

OFFICIAL (CLOSED) \ NON-SENSITIVE

Honouring our Past



60 Forging our Future
years of learning and growing together

9 May 2025

8.00am to 11.30am

**NTSS 60th Anniversary Road Run 2025
@ Marina Barrage**

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.
- **Celebrate** NTSS 60th Anniversary.

Details

- Date : T2W7, 9 May 2025 (Friday)
- Time : 8.00 am – 11.30 am
- Venue : Marina Barrage + GBTB
- Attire : PE attire + sports shoes
 - **ONLY for this event, students are allowed to report directly in PE attire (NTSS PE T-Shirt & Shorts), without school skirt/pants**
- Expectations :
 - **Compulsory** attendance for all.
 - **Absence to be accounted for by MC or Parent letter.**
 - Unwell or injured students without MC will report to Marina Barrage, but they are not expected to run. Depending on their conditions, they may be deployed as student helpers.



Getting to Marina Barrage

Note: Bus transport to Marina Barrage will be provided for student helpers.

By MRT: Alight at **TE22 Gardens by the Bay** via the Thomson-East Coast Line



By SBS Bus 400:

0700hrs – 2330hrs (Frequency of 15-20 mins)

From Tanjong Pagar Station: Take bus 400 in front of International Plaza (03223)

From Marina Bay Station and Downtown Station: Take bus 400 at Marina Bay Financial Centre (03391) along Marina Boulevard.



By Car: Head towards Central Boulevard from AYE (East Bound) into MCE (Exit 2) or ECP/KPE (Towards City) into MCE (Exit 3).
Alternatively, travel from Rochor/Ophir towards ECP (West Bound) through Sheares Avenue into Central Boulevard.



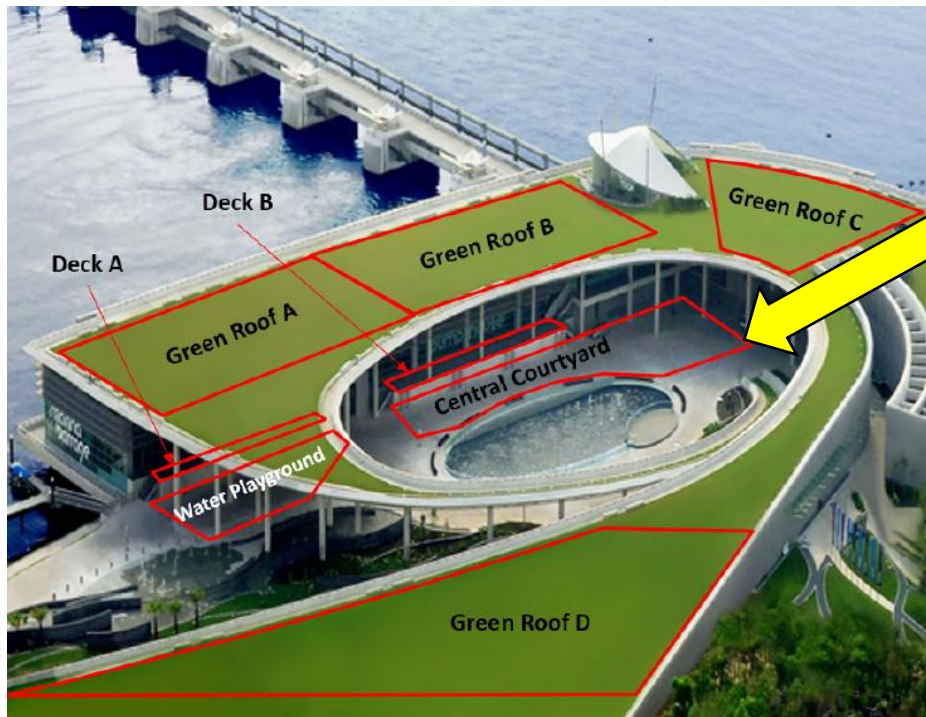
Parking Fee		
Car	Motorcycle	
5am – 6pm : \$0.025 per min for first 5 hours and \$0.05 per min thereafter	\$1.20 per entry	

Road Safety

- Set off from home early to avoid crowds and traffic jam.
- Use the pedestrian pathway.
- Cross the roads at the proper traffic junctions and use the designated traffic light crossings.
- **Observe traffic rules** and cross the roads when the traffic lights are in your favour.
- **Do not** endanger your own life and lives of others by using your phones or dashing across the road.
- **Disciplinary actions** will be taken against those who do not observe traffic rules.



