

# New Town Secondary School Annual Cross Country



10 May 2024 (Friday)

8.00am – 12.00 pm

@West Coast Park

Directional & Route Maps



# Objectives

- **Foster** a strong school spirit and bonding amongst students, staff and parents.
- **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.

# Details

- Date : T2W8, 10 May 2024 ( Friday)
- Time : 7.45am – 12.00pm
- Venue : West Coast Park (stage area @ Grand Lawn)
- Attire : PE attire + sports shoes
  - **ONLY for this event, Girls are allowed to report directly in PE attire (NTSS PE T-Shirt & Shorts), without school skirt**
- Expectations :
  - **Compulsory** attendance for all.
  - **Absence to be accounted for by MC or PL.**
  - Unwell or injured students without MC will report to West Coast Park, but they are not expected to run. Depending on their conditions, they may be deployed as student helpers.

<b>Time</b>	<b>Programme</b>
7.45am	Assembly at West Coast Park Grand Lawn
7.50am	Attendance-Taking by Form Teachers
8.00am	Welcome Address Mass Warm up
8.15am	[Competitive run] Wave 1: Sec 4/5 Girls + Sec 4/5 Boys
8.30am	[Competitive run] Wave 2: Sec 1 Boys + Sec 1 Girls
8.45am	[Competitive run] Wave 3: Parents / Teachers
9.00am	[Competitive run] Wave 4: Sec 3 Girls + Sec 3 Boys
9.15am	[Competitive run] Wave 5: Sec 2 Boys + Sec 2 Girls
9.30am	[Mass run/walk] Upper Secondary
9.45am	[Mass run/walk] Lower Secondary
10.00am	All competitive runs complete
10.15am	Mass run/walk completes
10.30am	Prize Presentation
11.05am	Debrief and Closing
11.15am – 12.00pm	End of event Cleaning up

# Getting to West Coast Park

No Bus transport will be provided by school to West Coast Park. Students will be briefed on how to get there by public transport.

Take bus 175 from Clementi Interchange



NEW TOWN SECONDARY SCHOOL



# Getting to West Coast Park

No Bus transport will be provided by school to West Coast Park. Students will be briefed on how to get there 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

