



Singapore Schools Sports Council (SSSC)

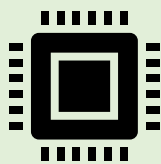
2024 National School Games (NSG) Cross Country Championships

**Tuesday 14 May 2024 (7:00am to 11:30am)
Sports Hub OCBC Square**

Team Manager & Runner Race-Guide

Contents of Race Guide

Preview	Page 3
Race Checklist	Page 4
Race Day Program	Page 5
Getting There	Page 6
Assembly Area	Page 7
Registration Matters	Page 8
Race Route	Page 9-11
Race Bib	Page 12-14
Race Guidelines	Page 15
Results Management & Prize Giving	Page 16
Race Postponement Matters	Page 17
Race Route Pictures (Annex 1)	Page 18



Preview

(I) “Gotong Royong”* Approach

The NSG provides opportunities to build character, resilience & discipline among our student-athletes, as they pursue sporting excellence.

*‘Gotong Royong’:

Refers to cooperation, especially among family members, friends, and villagers.

(II) Character Development through Sports

The athletes’, coaches’, and officials’ oaths as well as the spectators’ creed were developed to emphasize the important role each of the stakeholders plays in the National School Games.



(III) 2024 National School Games Cross Country Championships Organizing Committee

St. Joseph's Institution

•Lead Convenor

Assumption Pathway School / Westwood Secondary School

•Convenors

Physical, Sports & Outdoor Education Branch (Sports Education)

Physical, Sports & Outdoor Education Branch (NSGO)



Race Checklist



Plan your transport to Sports Hub OCBC Square.

Familiarize yourself with the race route.



Remember to bring along your Race Bib and ensure that your starting Wave Number Sticker is affixed properly.



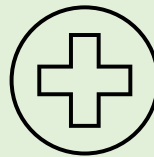
Hydrate adequately. Each runner should have a filled personal water bottle. Water is available at near the U-Turn Point and at the Finish Point.



Arrive early and be ready at the start point at least 15 minutes before your flag off time.



Carry light and pack all essential race items beforehand. Refrain from bringing unnecessary valuables. You may leave your belongings at OCBC Square – to be taken care of by a school representative.

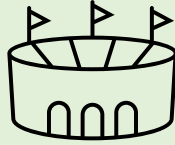


Do not take part if you are unwell. Know your limit. Please refrain from continuing if you do not feel well along the race and do not hesitate to approach the race crew and first-aiders for assistance.



Race Day Program

Time	Activity	Location	
7:00am	Arrival & Registration	OCBC Square	
8:20am	Start of Girls C Division	Start Point	
8:35am	Start of Boys C Division		
8:50am	Start of Girls B Division		
9:05am	Start of Girls A Division		
9:20am	Start of Boys B Division		
9:35am	Start of Boys A Division		
10:15am	Expected Finishing of all runners	OCBC Square	
About 1hr from Race Start time	Results Processing & Validation	OCBC Square	
From 9:20am	Publish of Results of Race per Race Category	OCBC Square	
11:00am	Prize Giving (For Each Race Category) Top 20 Individual Winners Top 4 Division School Winners	OCBC Square	
11:30am	End of Event		



Getting There



By MRT

Stadium MRT Station via the Circle Line (CC6) is the nearest station which links directly to the Singapore Sports Hub (OCBC Square).



By Grab or Cab

Drop off Point B

Stadium Crescent, beside taxi stand I28, East of Singapore Indoor Stadium. From Gate 2 along 100PLUS Promenade, cross over to Singapore Indoor Stadium via the OCBC link bridge.

Drop off Point A

Stadium Drive, North of National Stadium. From Gate 14 along 100PLUS Promenade, cross the bridge and head down the second right stairwell.



By School Coordinated Bus

Schools should liaise with Bus Vendors on specific drop off location at the Sports Hub vicinity.



