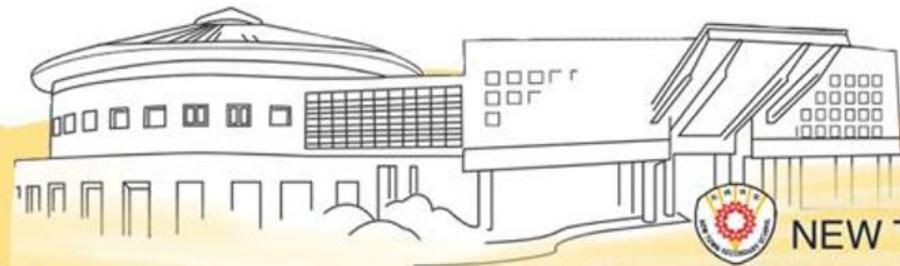


NTSS Cross Country 2026 @ The Kallang

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

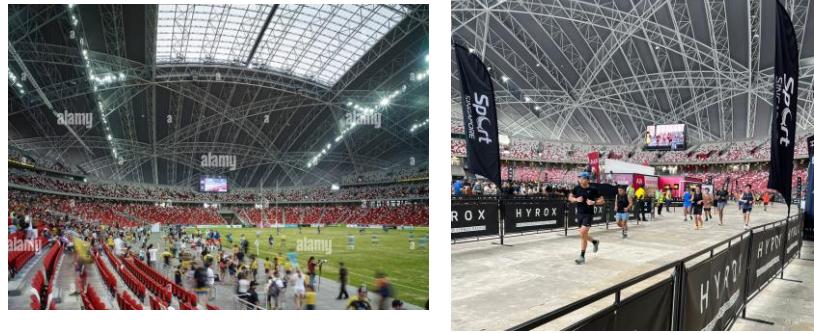


Highlights

Competitive Run (3KM/2KM)



Stadium Experience Mass Run/Walk



Inter Class Relay



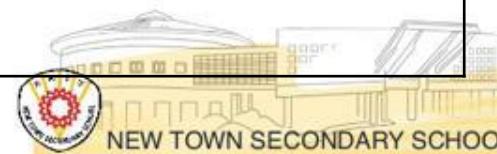
Parent Support Group Activity



Programme



Time	Programme	
7.45 am	Assemble at Field of Play in National Stadium. Enter via Promenade Gate 3 Attendance-taking by Form Teachers	
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	[Stadium Experience Run / Walk]	
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.

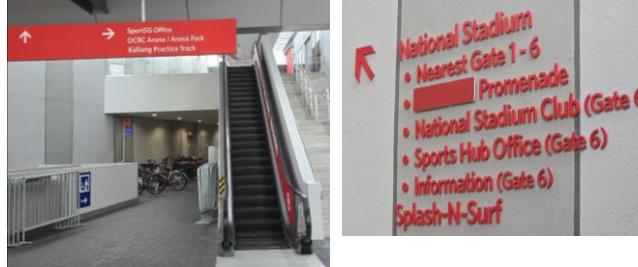


Assembly Area (Getting there from MRT)