# Transportation By Car

**VIA CLEMENTI ROAD**

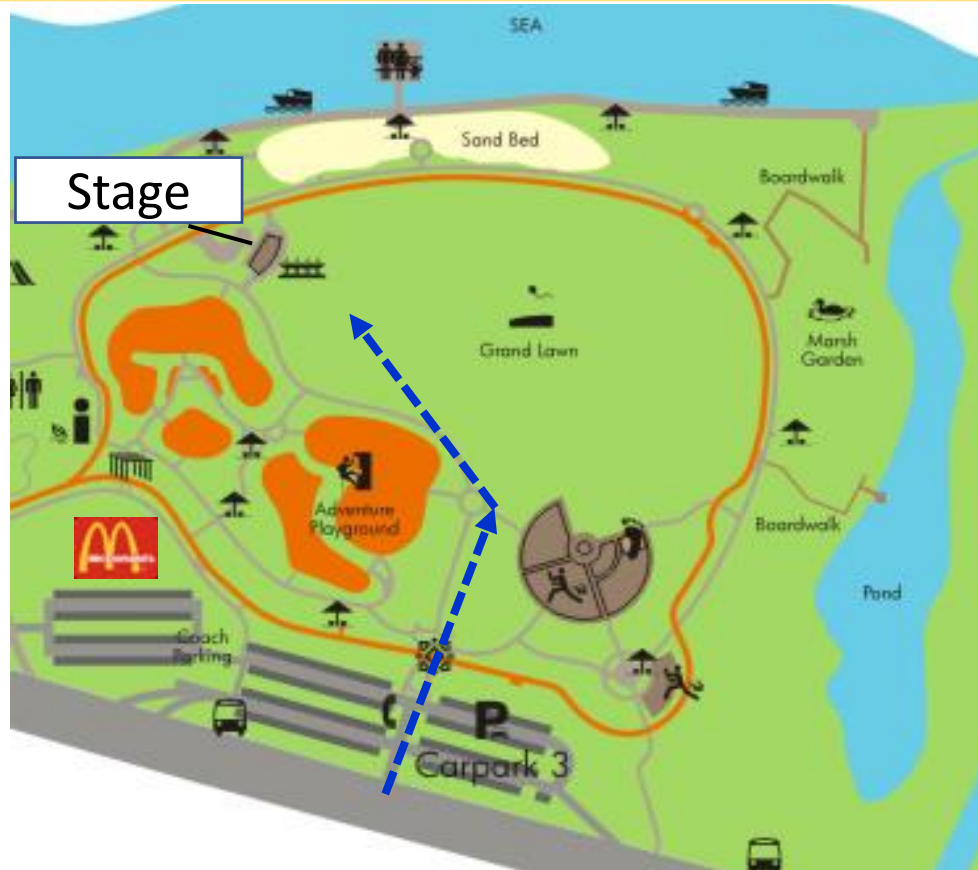


**TURN RIGHT TO WEST  
COAST HIGHWAY**



**2 ENTRANCES VIA CAR  
PARK 3**

# Directions to Assembly Area





# Directions to Assembly Area

## 1. Look Out For The Sign



## 