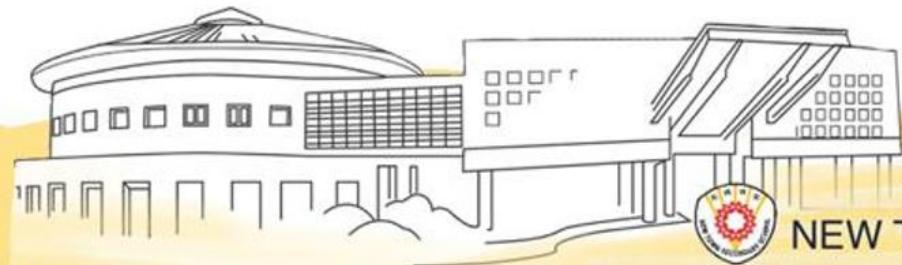


# NTSS Cross Country 2026

## @ The Kallang

6 February 2026 (Friday)  
7.45am – 11.30am

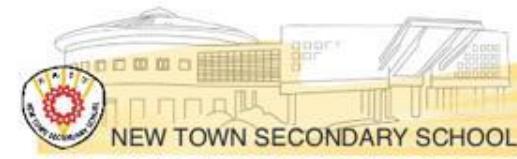
For Students



NEW TOWN SECONDARY SCHOOL

# 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

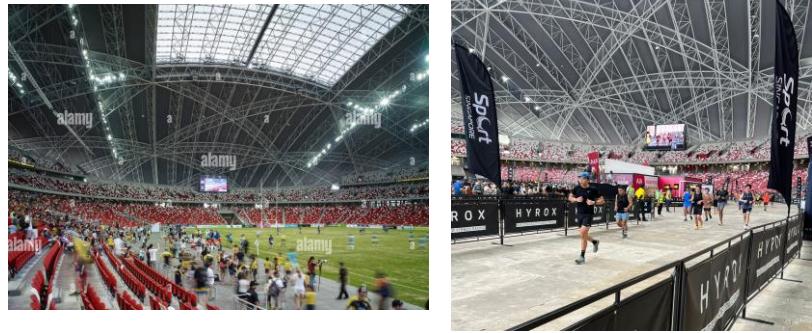


# Highlights

## Competitive Run (3KM/2KM)



## Stadium Experience Mass Run/Walk



## Inter Class Relay



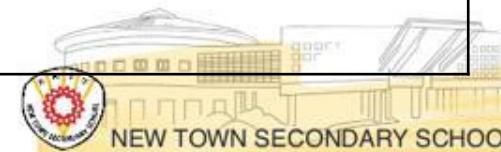
## Parent Support Group Activity



# Programme



Time	Programme	
<b>7.45 am</b>	<b>Assemble at Field of Play in National Stadium.</b> <b>Enter via Promenade Gate 3</b> <b>Attendance-taking by Form Teachers</b>	
8.00 am	Welcome Address Mass Warm-Up	
8.15 am	[3KM Competitive Run] Wave 1: Sec 4/5 Girls + Sec 4/5 Boys	[Inter Class Relay] Sec 3
8.30 am	[3KM Competitive Run] Wave 2: Sec 2 Boys + Sec 2 Girls	[Inter Class Relay] Sec 1
8.45 am	[3KM Competitive Run] Wave 3: Parents / Teachers	
9.00 am	[3KM Competitive Run] Wave 4: Sec 3 Girls + Sec 3 Boys	[Inter Class Relay] Sec 2
9.15 am	[2KM Competitive Run] Wave 5: Sec 1 Boys + Sec 1 Girls	[Inter Class Relay] Sec 4&5
9.30 am	<b>[Stadium Experience Run / Walk]</b>	
10.15 am	Completion of all 3KM/2KM Competitive Runs	
10.30 am	Completion of Stadium Experience Run / Walk	
10.45 am	Prize Presentation	
11.15 am	Debrief and Closing	
11.30 am – 12.00 pm	End of Event Cleaning Up	



# Details

- Date : T1W5, 6 February 2026 ( Friday)
- Time : 7.45 am – 11.30 am
- Venue : The Kallang
- 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 The Kallang, but they are not expected to run. Depending on their conditions, they may be deployed as student helpers.



# Getting to The Kallang

**By MRT:** Alight at **CC6 Stadium** via the Circle Line



## By Bus :

### Bus Service 11

Alight along Stadium Crescent (Bus Stop No. 80199), which is directly outside Singapore Indoor Stadium.