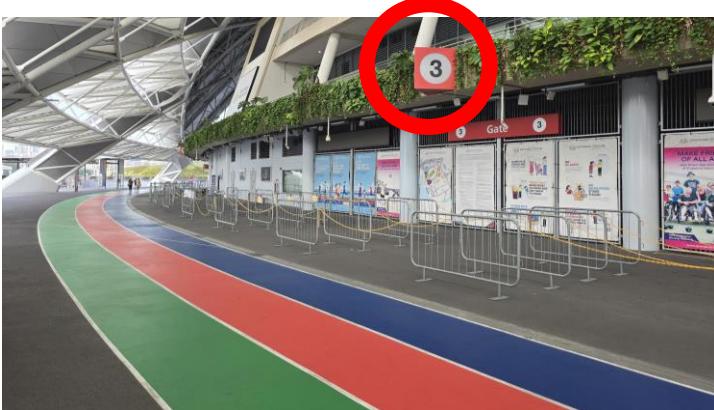
Head toward EXIT A of
Stadium Station



Turn right and head up
the escalator



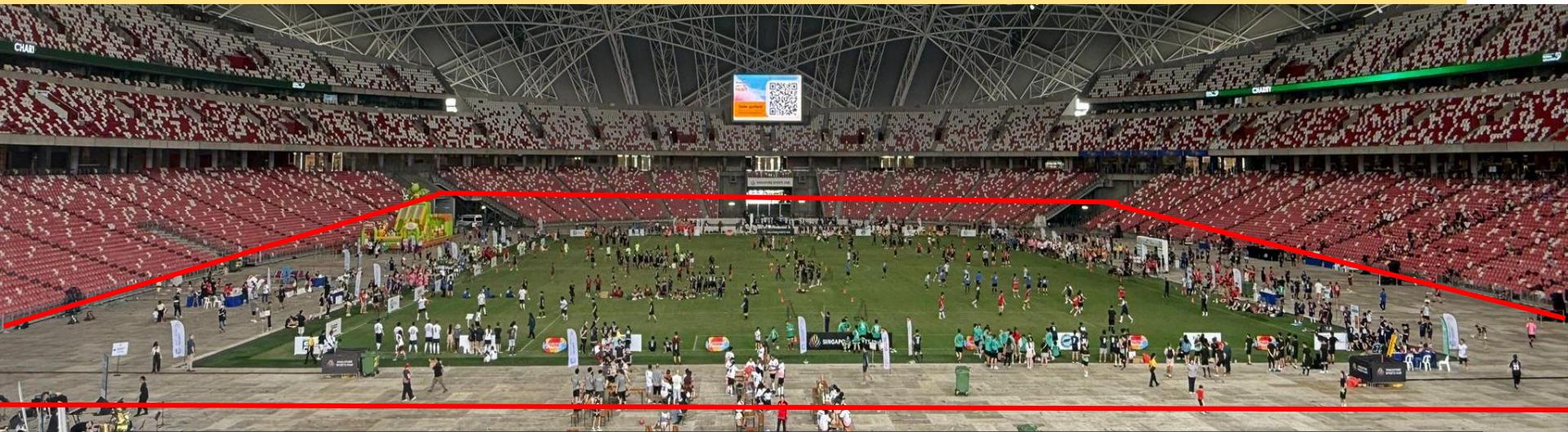
Enter via **100PLUS Promenade Gate 3**



Up escalator again



Assembly Area (National Stadium Field of Play)



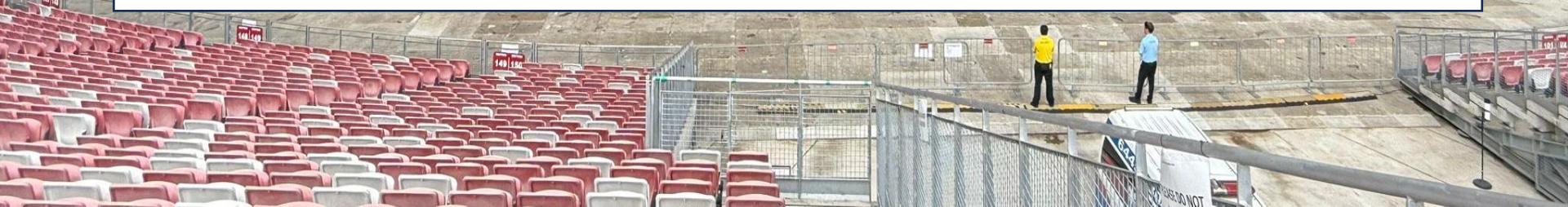
Students to sit in 2 rows for attendance-taking & to stay within the National Stadium

1 - Care 1 – Integrity.....

2 – Care.....

3 – Respect.....

5 - Care



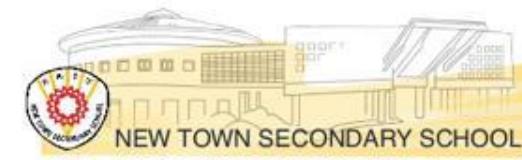
Out of Bounds Areas



Run Format (Competitive Run)

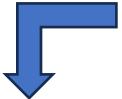


- Students
 - 3.0 km for Sec 2, 3, 4&5 runners
 - 2.0 km for Sec 1 runners
 - Selected students – min 5 & max 8 students per gender per class
 - Top 20 runners will receive a medal (1st–10th awarded during prize presentation; 11th–20th will collect their medal immediately after run).
 - Points from Top 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!