Assembly Area



Central Courtyard

Deck B

Sec 1s

Sec 2s

Sec 3s

Sec 4s

Sec 5

Getting to Assembly Area



Interactive Map:

<https://go.gov.sg/ntss60tbroadrun-marinabarrage-gettingthere>



Highlights

Competitive Run (3KM)

Top 20 runners from @ level



NTSS 60th Anniversary Road Run

Mass Run/Walk (1.5KM) & Class Photo-Taking



Class Kite Design & Flying Challenge



Parent Support Group Activity



Be respectful, appreciative, a good sport!

Programme Flow

Time	Programme
8.00 am	Assemble at Central Courtyard of Marina Barrage Attendance-taking by Form Teachers
8.15 am	Welcome Address Mass Warm-Up
8.30 am	[Competitive Run] Wave 1: Sec 4/5 Girls + Sec 4/5 Boys
8.30 am – 10.15am	Kite Flying Challenge at Green Roof
8.45 am	[Competitive Run] Wave 2: Sec 1 Boys + Sec 1 Girls
9.00 am	[Competitive Run] Wave 3: Parents / Teachers
9.15 am	[Competitive Run] Wave 4: Sec 3 Girls + Sec 3 Boys
9.30 am	[Competitive Run] Wave 5: Sec 2 Boys + Sec 2 Girls
9.40 am	[Mass Run / Walk] Upper Secondary
9.50 am	[Mass Run / Walk] Lower Secondary
10.15 am	Completion of all Competitive Runs
10.30 am	Completion of Mass Run / Walk
10.45 am	Prize Presentation
11.15 am	Debrief and Closing
11.30 am – 12.00 pm	End of Event Cleaning Up



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Run Format (Competitive Run)



- Students

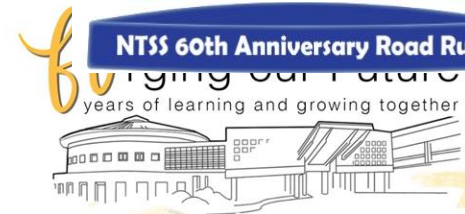
- **3.0 km (5 checkpoints)**

- Selected students – min. 5 students per gender per class
 - Top 20 runners will receive a medal (1st–10th awarded during prize presentation; 11th–20th will collect their medal after run).
 - Points from Top 20 runners will be used to determine Class winner for the level and contribute to Class Award.
 - All runners will receive a [Wristband](#) at the 1.5KM mark (checkpoint 3) as a memento.



- Staff, PSG, Parents

- 3.0 km
 - Top 5 runners from each gender will receive a prize!



Instructions to Runners

- Sleep at least **8** hours & take breakfast.
- Be in **proper attire** and **footwear**.
- **Warm-up** and **stretch** before run.
- **Do not** miss your assigned wave.
- Keep to the designated path. There will be sign postings and road marshals 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 allowed to stay hydrated.
- **Wear** wristband and **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 st – 20 th of each level & gender e.g. Sec 4&5 Girls	Medals & Wristband Memento
Inter-Class	Contribute to tabulation of Class Award	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.



Run Format (Mass Run / Walk)



- **1.5 km**

- All students
- All staff (FTs are encouraged to run / walk together with Form Class)
- Parents are encouraged to run / walk with their child/ward.
- Each class will design an A1 birthday board prior to event. Photos taken with the board to post on NTSS Instagram.