### Bus Service 10, 14, 16, 70, 70A, 70M, 196 or 196A (Towards CBD/City)

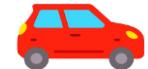
In the direction towards the CBD/City, alight along Nicoll Highway at the bus stop outside National Stadium (Bus Stop No. 80219).

### Bus Service 10, 14, 16, 70, 70A, 70M, 196 or 196A (From CBD/City)

In the direction from the CBD/City, alight along Nicoll Highway at the bus stop opposite Singapore Sports Hub (Bus Stop No. 80211). Cross the sheltered overhead bridge which leads to the National Stadium.



## By Car :



**From East Coast Parkway (ECP) and Marina Coastal Expressway (MCE).**

- Exit at Fort Road, which connects to Mountbatten Road.
- From Mountbatten Road, turn left into Stadium Boulevard.

**From Central Expressway (CTE),** exit into Pan Island Expressway (PIE) heading towards Changi Airport.

**From Pan Island Expressway (PIE) heading towards Changi Airport**

**From Kallang-Paya Lebar Expressway (KPE) heading to East Coast Parkway (ECP)**

- Exit at Sims Avenue and drive along Sims Way.
- Keep right and enter the Nicoll Underpass on the right.
- After exiting the underpass, keep left and enter the slip road into Stadium Drive.

\*Nearest parking to assembly area – Basement Carpark B



# Road Safety

- Leave home early to avoid crowds and traffic congestion, and pre-empt train disruptions.
- Use pedestrian walkways at all times.
- Cross roads only at designated crossings and **observe traffic rules**.
- **Do not** endanger your own life and lives of others by using your phones or dashing across the road.
- **Be considerate** to other commuters when using public transport.
- Disciplinary action will be taken for failure to observe traffic rules.