Competitive Route (2 or 3 km)

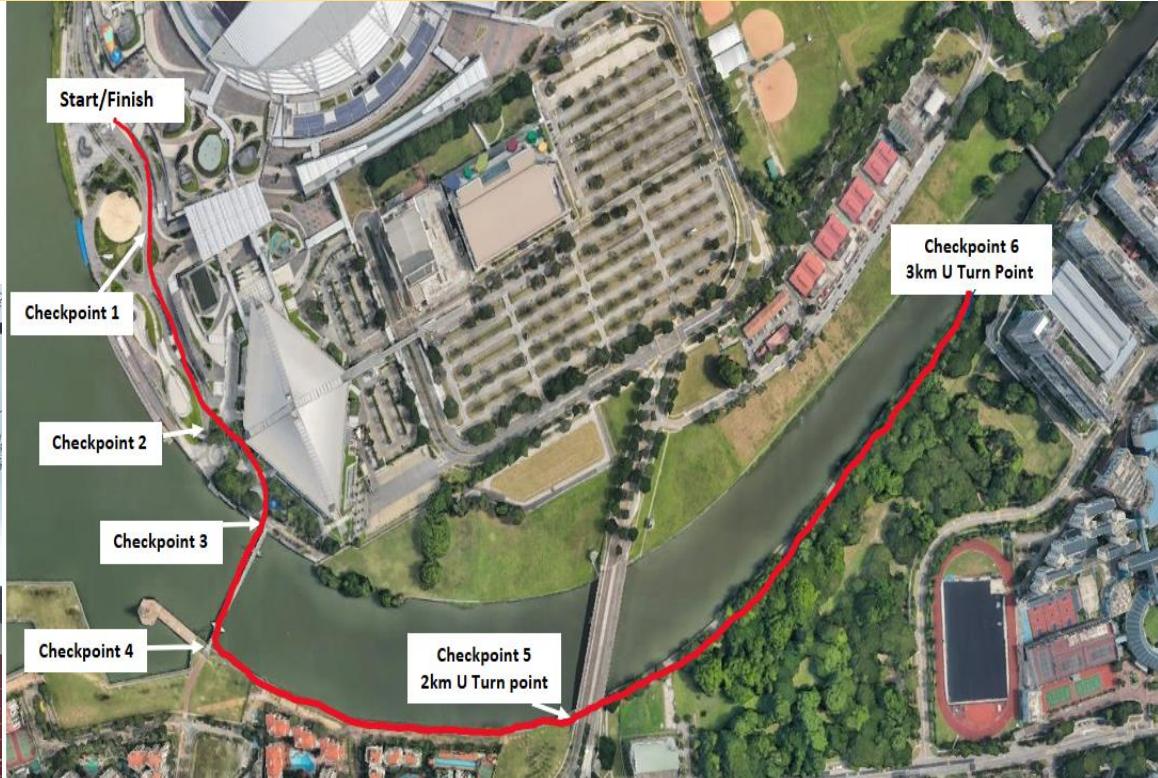
Start/Finish