By Car

Kallang Wave Mall

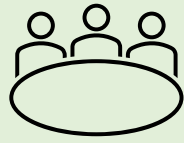
Stadium Place, next to OCBC Aquatic Centre and Kallang Wave Mall. (Location Code: I30)

Nearest Car Park

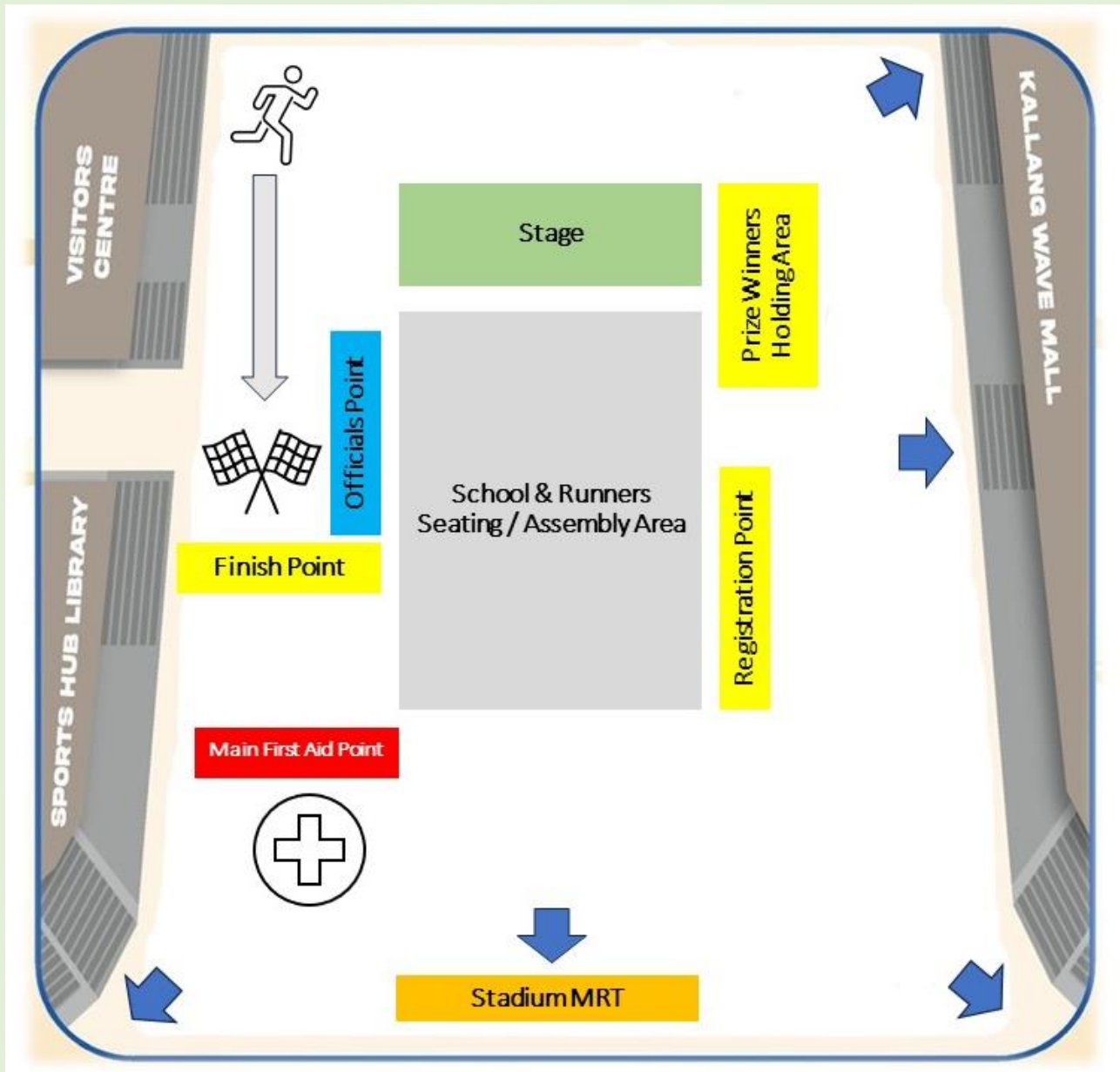
– C (Underground) & L (Outdoor)

