CROSS COUNTRY RACE 2025

4th April 2025, Friday

0720h – 1130h

ASSEMBLY AREAS

(Drop-off point)
North Carpark

(Wet Weather)
PAssion WaVe

(Dry Weather)
Wave Plaza
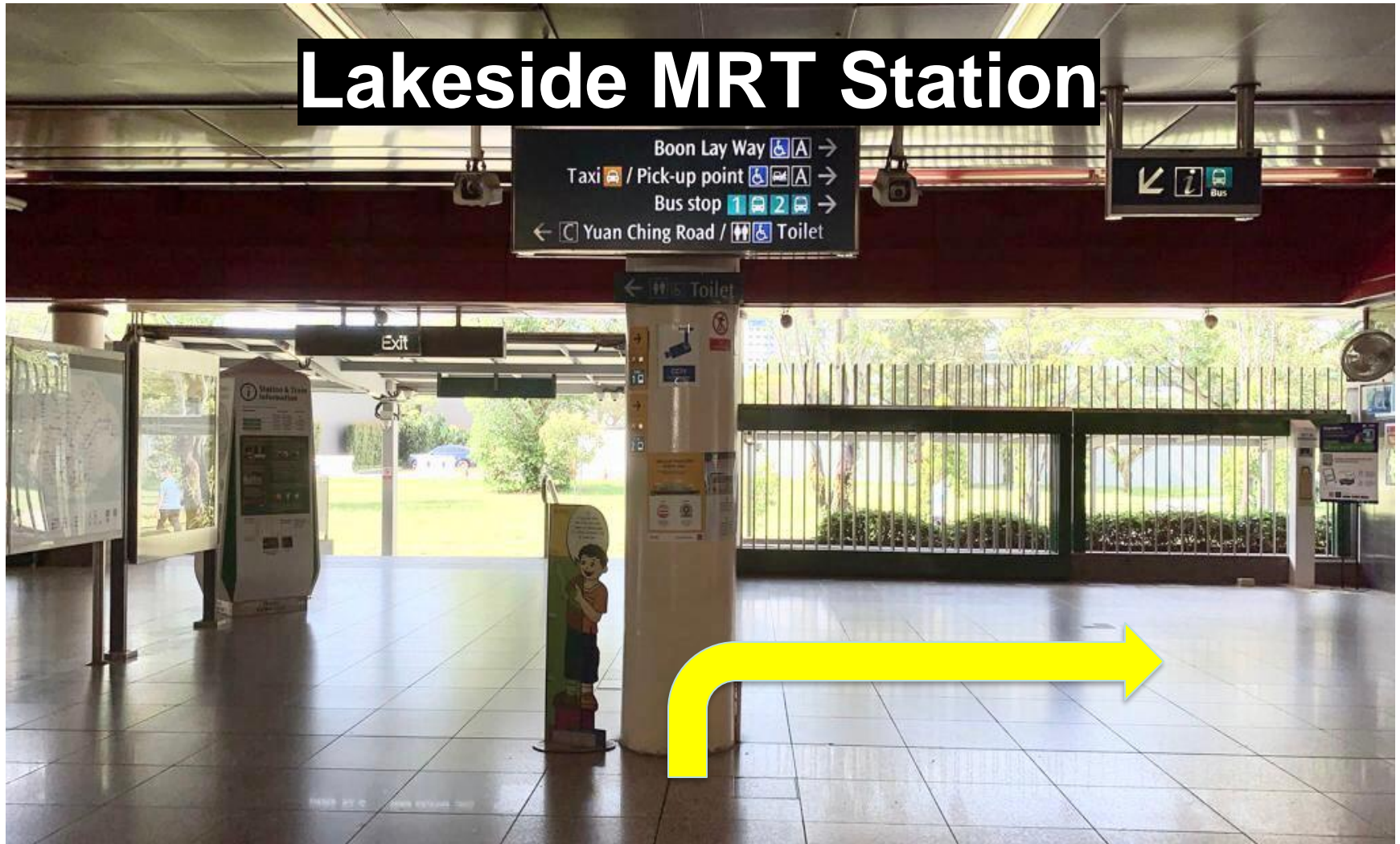
GETTING THERE

Bus Services: 154 & 246

QUEENSTOWN SECONDARY SCHOOL

GETTING THERE

GETTING THERE

GETTING THERE

ASSEMBLY AREA (DRY WEATHER)

Wave Plaza

ASSEMBLY AREA (WET WEATHER)

PAssion WaVe

ASSEMBLY AREA (WET WEATHER)