2. Walk Along The Path



## 3 Assembly Area – Stage & Grand Lawn





## Layout of Assembly Area

OFFICIAL (CLOSED) \ NON-SENSITIVE



# Out of Bounds Areas



- McDonald's
- Playground
- Zip line
- Sand pit
- Shoreline

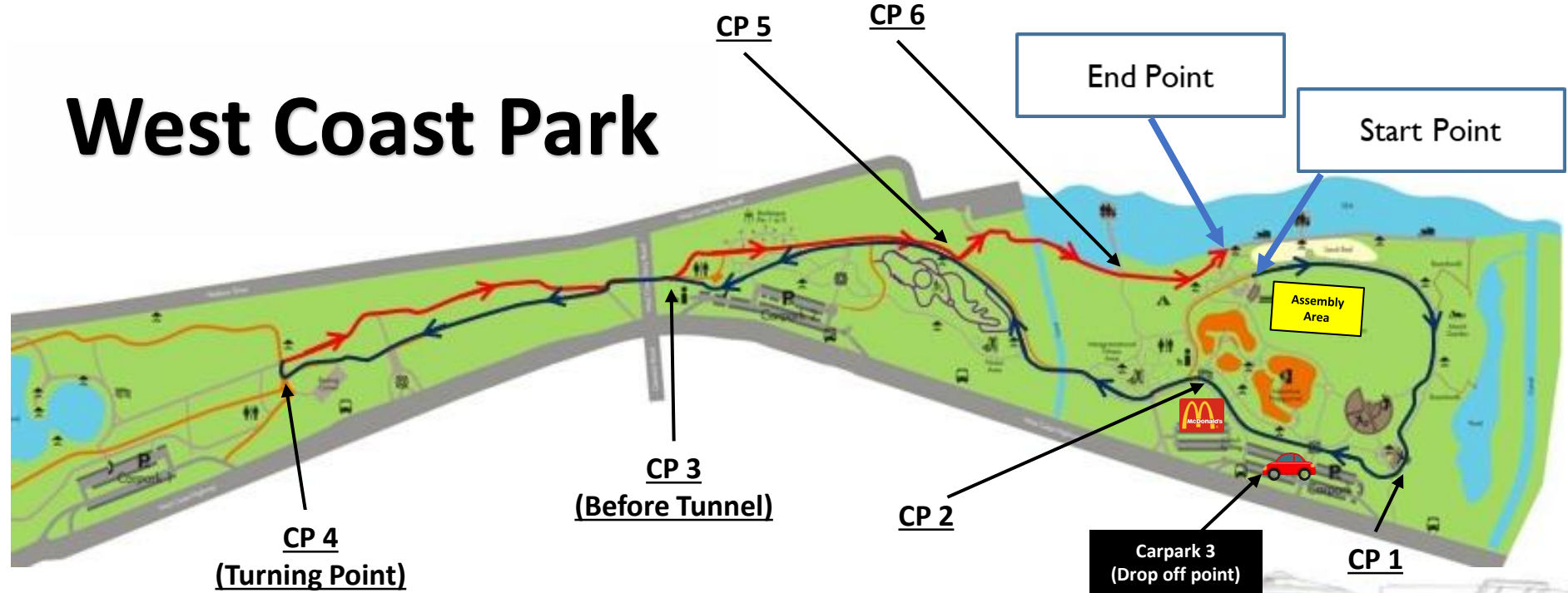