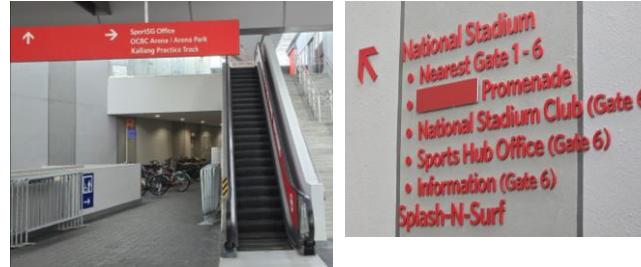


# Assembly Area (Getting there from MRT)

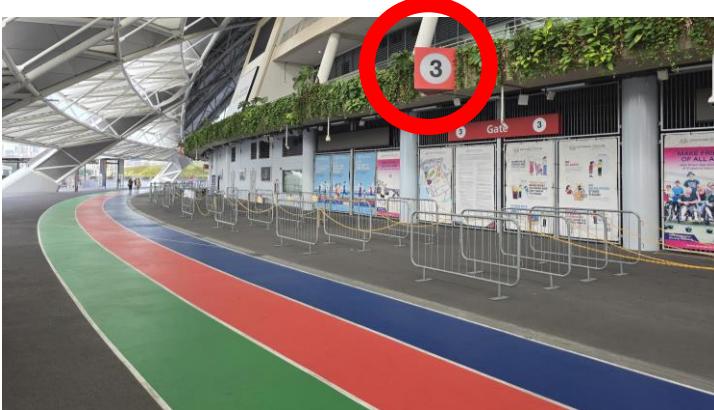
Head toward EXIT A of  
Stadium Station



Turn right and head up  
the escalator



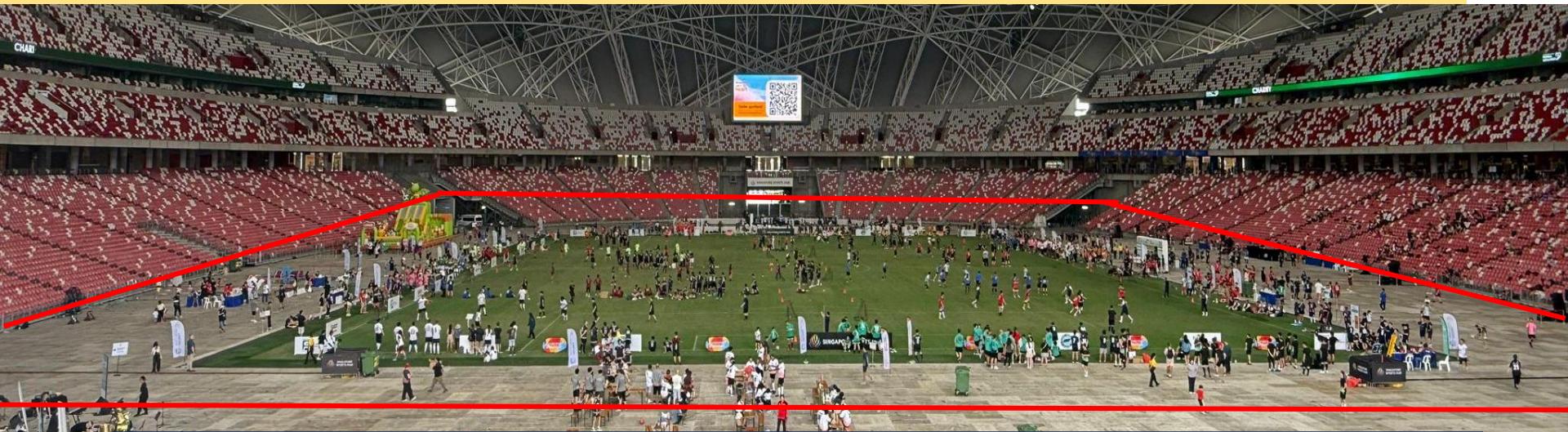