PAssion WaVe

SEC 3

SEC 4/5

QUEENSTOWN SECONDARY SCHOOL
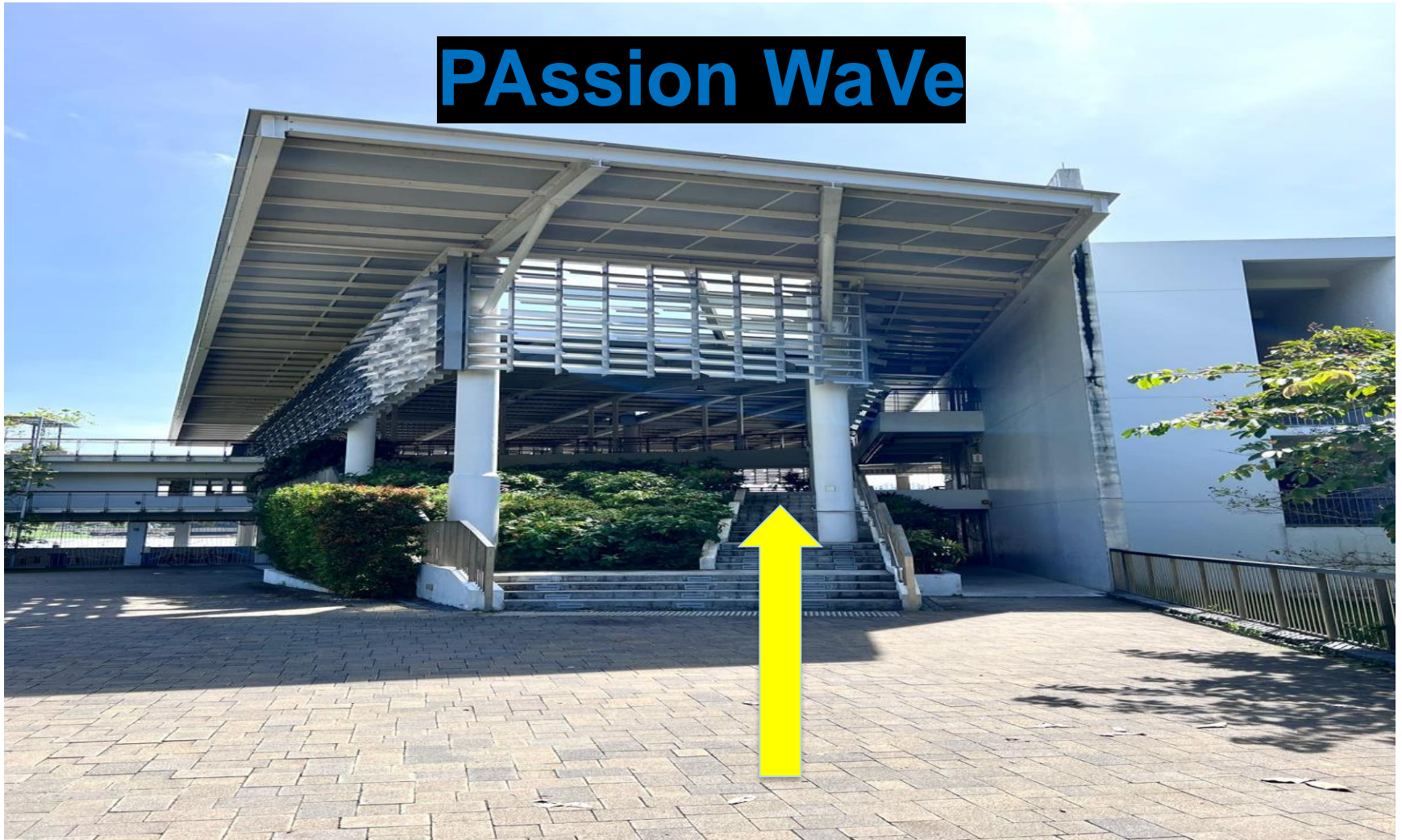
REPORTING REMINDERS

1. 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)*

2. **Student Councillors** will be deployed at **Lakeside MRT station** and the **bus stops** to direct you to the assembly area from **0645h – 0715h**.

3. 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.

RECOMMENED 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.

RACE RESULTS 2024

INTER-CLASS

	S1	S2	S3	S4/5
CHAMPION	1RL	2IN	3IN	4IN
1st RUNNER UP	1IN	2CA	3EX	4RL

INTER-CCA (CATEGORY)

	UNIFORMED GROUPS	SPORTS	PEFORMING ARTS	CLUBS & SOCIETIES
CHAMPION	NCC (Land)	Volleyball	Chinese Dance	Infocomm Technology

RUN STANDARDS & SCORING SYSTEM

STANDARDS FOR FEMALES

(≥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

(≥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
1st	25	6th	15	11th	10
2nd	23	7th	14	12th	9
3rd	21	8th	13	13th	8
4th	19	9th	12	14th	7
5th	17	10th	11	15th	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 x 1 = **12 pts**
- **3** boys (19:00 – 21:29): 3 x 2 = **6 pts**
- **1** girl (10th position): **11 pts**
- **10** girls (< 23:00): 10 x 4 = **40 pts**
- **7** students (duty): 7 x **3** = **21 pts**
- **2** students (absent): **0 pts**

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

3.39

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

See you on
Tuesday, **4th April**, at **0720h**
Jurong Lake Gardens
Or
Wednesday, **16th April**, at **1530h**
QTSS 2.4km Route (8 rds)

QUEENSTOWN SECONDARY SCHOOL