Run toward



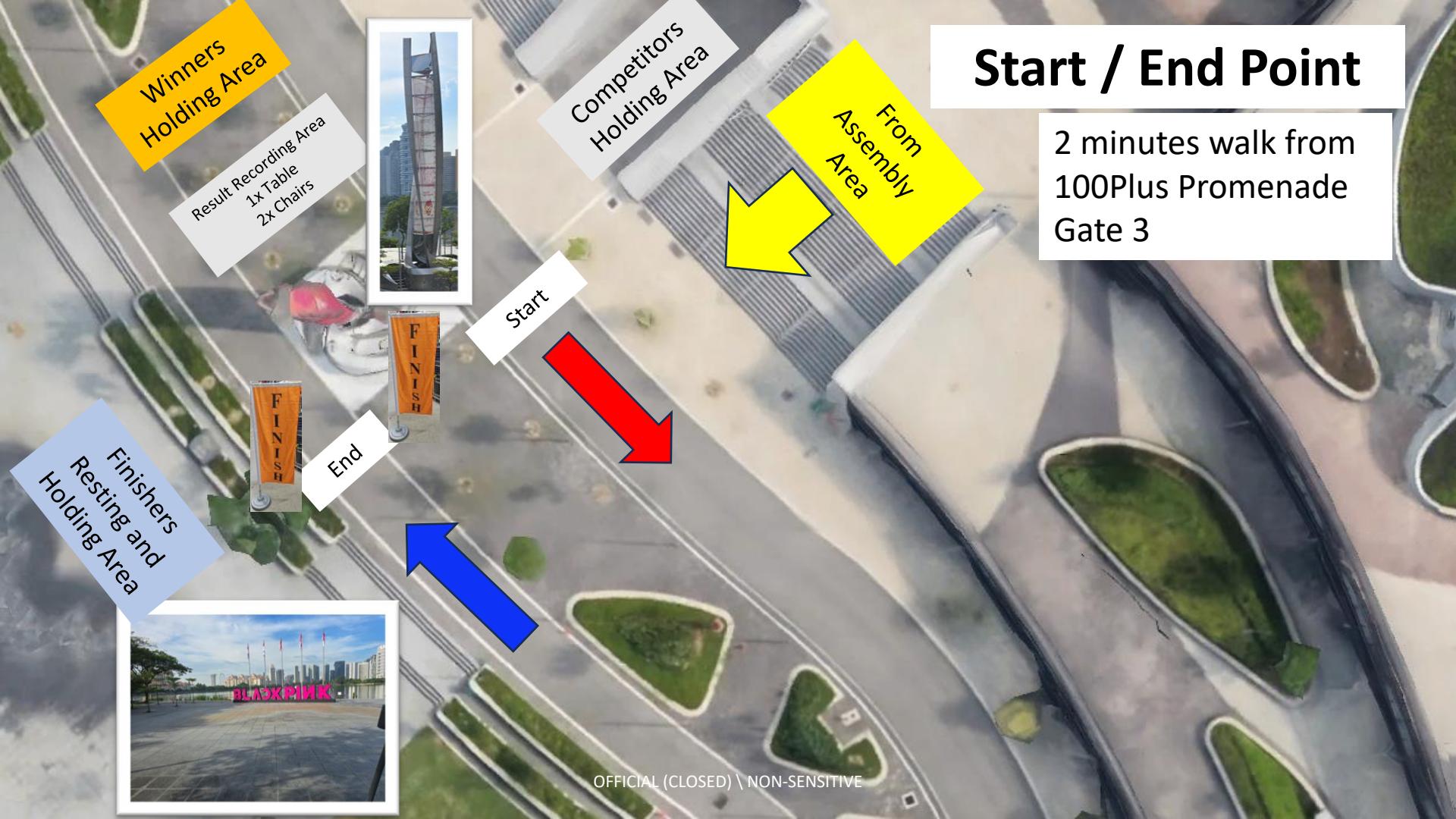
3km U turn at
lamp post $\frac{D1-1}{4}$