OFFICIAL (CLOSED) \ NON-SENSITIVE

# NTSS Cross Country 2024

## Competitive Route – 3.5km (Upper Sec Boys only)

### West Coast Park

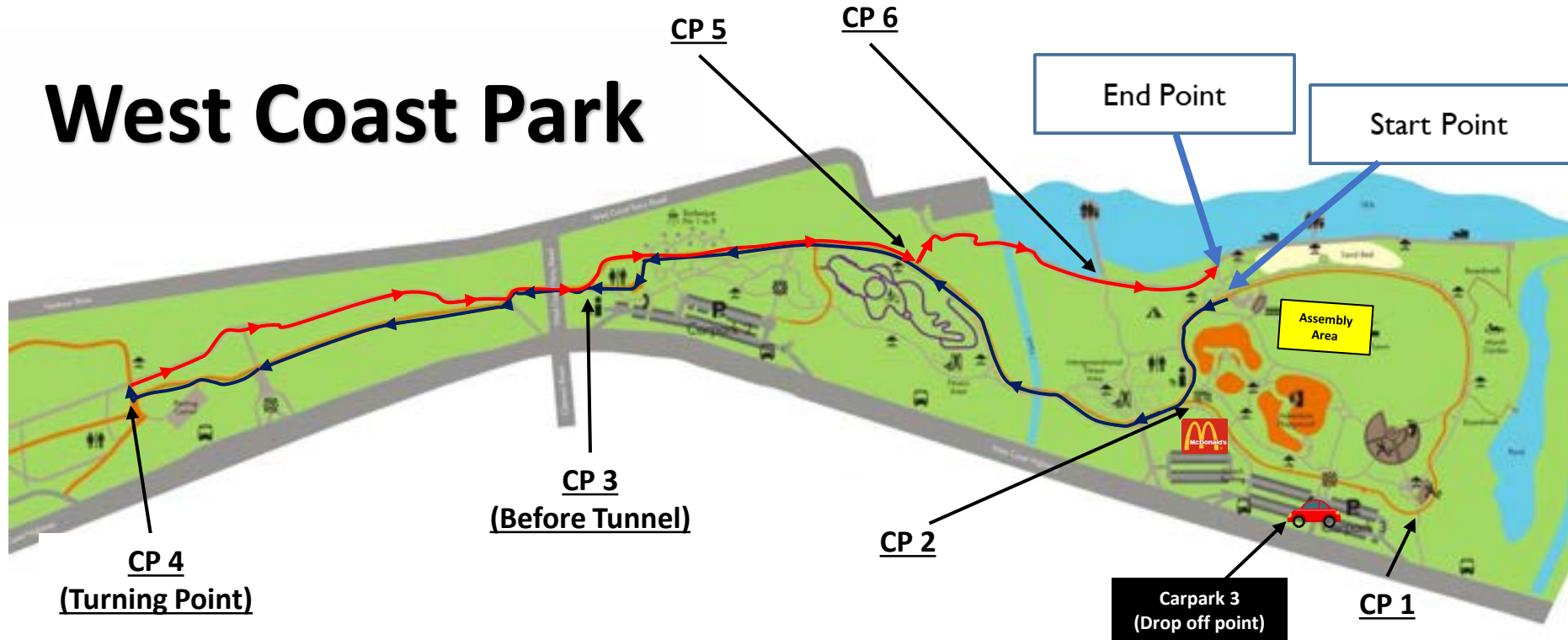




# NTSS Cross Country 2024

## Competitive Route – 3km (Sec 1, 2, Upper Sec Girls, Staff, Parents)