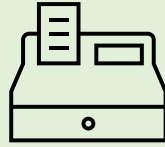
Refer to the link below for more details:

<https://www.sportshub.com.sg/sites/default/files/2023-09/Getting Here Guide Sep23 0.pdf>



Assembly Area





Registration Matters

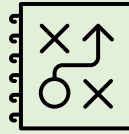
Participating School's Team Manager (TM) reports to Registration Point (OCBC Square) and submit hardcopy of Cross Country NSG NIS Printout for participating school.

The TM will indicate any registered runner(s) who are absent or unwell, and hence will not take part in the race.

For schools with more than six (> 06) registered runners, the TM must indicate the runner(s) who will not be fielded.

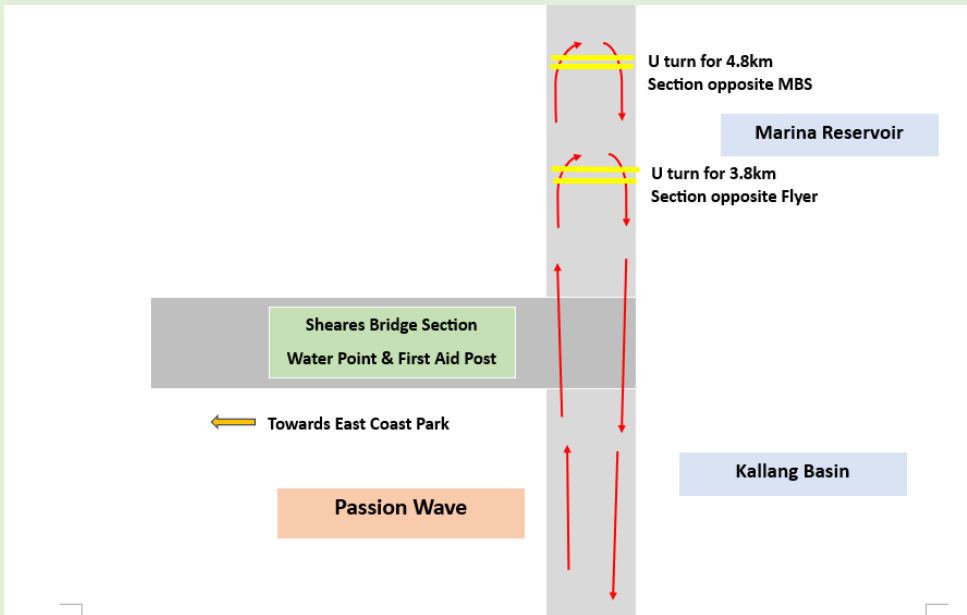
Ensure that all personal belongings especially valuables of the runners are attended to by an appointed school staff or student representative .

When ready Runners may proceed to the warm up area near the start point.



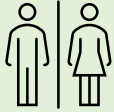
Race Route

Refer to the graphical Race Route and U-Turn Illustration below:



U-Turn Section

Race Category



Girls A, B and C Division &
Boys C Division
➤ 3.8km
➤ 1.5km U-Turn

Boys A and B Division
➤ 4.8km
➤ 2km U-Turn

Cross Country Race Route Checkpoints

Check Point	Location	Remarks
1	Grass section opposite Pebble Bay Condominium and near Tanjong Rhu MRT	Start Point will First Aid Post will be available Area accessible by mobile ambulance
2	Intersection of grass section and Park Connector Network track 80m from Start	Grass Section will cover 80m Area accessible by mobile ambulance
3	Fitness Corner Lamp Post G1-3 32 600m from start / 3.4km or 3.4km from U-Turn	First Aid Point Area accessible by mobile ambulance
4	Passion Wave & Sheares Bridge Section (Sheltered) 1.2km from start / 1.8km or 2.8km from U-Turn	Water Point & First Aid Point Area accessible by mobile ambulance Toilets available
5	1 st U-Turn 1.5km from start / 2.5km from 2 nd U-Turn	U-Turn for Girls and Boys C Division Intermediate Timing Strip
6	2 nd U-Turn 2km from start	U-Turn for Boys A & B Division Intermediate Timing Strip
7	Lamp Post G2-8 82 3km / 4km from U-Turn	Return to Finish Point
8	Tanjong Rhu Bridge	Return to Finish Point
9	OCBC Square	Finish Point

Staggered Start



- At the field area of Tanjong Rhu Park Connector Network (PCN), Pebble Bay Condominium and at Lamp Post 8.
- Each Race Category will be flagged off in waves of between 40 to 60 runners per waves.
- Each wave will start at about 45secs to 1min to ensure that the (entire) race route is conducive, optimal and safe for racing.
- Signage indicating the various running waves will be on display for each runner to form up at the start area.

Running Route



- After the initial start on the field (grass) section of 80m, runners will be running mainly on PCN surface, and the entire race route is mostly flat.
- The final 400m of the race route will be covered along the Tanjong Rhu Bridge and the vicinity of Sports Hub.
- Runners should stay on the left section of the race route as much as possible, and to take note that a significant portion of the race route caters to 2-direction flow of runners and possible public access at the Tanjong Rhu Bridge section.
- Runners are to be always mindful of the shared usage and etiquette of PCN, and when doing warm-ups and commuting, should avoid the race route as much as possible.

First Aid Support



- The Main First Aid Post will be at OCBC Square comprising a medical suite of Paramedic, Doctor, and Ambulance Vehicle.
- The Secondary First Aid Posts will be at the (i) Start Point, (ii) fitness corner of Tanjong Rhu PCN Lamp Post G1-3 32 and (iii) Sheares Bridge Section with Staff / Student First Aiders, and a standby Ambulance Vehicle.
- Staff / Student First Aiders will be deployed at about 500m intervals based on the distance checkpoints.
- Most sections of the race route will be accessible by the ambulance vehicle.

Water Point



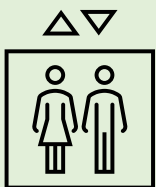
- The water point will be located at the Sheares Bridge / Passion Wave Section (about 1.2km from the Start Point).
- Plain water in disposable cups will be available for runners.

U-Turn



- Follow the signages and Route Marshalls as you approach the U-Turn Point.
- Runners crossing the U-Turn Point will register an intermediate timing.
- A visual recording device will also capture runners at the U-Turn Point, to be used for verification if necessary.

Officials & Marshalls



- Marshalls will cover all check points stated and areas of the route with intersections, crossings, junctions etc.
- Marshalls will be spaced out along the route at 200-300m to provide safety support / direction references where necessary.
- Marshalls will have access to communication lines to relay key information e.g. injuries, deviation of route, suspension of run etc.
- Marshalls at intersection and key points e.g. U-Turn will be equipped with direction guide blinker sticks.
- Marshalls will be stationed 50m before and after U-Turn area to provide safety support, e.g. slowing down of cyclists etc.
- All Race Officials and Marshalls will be wearing a White NSG Cross Country Shirt Uniform.



Race Bib

Sample Race Bib (Front)



National School Games
Cross Country Championships 2024

Wave
Number



XYZ School)

Runner Name

Sample Race Bib (Back)

SAFETY INSTRUCTIONS

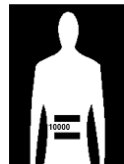
This bib must be worn only by the registered participant.