#ntsscelebrates #ntssturns60 #peopleofntss

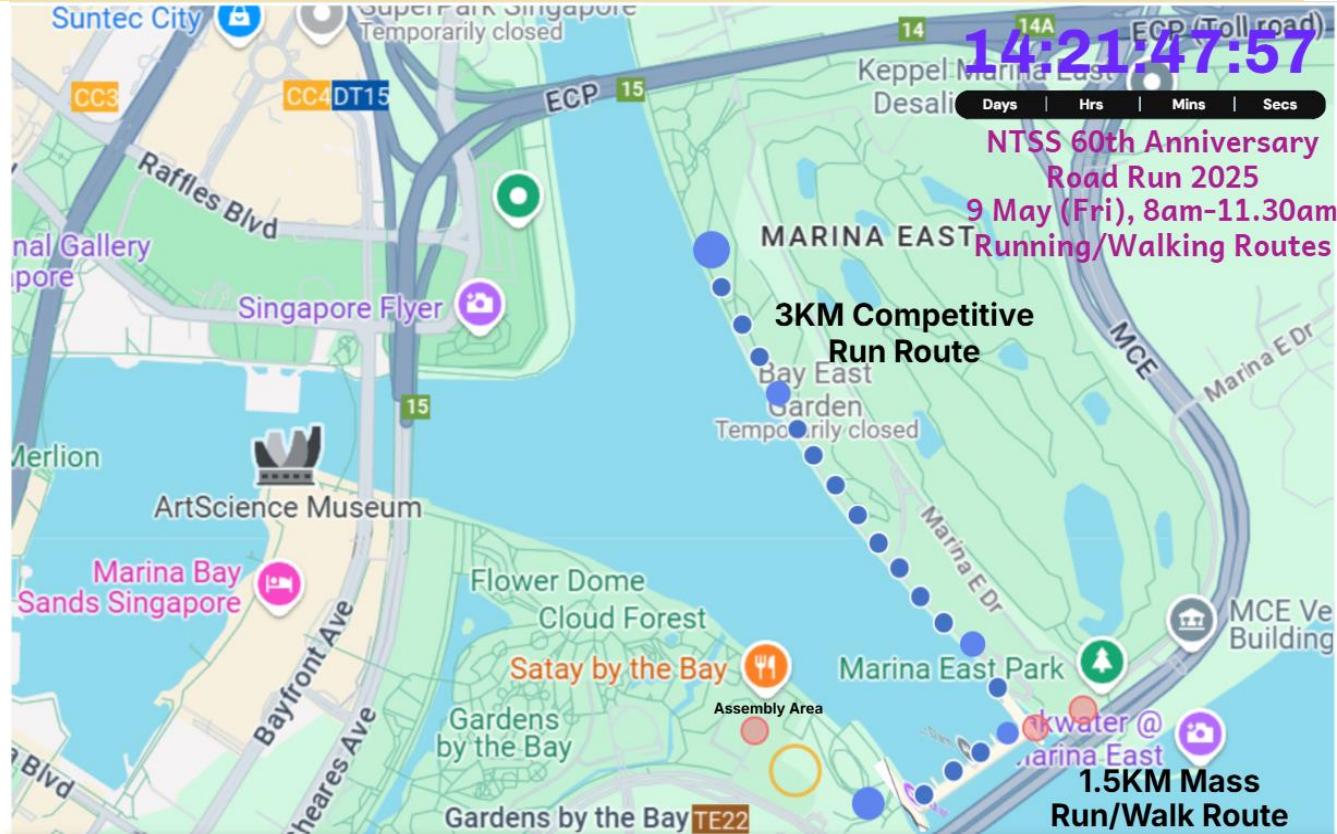
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SCAN ME



<https://go.gov.sg/ntss60tbroadrun-marinabarrage-runningroutes>



Class Kite Design & Flying Challenge + Birthday Board Design

- Prior to event in T2W6, each class will be given
 - 3 Kites
 - A1 Board
 - Stationery
- Classes to design their kites and A1 board at their own time.
- Classes must bring kites and board to Marina Barrage.
- Kite Flying Challenge at **Green Roof** by class representatives (no limit).
- Challenge held concurrently with competitive runs, listen to announcements.
- Birthday boards taken care by each class and used throughout the event e.g. mass run/walk



Things to Bring

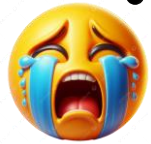
- **Must bring:**
 - **water bottle** or snacks e.g. energy bars.
 - **personal medication** e.g. **inhaler is important.**
 - umbrella or poncho.
- Have a **good breakfast** on the morning of the event!
- **Do not** bring too much money and keep your valuables safe.
- Refreshment provided:
 - A packet of Oreo biscuit for each student.
 - Bottled water **ONLY** for **competitive** runners.



Wet Weather Plan



- Take shelter wherever you are.
- Make your way to Marina Barrage once the rain stops to report attendance.
- Listen to announcements. Dismissal will be from Marina Barrage.



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 Instructions for All Students

- Be **punctual**.
- Have **self-discipline**.
- Be **good ambassadors of the school & considerate users** of the venue e.g. use only the portable toilets and clear litters.
- **Listen** to the announcements and **follow** instructions.
- **Stay** within the assembly area and take note of **safety** at Green Roof.
- Look after each others' belongings.
- **Encourage the heart**.
- **Leave the venue after the event** and observe traffic rules at all times.

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Any Questions



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THANK YOU
FOR YOUR
ATTENTION