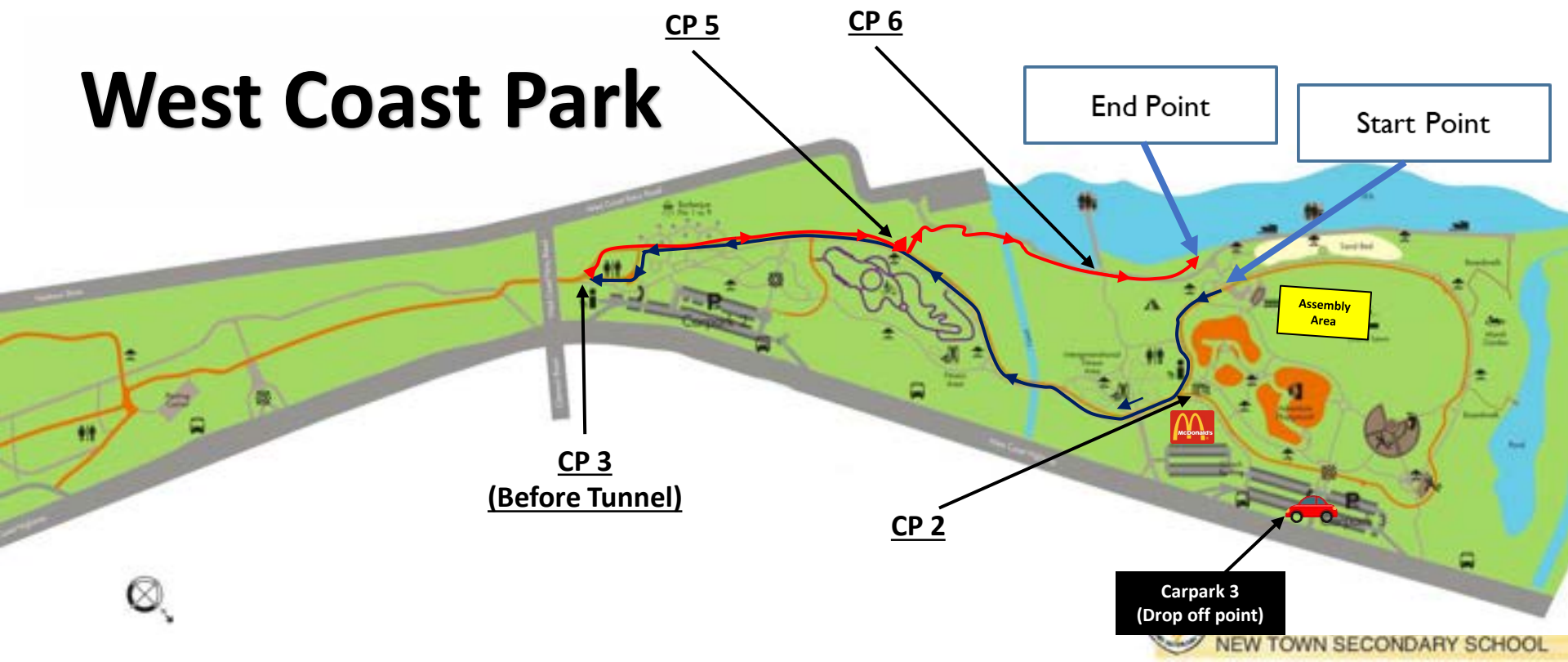
### West Coast Park



# NTSS Cross Country 2024

## Mass Run / Walk Route – 2km

### West Coast Park



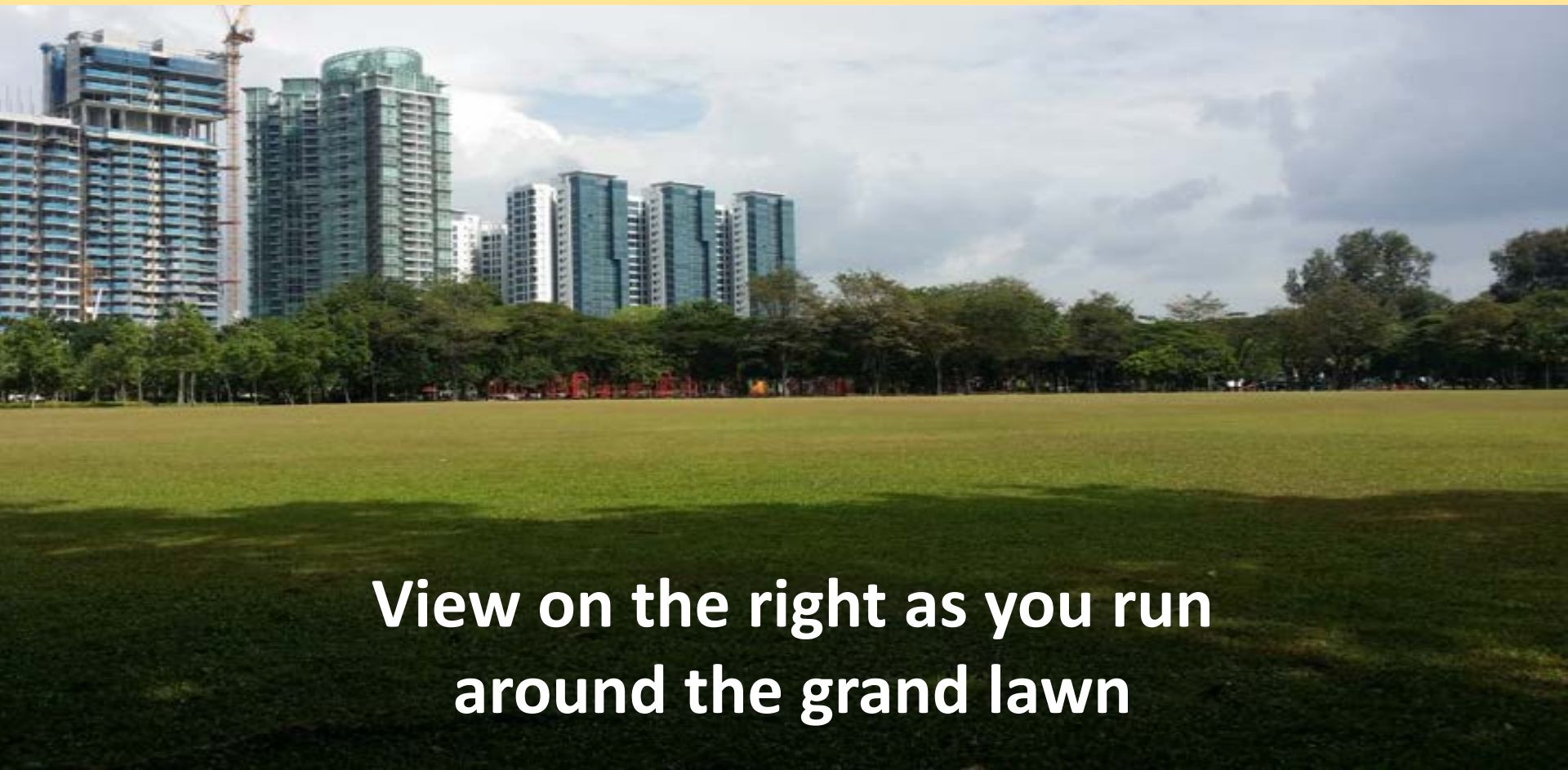
**Starting Point**  
(Competitive 3.5KM for Upper Sec Boys only)