RACE DIVISION GIRLS / BOYS
RUNNER NAME / SCHOOL

This bib must be worn as shown in the image. (chest level facing front)

- Please ensure that this NOT:
1. Hand-carried.
 2. Hidden inside pockets.
 3. Covered by gears such as race belt, water bottle, pouch, or tea



-Emergency Contact- (Parent or Teacher)

Name

Relationship

Contact Number

-Medical History-

Allergies

Medical Condition

Blood Group

Empty rectangular box for additional information

Race Bib Colour



A Division Boys	B Division Boys	C Division Boys
A Division Girls	B Division Girls	C Division Girls

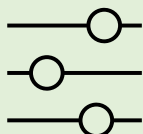
The background colours for each Race Category are shown above.

Race Bib



- Collection of Race Bib details applicable for each participating school are as follows:
 - 9 May (12:00pm to 5:00pm)
 - PSOEB (MERSC Lounge) 21 Evans Road Singapore 259366
 - Uncollected Race Bibs will be brought to the Registration Point on Race Day
 - The Race Bib(s) will be packed according to each participating school, with safety pins and the appropriate number of Wave Number Stickers.
- Each registered runner will receive a personalized Race Bib as illustrated.
- The Race Bib should be fastened at the front of the running top, about 2 fingers above the navel area.

Running Waves



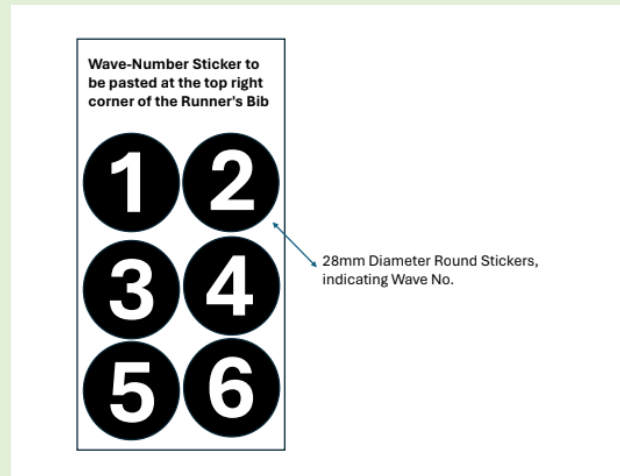
Race Category	A Division Boys & Girls	B & C Division Boys & Girls
No of Running Waves	3	6
No of runners per Running Wave for each school	2	1

Designated number of Running Waves for each Race Category and the number of runners from each participating school for each Running Wave.

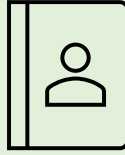
- Runners for each Race Category will be flagged off in Running Waves of about 30-50 runners. The overall rationale is:
 - To facilitate safety of all runners with engagement of an optimal number of runners for the start and throughout the race route.
 - To mitigate the limited width of the Start Point and the race route which comprises mainly sections of park connector network with shared access or dual direction of racing.
 - To have each participating school represented at the first Running Wave.

- To ensure that all running waves, regardless the sequence is equally distributed, flagged off at appropriate intervals of 45 secs to 1 minute and conducive for the runners.

Wave Numbers

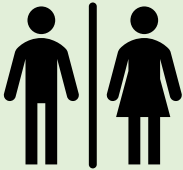


- Based on the number of runners for each participating School per Race Category, a set of Wave Number Stickers will be given and packed with the Race Bib(s).
 - For B and C Division, schools with at least 6 registered runners for each Race Category will be given a pack of Wave Sticker Number 1 to 6,
 - For A Division, schools with at least 6 registered runners for each Race Category will be given two packs of Wave Stickers Number 1 to 3.
 - For schools with less than 6 registered runners per Race Category, the number of Wave Stickers given will correspond to the exact number of runners registered.
- TMs of participating schools will be required to assign each registered runner who will be fielded on Race Day a specific Wave Number Sticker prior to the start of the race for each Race Category.
- The assigned Wave Number Sticker for each runner should be affixed at the top right-hand section marked by 'Wave Number'.
- Each runner will form up at the Start Area according to his/her assigned Wave Number.