Enter via **100PLUS Promenade Gate 3**



Up escalator again



# Assembly Area (National Stadium Field of Play)



Students to sit in 2 rows for attendance-taking & to stay within the National Stadium

1 - Care 1 – Integrity.....

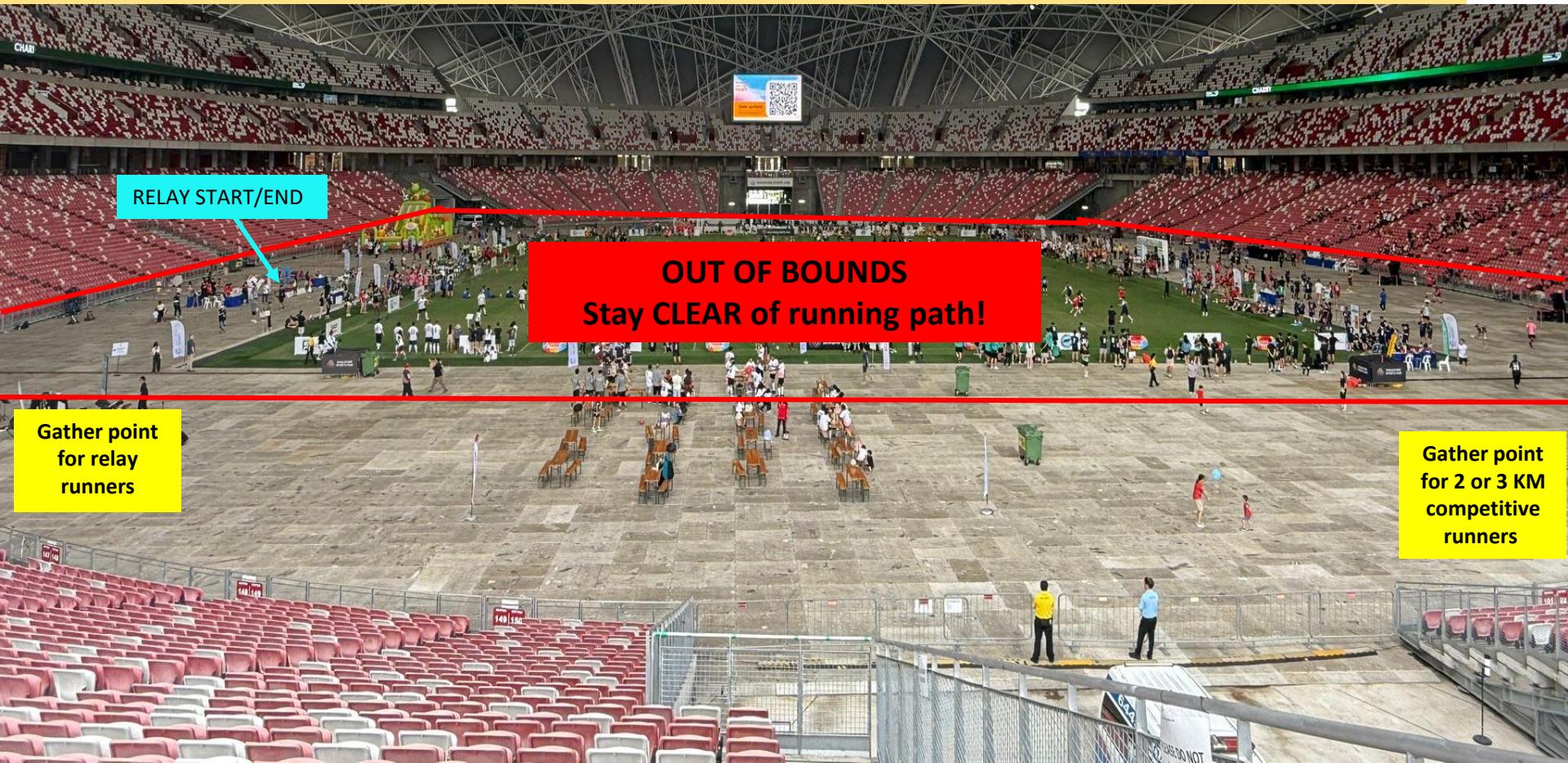
2 – Care.....

