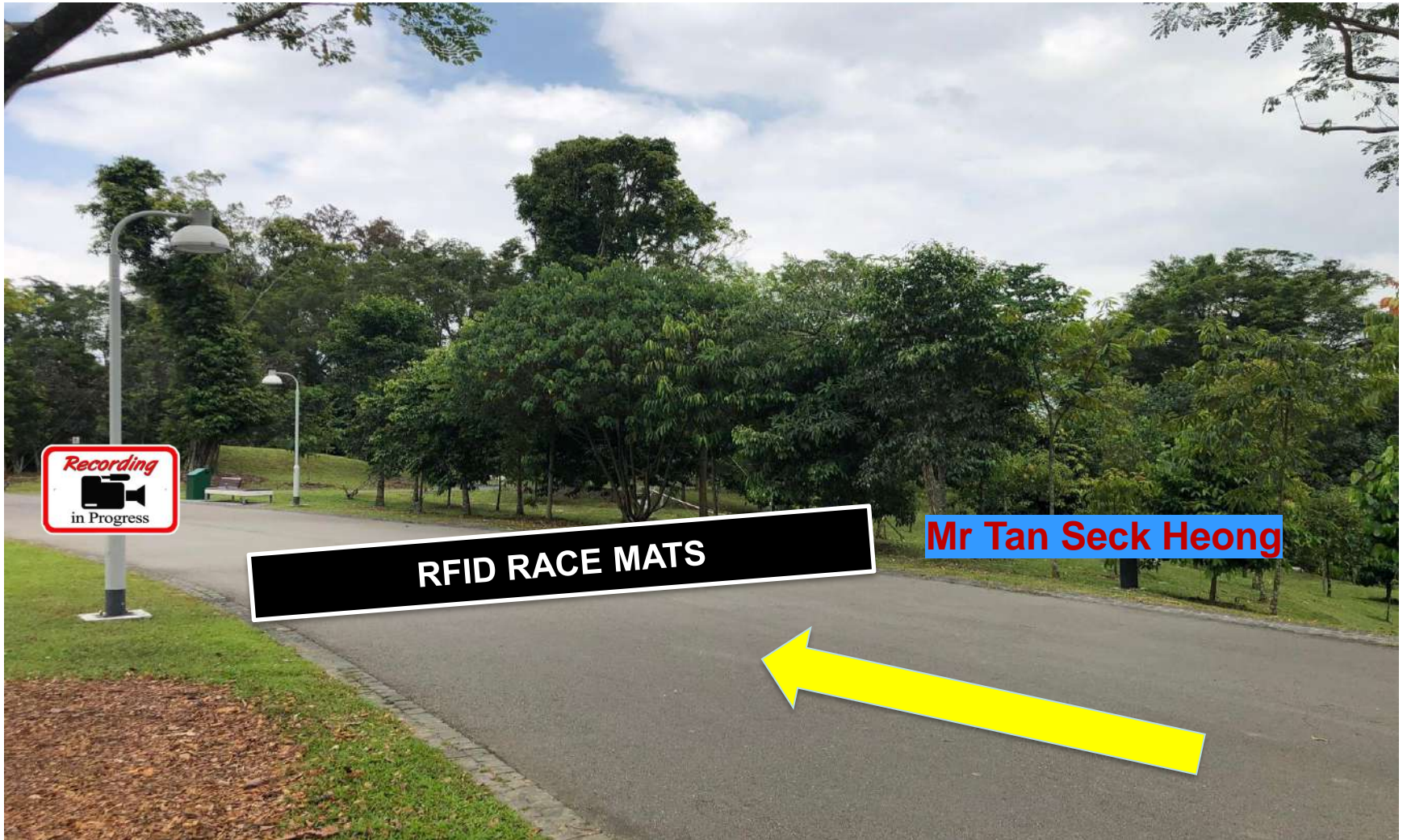


Mdm Nur Shiqah

ACTIVESG PARK



U-TURN POINT (2KM)



FINISH POINT (3.1KM)

Top 20 runners per gender/level who are issued position cards will be directed forward to the Recorder's Table.

The rest of the runners will be directed left to the assembly area.

Mdm Chan Chu Yin

Recorder's
Table

Ms Nancy Ng



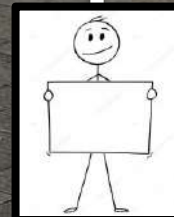
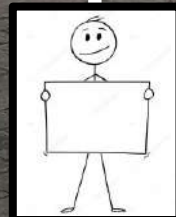
Sec
1/3
(Boy)

Sec
1/3
(Girl)

Sec
2/4/5
(Boy)

Sec
2/4/5
(Girl)

RFID RACE MATS



BEFORE THE RACE

- 1. Prepare** to optimise performance and prevent injury.
 - **Train** – **2 x 2.4km and 1 x 3.2km runs** (all students had a minimum of 6 weeks of training during PE lessons)
 - **Hydrate** – **2-3 ℓ of water** the day before.
 - **Rest** – **8 hours of sleep** the night before.
 - **Eat** – **Light breakfast** in the morning.
- 2. “Check clear”**
 - No toilets along the route.
- 3. Runners** to **pay attention** to announcements and report promptly to the **start point**.
 - Leave all late runners behind → **Make-up run**
- 4. Warm up**
 - **Stretch** or risk being **stretched**.



DURING THE RACE

1. Run

- **Healthy** – Clock your personal best.
- **Unwell** – Slow down and ask for assistance.

2. Do not run **topless**, w/ **music (earbuds)** and **w/o** your **race tag**.

3. Do not attempt to **cheat** or **run home**.

- **Disqualification** of self, class and CCA + **Make-up run**

4. Maintain **lane discipline** at all times.

5. **Open** your **eyes** and **ears** about **50m** before the finish line.

- **Student Councillors** w/ **Signs** will be deployed to direct you into the respective lanes.



EVACUATION PLAN (DURING THE RACE)

1. RAIN

- Continue to **move forward** unless given instructions by a **teacher/route marshal** to **take shelter** or **turn back**.

2. UNWELL/INJURED

- **Mobile:**
 - ✓ Move forward to the nearest **First Aid Point**.
- **Immobile:**
 - ✓ **Stay calm** and move to the **side of the path**.
 - ✓ **Ask** for assistance.
 - ✓ **Wait** for a **Teacher/Mobile Paramedic** to arrive.



AFTER THE RACE

1. **Do not celebrate** without **checking in**.
 - **Top 20** – Collect **position cards** and move **forward** to the **Recorder's Table**.
 - **Others** – Directed **left** back to the **assembly area**.
2. **Do not congest** the finish point.
3. **Hydrate** and **stretch**.
4. **Prize winners** to pay attention to announcements and report promptly to the **start point**.



THAT'S ALL FOLKS

**Be good and have a safe
and fun run.**

See you on

**Tuesday, 16th April, at 0720h
Jurong Lake Gardens**

Or

**Thursday, 16th May, at 1600h
QTSS Field (make-up run)**