Race Guidelines

Runners Composition



- Each participating school may register up to 8 individual runners per Division per Sex
- Only a maximum 6 of the registered runners per Division per Sex will be fielded and start / compete on race day.
- Unregistered or 'Not fielded' students should not attempt to run at any section of the race route as this can disrupt the flow of the race.

Finishing & Timing



- The Start and End points are the same for all runners (Division and Sex).
- Each runner will be tracked by their issued a personalized (with registered name) Race Bib embedded with an electronic timing device.
- Additional features such as intermediate checkpoint (U-Turn) timing and video footage, finishing order may be used for results verification purposes.
- Individual Winners for each Division and Sex will be determined by the lowest finishing timing for the race.
- Division (School) Winners per Division and Sex will be determined by the cumulative finishing timings of the Top 4 Finishers of each school.

Supporters

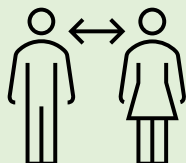


- All supporters (including parents, school staff and students) should keep away / clear of / from the race route, Officials' section, barricaded areas, medical access etc. to facilitate the smooth conduct of the race. We appeal to all participating schools TMs to emphasize and highlight this at your end.
- Keep the area – race route and the vicinity of Sports Hub clean and respect the etiquette of the public area.
- Cheer and support the runners respectfully, graciously and with good sportsmanship.



Results Management & Prize Giving

Individual Winners



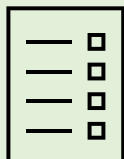
- Medals will be awarded to the Top 20 Positions for each race category per Division per Sex.
- When the results are published, all Individual Winners should proceed to the prize winners holding area.

Division (School) Winners



- This is applicable only for participating schools which have at least 4 finishing runners per Division per Sex.
- A Trophy will be awarded to the Top 4 Division (School) Winners for each race category per Division per Sex.
- When the results are published, all Division (School) Winners should proceed to the prize winners holding area, to be represented by TM and all the Registered Runners.

Results Management

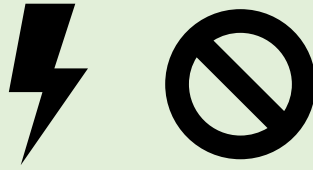


Individual Top 20 & Division Top 4



Individual Timing

- Schools / TMs may refer to the QR code above to check all Race related Provisional Results.
 - Individual Timing (require input of Race Bib Number)
 - Individual Top 20 Positions per Division per Sex
 - Division (School) Top 4 Winners per Division per Sex
- The Provisional Results will be ready for access by Schools (TMs and runners) approximately One (01) hour from the start time of each race per Division per Sex.
- TMs may approach the Results Processing Area at the Finish Point to seek clarification or provide feedback.
- The Full Listing of Provisional Results can be assessed at [NSG Link](#)



Race Postponement Matters

The race may be subjected to delays, disruption and cancellation based on inclement weather or other unforeseen circumstances.

If a postponement is required, the event will be held the following day – 15 May with the same Race Day Program.

Scenario	Proposed action
Lightning alert and/or inclement weather before start	<ul style="list-style-type: none">• Wait at OCBC Square• Possible delay start
Lightning alert and/or inclement weather at Start Point prior to start of first race	<ul style="list-style-type: none">• Suspension of race• All to evacuate to OCBC Square
Lightning alert and/or inclement weather during race	<ul style="list-style-type: none">• Suspension of race• Information to be relayed via Check Points• Seek shelter at major checkpoints / landmarks• Await decision at OCBC Square

Race Route Pictures

Start Point



Sheares Bridge – First Aid & Water Point



Towards Curved Section of 3.0km/4.0km Pt



Heading to Tanjong Rhu Bridge



Towards OCBC Square



Finish Point (OCBC Square)