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Start / End Point

2 minutes walk from
100Plus Promenade
Gate 3



Checkpoint 1

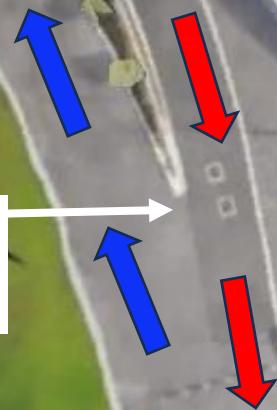
CP 1
2 trs + 2 UGs



CIAL (CLOSED) \ NON-SENSITIVE

Checkpoint 2

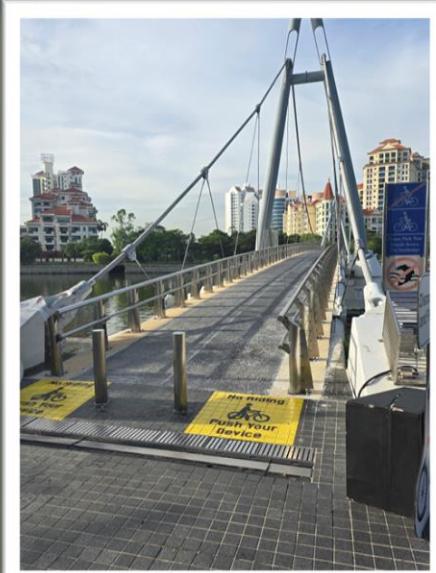
CP 2
2 trs + 2 UGs



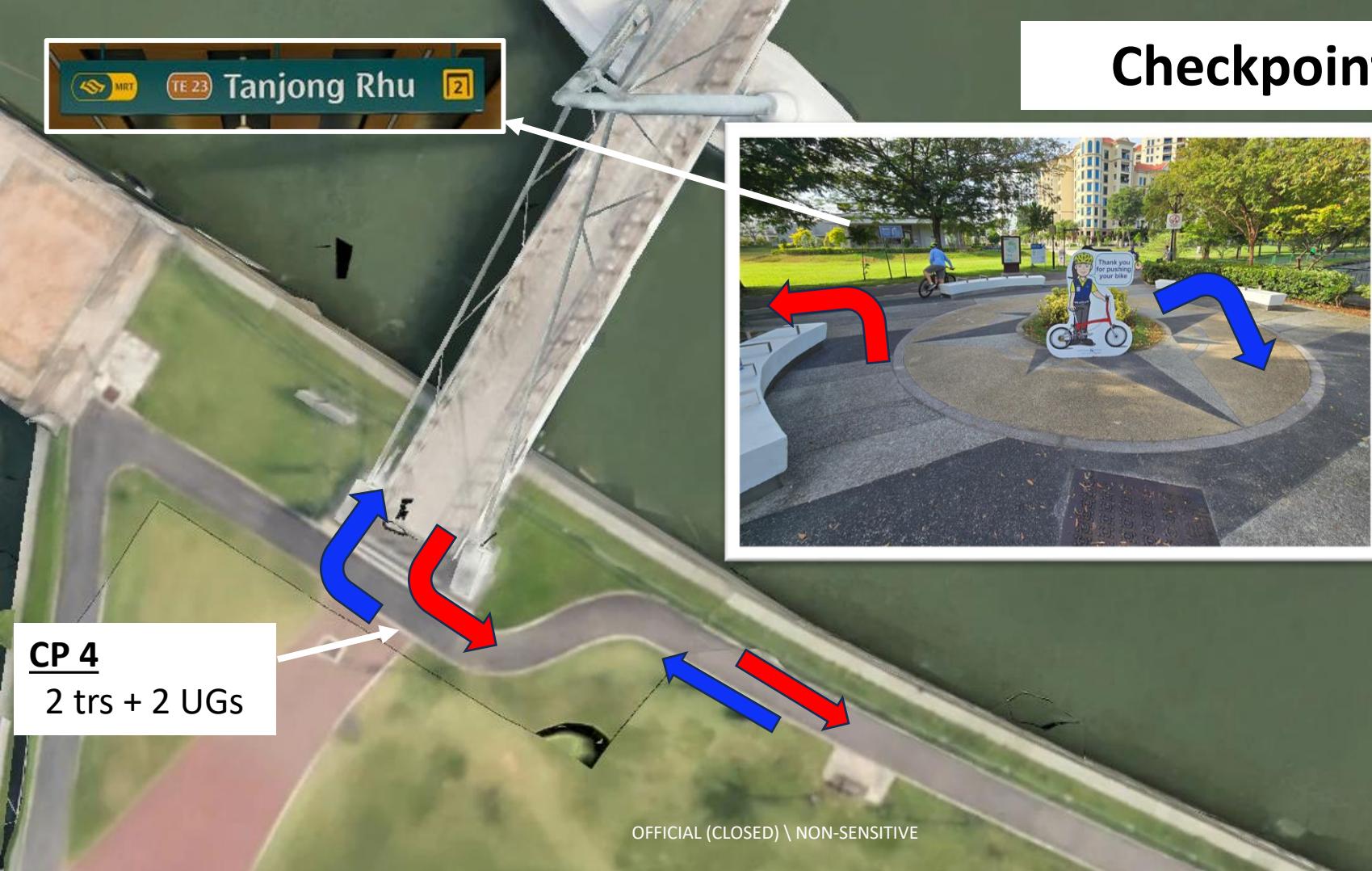
Checkpoint 3

CP 3

2 trs + 2 UGs



Checkpoint 4

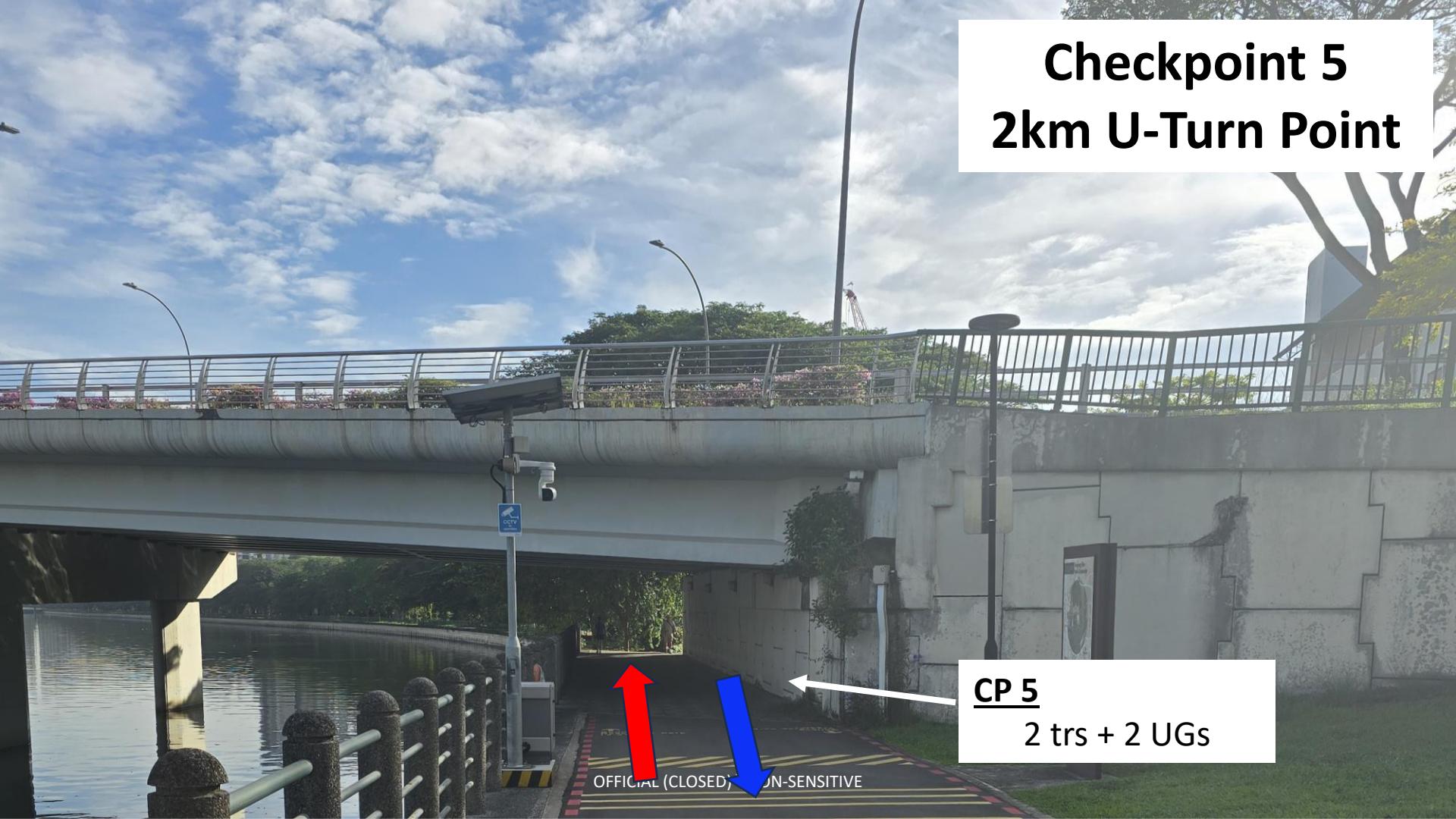


CP 4

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!**

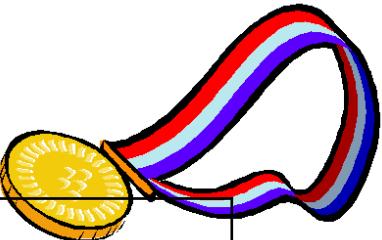


Instructions to Runners

- 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 st – 20 th of each level & gender e.g. Sec 4&5 Girls	Medals
Inter-Class	<ul style="list-style-type: none">Top 3 team from each levelContribute to tabulation of Class Award	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

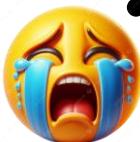
- **Compulsory:**
 - water bottle (1 litre)
 - snacks e.g. Biscuits, energy bars.
 - personal medication e.g. inhaler is important.
 - umbrella or poncho.
- Have a good breakfast on the morning of the event!
- Do not bring too much money and be responsible for your own valuables.



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.



NEW TOWN SECONDARY SCHOOL

Any Questions

Please look for your PE teacher



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