# Run Round the Grand Lawn – 800 metres

3.5km



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



# CHECK POINT 1 – NCC & Teachers

3.5km



CP 1



3.5km





3.5km





3.5km





**Starting Point**  
**(Competitive 3KM for Sec 1, 2, Upper Sec Girls, Staff, Parents)**





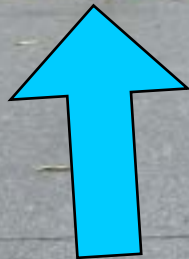
## CHECK POINT 2 – NCC & Teachers

3km & 3.5km





3km & 3.5km





**KEEP  
LEFT**

**3km & 3.5km**





3km & 3.5km





# CHECK POINT 3 – NPCC & Teachers

3km & 3.5km

**TUNNEL**

CP 3





**STEEP  
SLOPE**

**3km & 3.5km**

Max. Clearance  
2.85M

**Return**



3km & 3.5km



3km & 3.5km





# CHECK POINT 4 – NPCC & Teachers

3km & 3.5km

**TURNING  
POINT**

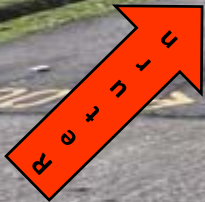
**CP 4**



**SLOW**



3km & 3.5km



**BACK TOWARDS  
TUNNEL**

**3km & 3.5km**





3km & 3.5km





3km & 3.5km

**BBQ PITS**



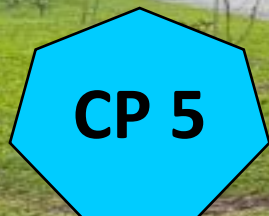


3km & 3.5km



# CHECK POINT 5 – NPCC & Teachers

3km & 3.5km





**3km & 3.5km**



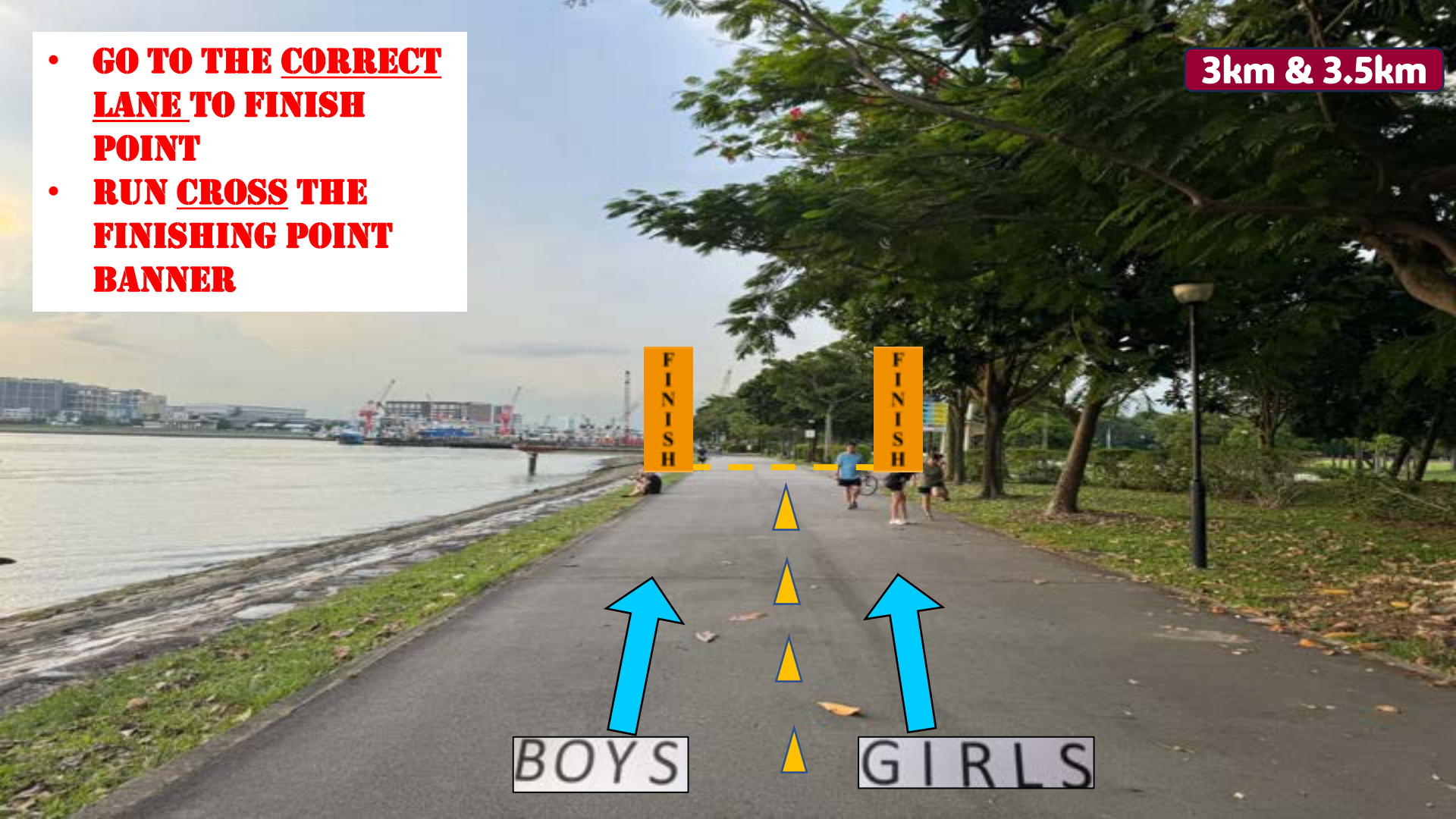
**3km & 3.5km**





- **GO TO THE CORRECT LANE TO FINISH POINT**
- **RUN CROSS THE FINISHING POINT BANNER**

**3km & 3.5km**



**FINISH**

**FINISH**

**BOYS**

**GIRLS**