3 – Respect.....

5 - Care



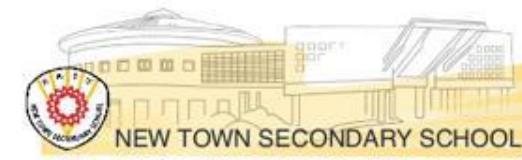
# Out of Bounds Areas



# Run Format (Competitive Run)



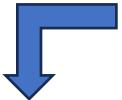
- Students
  - 3.0 km for Sec 2, 3, 4&5 runners
  - 2.0 km for Sec 1 runners
  - Selected students – min 5 & max 8 students per gender per class
    - Top 20 runners will receive a medal (1st–10th awarded during prize presentation; 11th–20th will collect their medal immediately after run).
    - Points from Top 20 runners will be used to determine Class winner for the level and contribute to Class Award.
- Staff, PSG, Parents
  - 3.0 km
  - Top 5 runners from each gender will receive a prize!



NEW TOWN SECONDARY SCHOOL

# Competitive Route (2 or 3 km)

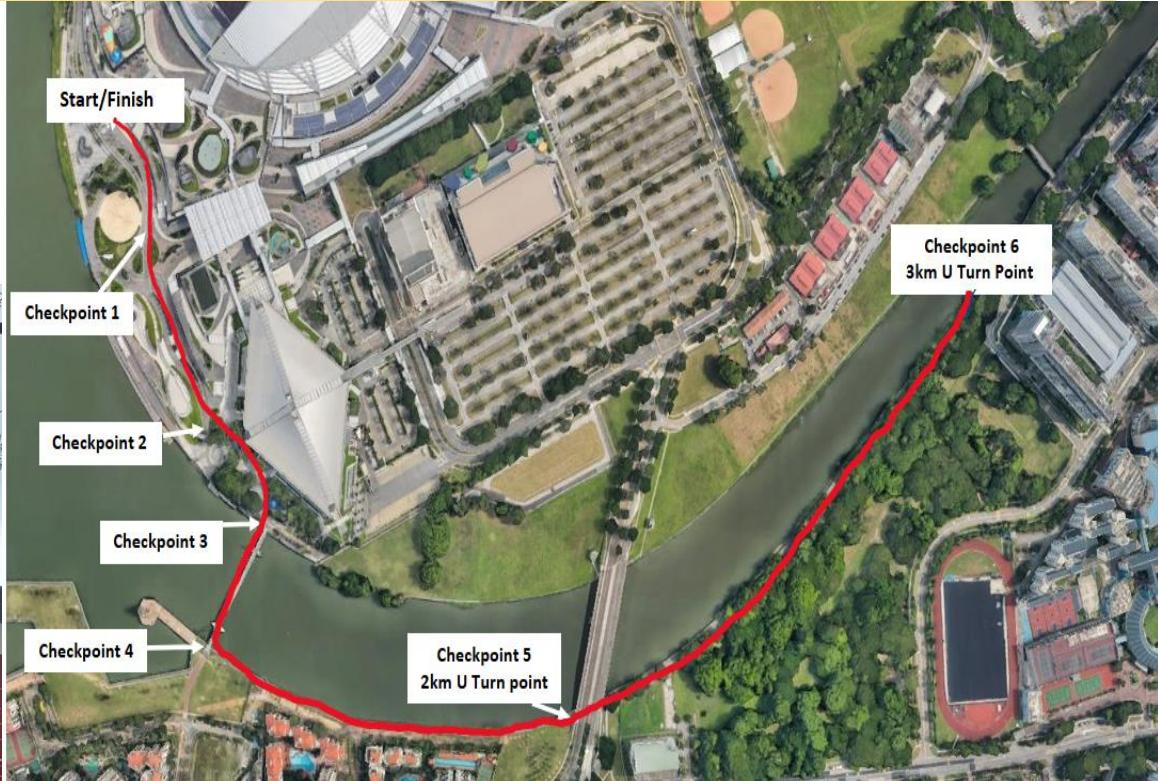
Start/Finish



Run toward



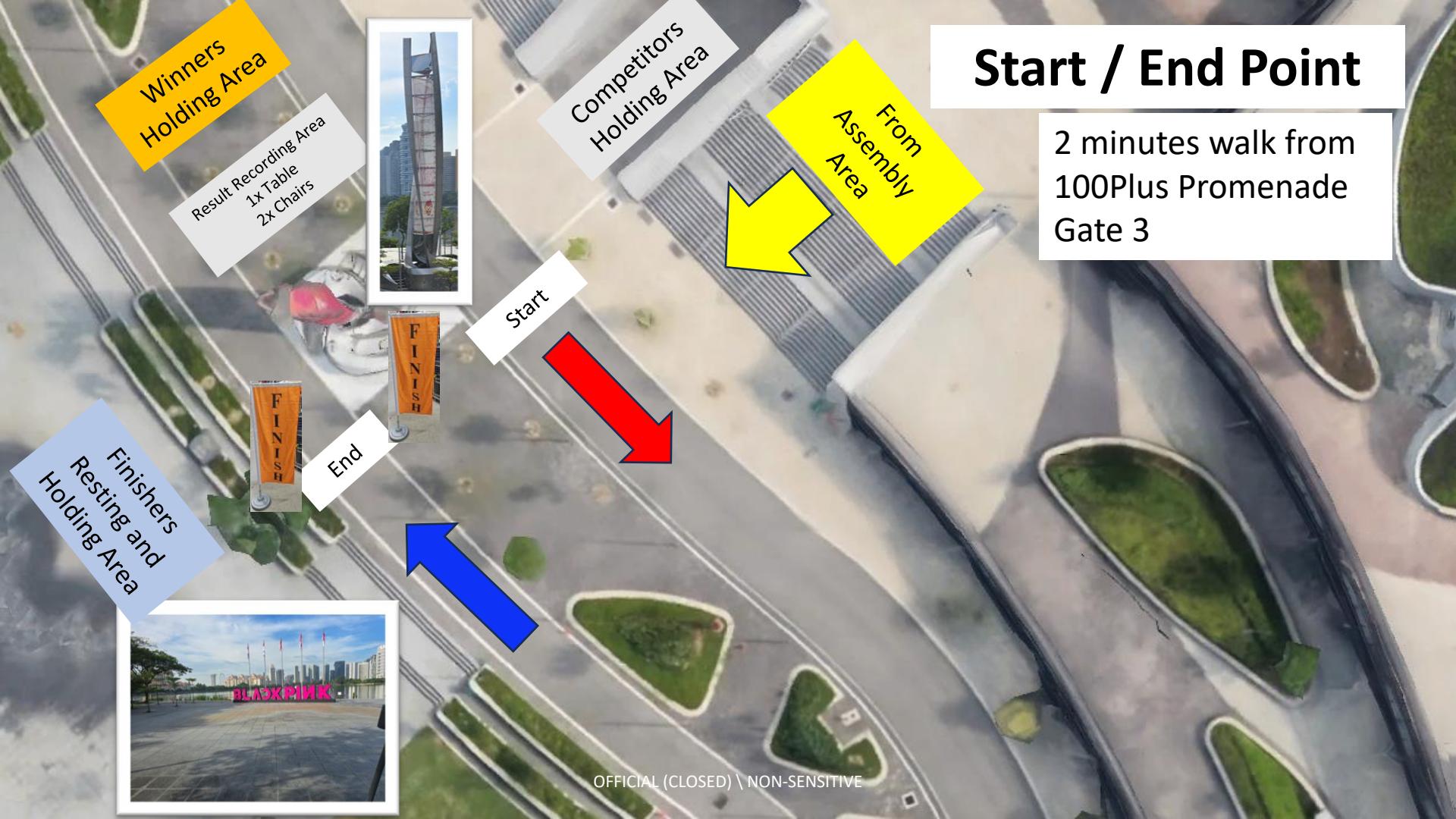
3km U turn at  
lamp post  $\frac{D1-1}{4}$



