

CROSS COUNTRY RACE 2026

24 April 2026, Friday

JURONG LAKE GARDENS

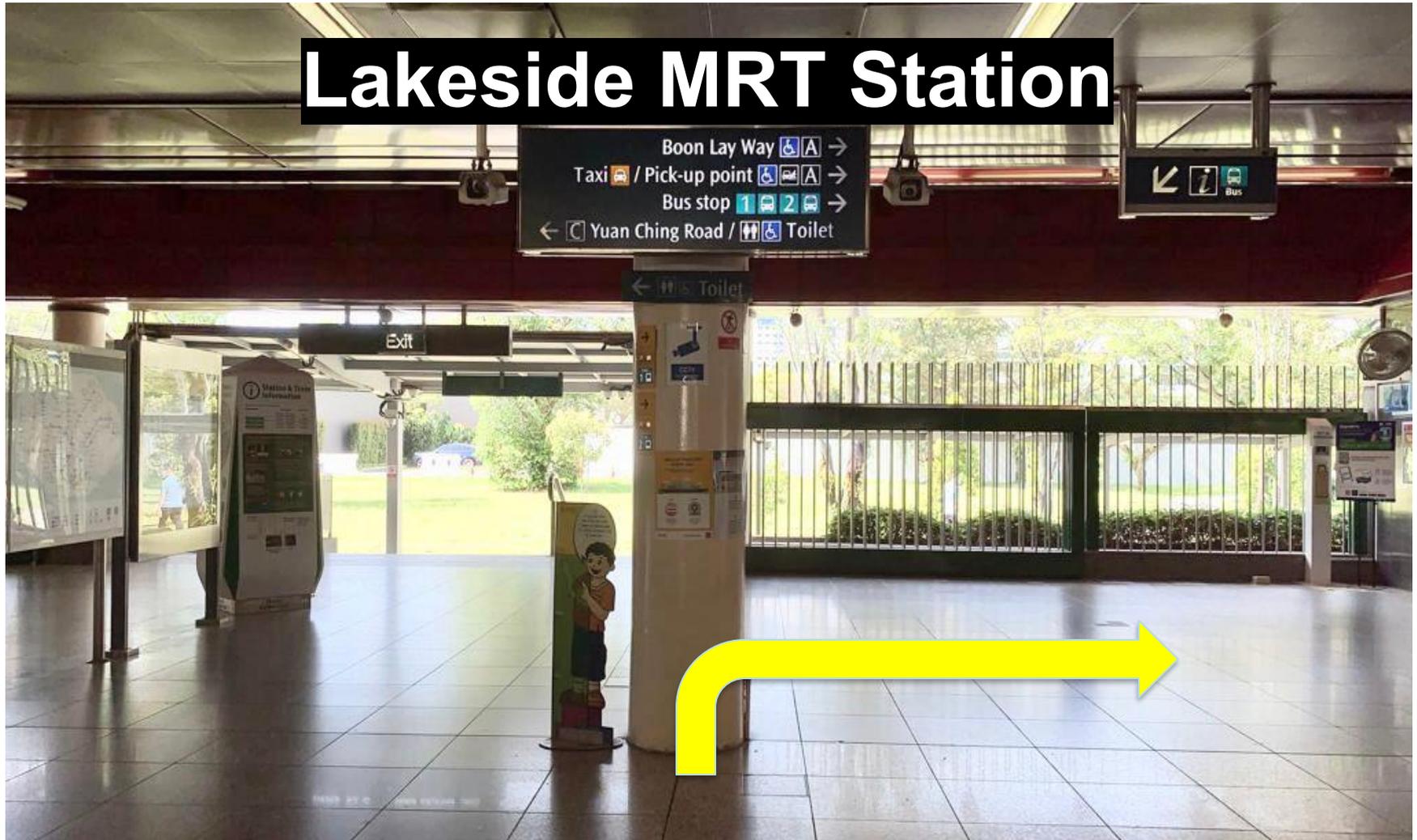
0720h – 1130h

ASSEMBLY AREAS



GETTING THERE

Lakeside MRT Station



GETTING THERE



Bus Services: 154 & 246

GETTING THERE



GETTING THERE



GETTING THERE



GETTING THERE



GETTING THERE



ASSEMBLY AREA (DRY WEATHER)

Wave Plaza



ASSEMBLY AREA (DRY WEATHER)