NEW TOWN SECONDARY SCHOOL

# Start / End Point

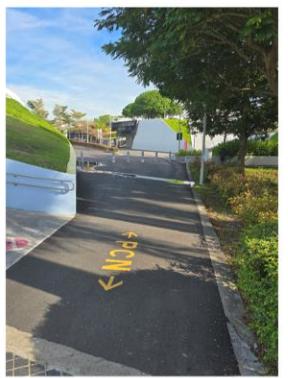
2 minutes walk from  
100Plus Promenade  
Gate 3



OFFICIAL (CLOSED) \ NON-SENSITIVE

# Checkpoint 1

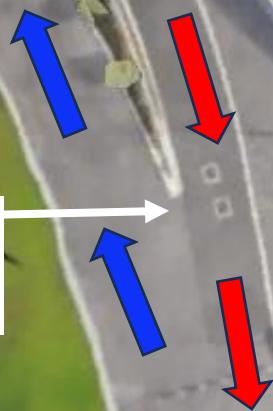
**CP 1**  
2 trs + 2 UGs



CIAL (CLOSED) \ NON-SENSITIVE

# Checkpoint 2

**CP 2**  
2 trs + 2 UGs



# Checkpoint 3

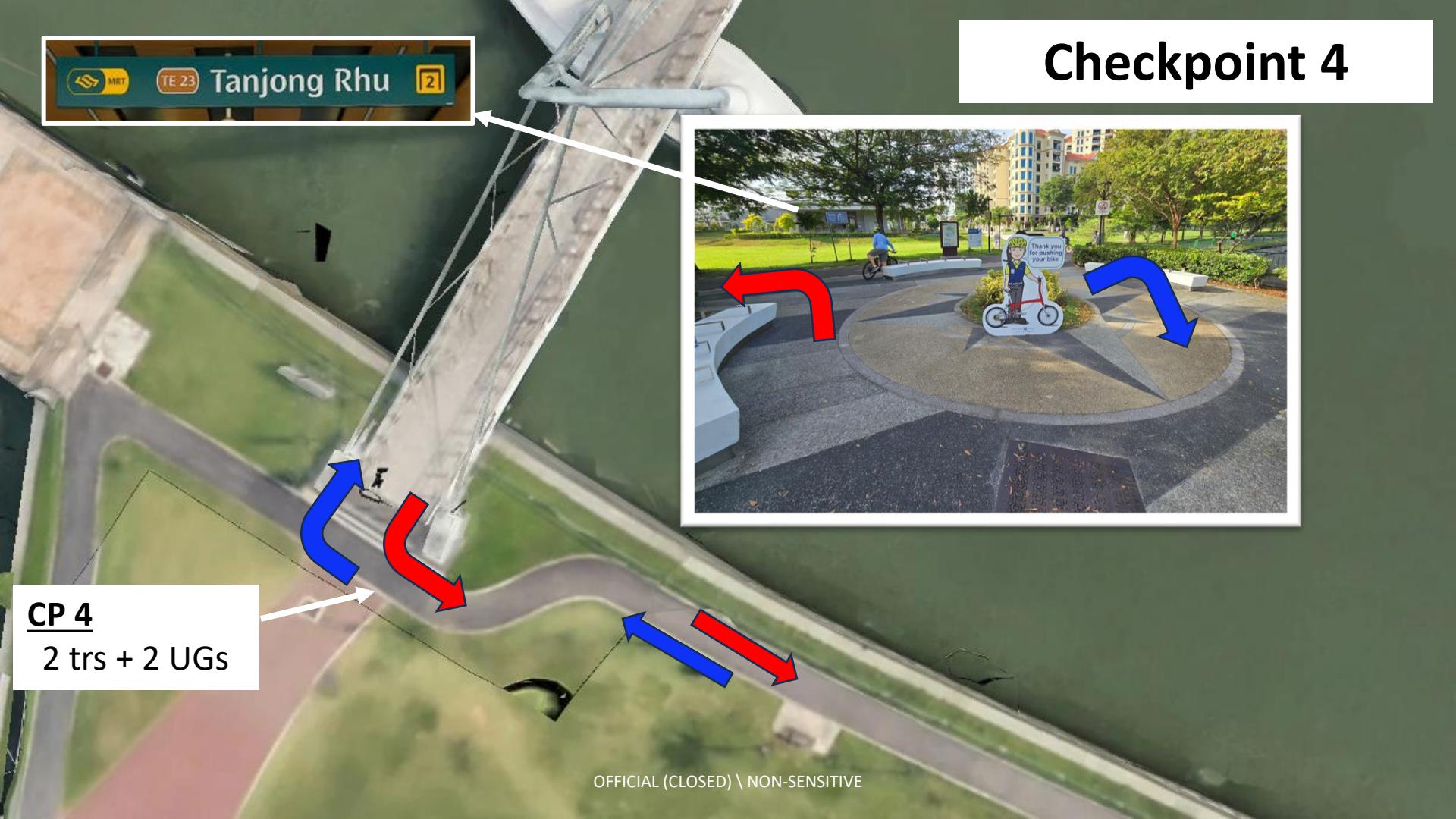
**CP 3**

2 trs + 2 UGs





# Checkpoint 4

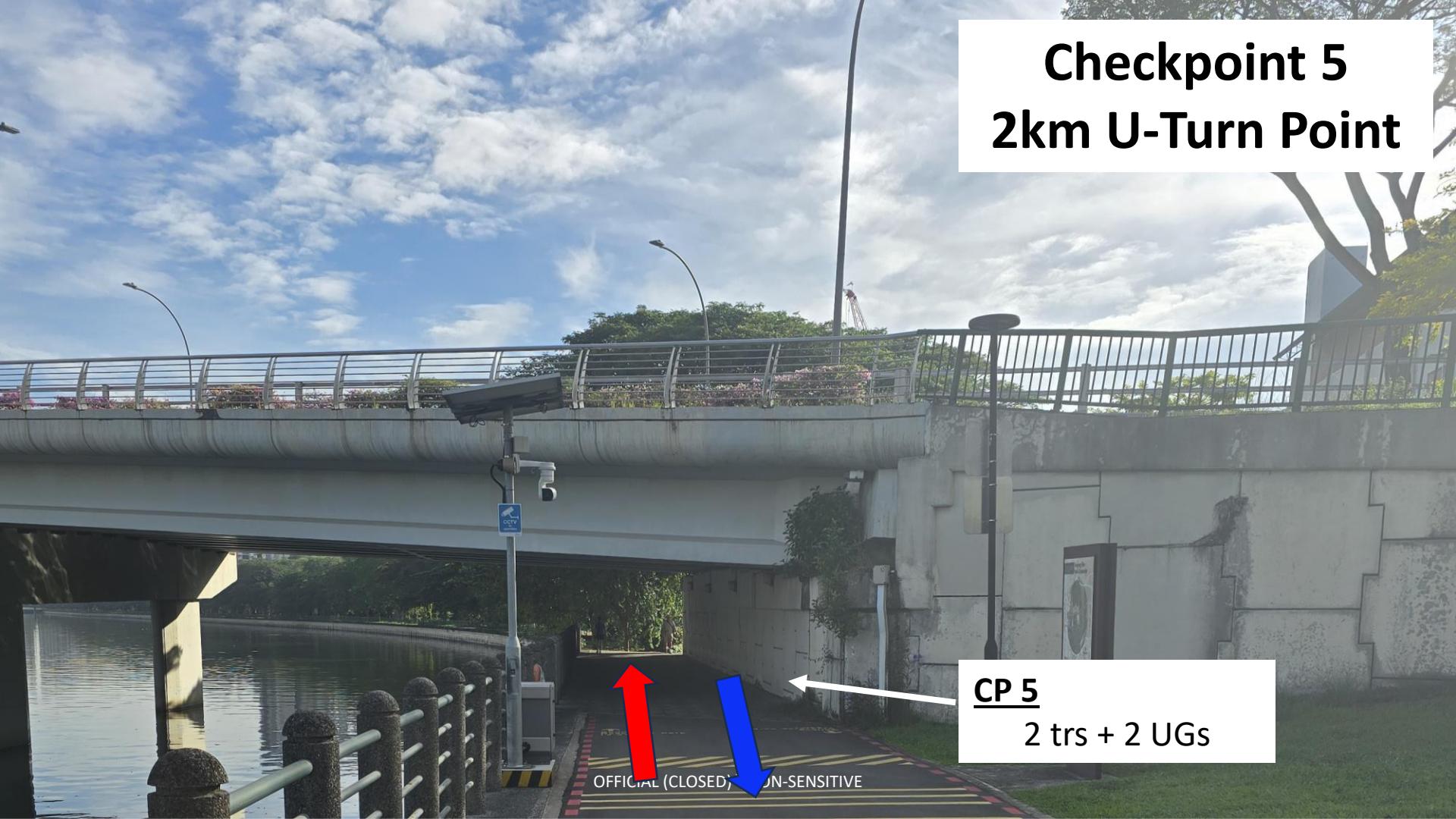


**CP 4**

2 trs + 2 UGs

# Checkpoint 5

## 2km U-Turn Point



# Checkpoint 6

## 3km U-Turn Point



**CP 6**  
**3km U-Turn Point**  
2 trs + 2 UGs  
iPad Video



# Inter Class Relay

- 5 x 1 round relay
- Minimum of 2 students from each gender. *Eg (3 girls + 2 boys) or (3 boys + 2 girls).*
- Top 3 team from each level will be awarded medals

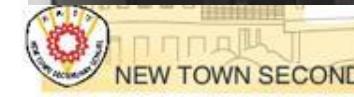
  

- Exchange of baton within exchange zone
- Follow instructions & take note of designated area for waiting/ resting before or after your run.
- **Stay clear of running path at all times if you are not a runner!**



# Instructions to Runners

- Sleep at least **8** hours & take breakfast.
- Be in **proper attire** and **footwear**.
- **Warm-up** and **stretch** before run on your own.
- **Do not miss your assigned wave.**
- Familiarise yourself with running route by referring to slides on NTSS website.
- Keep to the designated path. There will be checkpoint judges on duty to guide you.
- Strictly **no** pushing and over-taking on narrow paths/ drains.
- **No** handphones or audio devices allowed during the run. **Water bottle** is compulsory to stay hydrated.
- **CROSS** the finishing banner.
- **Stay clear** of finishing area.
- Do not take part or **STOP** if you are unwell.
- Be physically & mentally prepared!



# Instructions to Runners



Individual	1 <sup>st</sup> – 20 <sup>th</sup> of each level & gender e.g. Sec 4&5 Girls	Medals
Inter-Class	<ul style="list-style-type: none"><li>Top 3 team from each level</li><li>Contribute to tabulation of Class Award</li></ul>	Medals End of term prizes



- Late-comers will not be eligible for any award tabulation.**
- Top 20 runners must have their Finishing position tags in exchange for the medal.**



# Stadium Experience

## Mass Run / Walk

- All students
- All staff (FTs are encouraged to run / walk together with Form Class)
- Parents are encouraged to run / walk with their child/ward.



# Things to Bring

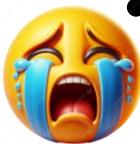
- **Compulsory:**
  - water bottle (1 litre)
  - snacks e.g. Biscuits, energy bars.
  - personal medication e.g. inhaler is important.
  - umbrella or poncho.
- Have a good breakfast on the morning of the event!
- Do not bring too much money and be responsible for your own valuables.



# Wet Weather Plan



- Take shelter wherever you are.
- Make your way to The Kallang once the rain stops to report attendance.
- Listen to announcements. Dismissal will be from The Kallang.
- **If event is cancelled, Home-Based Learning will be activated broadcasted via PG and student icon email.**
- Check in with Form/PE Teachers if unsure.

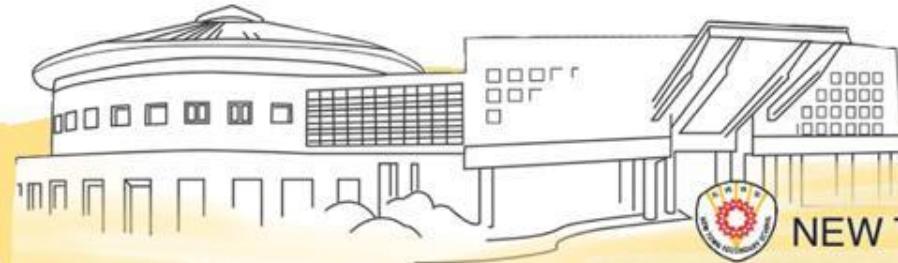


# Final Reminders

- Be **punctual**.
- Demonstrate **self-discipline**.
- Be **good ambassadors of the school** and **considerate users** of the venue e.g. clear litters.
- **Listen** to the announcements and **follow** instructions.
- Stay within the assembly area and take note of **safety** to stay clear of runners' path.
- Look after each other's belongings.
- **Encourage the heart**.
- Leave the venue after the event and observe traffic rules at all times.

# Any Questions

Please look for your PE teacher



NEW TOWN SECONDARY SCHOOL