Wave Plaza

Race Finish Point

Platform

Race Start Point

SEC 4/5

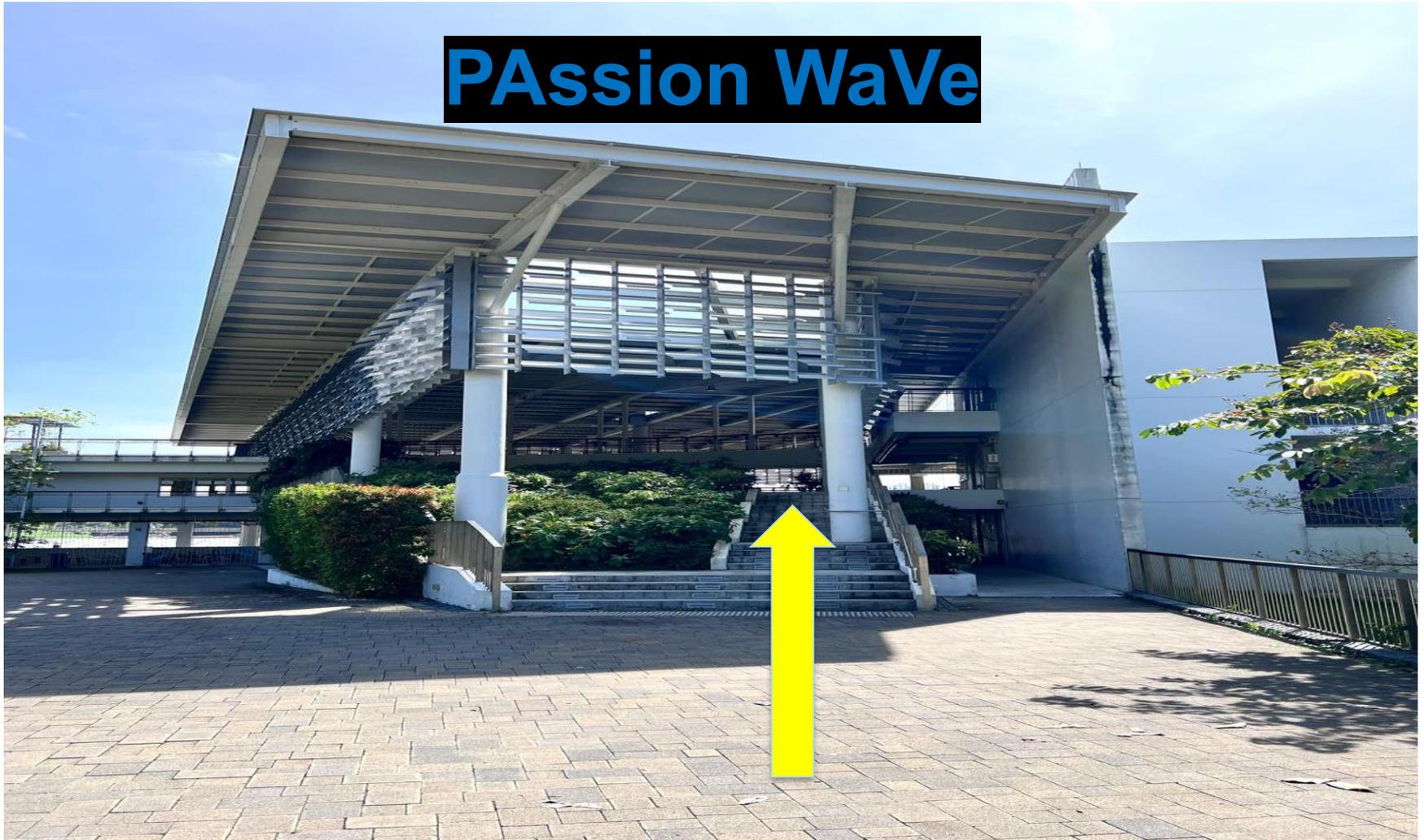
SEC 3

SEC 2

SEC 1

ASSEMBLY AREA (WET WEATHER)

PAssion WaVe



ASSEMBLY AREA (WET WEATHER)



REPORTING REMINDERS

- Attendance is **COMPULSORY**, rain or shine.
 - Absent (not exempted)** – Letter/MC + **Make-up run**
 - Absent (exempted)** – Letter/MC + **Make-up run duties**
 - Present (unwell)** – **Light Duties** + **Make-up run**
 - Present (late)** – **Heavy Duties** + **Make-up run** (*if nec*)
- Student Councillors** will be deployed at **Lakeside MRT station** and the **bus stops** to direct you to the assembly area from **0645h – 0715h**.
- Report to the assembly area by **0720h** in **Class T-shirt/PE attire, appropriate footwear and socks.**



REPORTING REMINDERS

4. Travel light and do not bring unnecessary valuables.

RECOMMENDED PACKING LIST

- ✓ **Medication** e.g. inhaler for students w/ asthma
- ✓ **Water bottle**
- ✓ **Umbrella/Poncho**
- ✓ **Sunblock/Sunscreen**
- ✓ **Face towel**
- ✓ **Mini portable fan**

PROHIBITED ITEMS

- ❖ **Bicycle**
- ❖ **Personal Mobility Devices (PMD)** e.g. kick/electric scooter, skateboard, hoverboard etc.



PROGRAMME SCHEDULE

- 0720h: Attendance Taking and Valuables Collection**
- 0735h: National Anthem and Pledge
- 0740h: Principal's Opening Address
- 0750h: Teacher IC's Pre-run Briefing
- 0800h: Lower Sec Race [S2(B) → S1(B) → S2(G) → S1(G)]**
- 0845h: Upper Sec Race [S4/5(B) → S3(B) → S4/5(G) → S3(G)]**
- 0930h: Staff Race and Parent Race**
- 1015h: Prize Presentation
- 1100h: Closing (School Song and Area Cleaning)
- 1130h: Dismissal**



RACE FORMAT

- Distance: **3.1km**
- Route: **Double Out-&-Back (2nd U-turn point at 2km)**
- Result Management: **RFID Race System**

RACE AWARDS

STUDENT RACE

Top **15** positions per **gender/level** will be awarded a medal.

INTER-CLASS COMPETITION

Top **2** classes per **level** will be awarded medals.

CCA COMPETITION

Top **CCA** per category will be awarded a challenge trophy.



RUN STANDARDS & SCORING SYSTEM

STANDARDS FOR FEMALES

($\geq 35:00$ → Make-up run)

LEVEL	TIMING	POINT	TIMING	POINT	TIMING	POINT
1	<24:00	4	<28:00	2	<30:00	1
2	<23:30	4	<27:30	2	<30:00	1
3	<23:00	4	<27:00	2	<30:00	1
4/5	<22:30	4	<26:30	2	<30:00	1

STANDARDS FOR MALES

($\geq 30:00$ → Make-up run)

LEVEL	TIMING	POINT	TIMING	POINT	TIMING	POINT
1	<21:00	4	<23:30	2	<25:00	1
2	<20:00	4	<22:30	2	<25:00	1
3	<19:00	4	<21:30	2	<25:00	1
4/5	<18:00	4	<20:30	2	<25:00	1

SCORING SYSTEM FOR TOP 15 POSITIONS

Position	Point	Position	Point	Position	Point
1 st	25	6 th	15	11 th	10
2 nd	23	7 th	14	12 th	9
3 rd	21	8 th	13	13 th	8
4 th	19	9 th	12	14 th	7
5 th	17	10 th	11	15 th	6



INTER-CLASS/CCA COMPETITION

CLASS/CCA

Class/CCA headcount: **37**

Inter-class/cca competition headcount: **36**

**Short/long term MC (>1 month), long term absenteeism, transferring out etc.*

- **1** boy (1st position): **25 pts**
- **12** boys (21:30 – 24:59): $12 \times 1 =$ **12 pts**
- **3** boys (19:00 – 21:29): $3 \times 2 =$ **6 pts**
- **1** girl (10th position): **11 pts**
- **10** girls (< 23:00): $10 \times 4 =$ **40 pts**
- **7** students (duty): $7 \times 3 =$ **21 pts**
- **2** students (absent): **0 pts**

Average pt/student (class/cca): 122/**36**

3.39



THAT'S ALL FOLKS

**Be good and have a safe
and fun run.**

See you on

**Tuesday, 24 April, at 0720h
Jurong Lake Gardens**

Or

**Wednesday, 29 April, at 1530h
QTSS 2.4km Route (8 rds)**

