



YISHUN TOWN SECONDARY SCHOOL



19th May 2026,
7.45am – 11.30am

The Promenade, National Stadium

Why? (Objectives)

1. For all YTzens to come together, to bond and build school spirit.
2. To promote and encourage YTzens to lead a healthy physical & mental lifestyle.
3. To inculcate sportsmanship and strive towards competitive excellence.



What? (Assembly Point)

- Location: Gate 5, The Promenade, National Stadium
- Details: 5 min walk from Stadium MRT Exit A
- Students are to make their way to assembly point
- Students are expected to be present regardless of the weather



What? (Route)

Distance: 4.0km

Start: The Kallang Beach Volleyball Court

Head: Along Geylang Park Connector

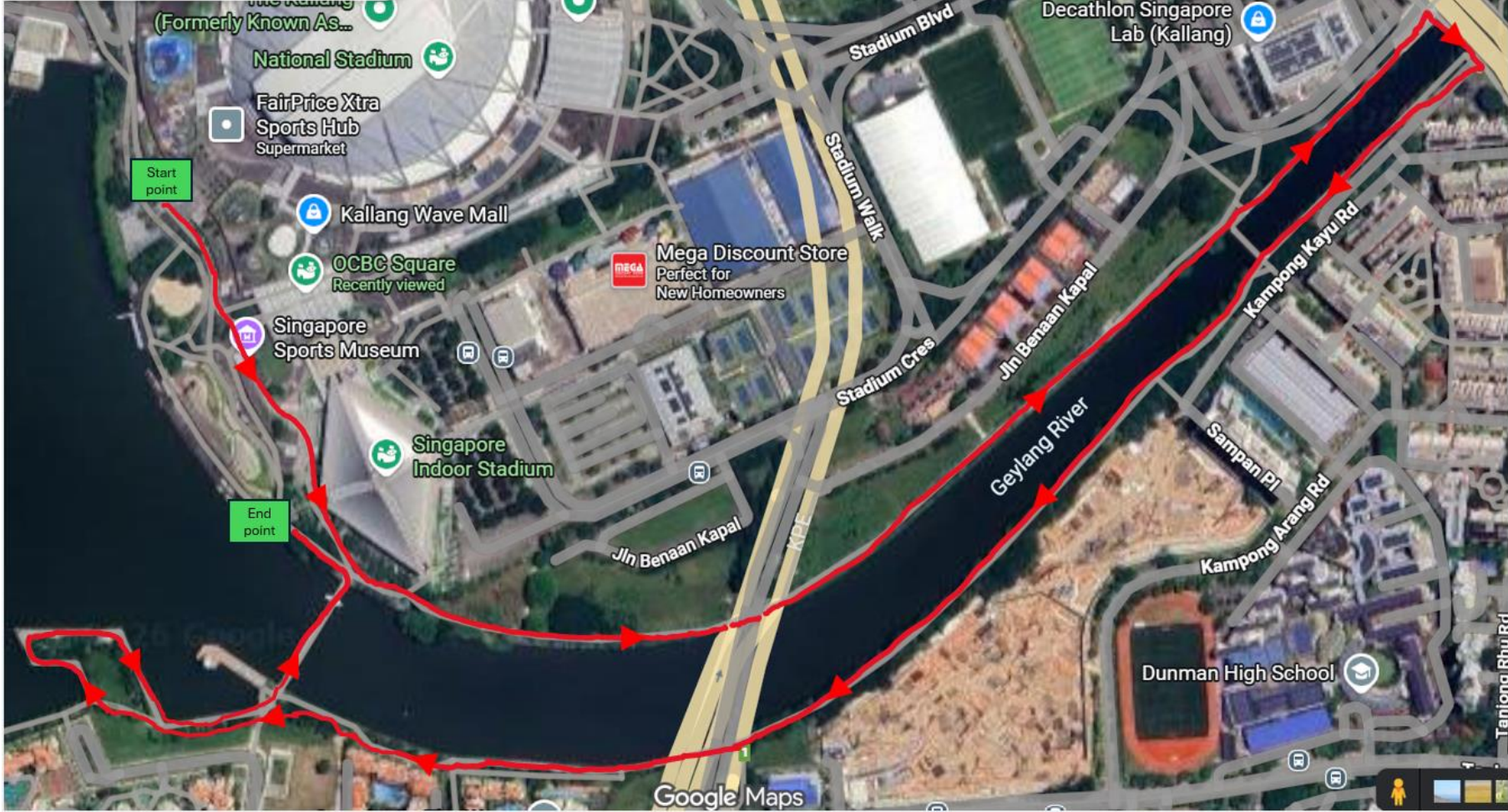
Cross: Mountbatten Road Bridge

Turn 1: Back into Geylang Park Connector

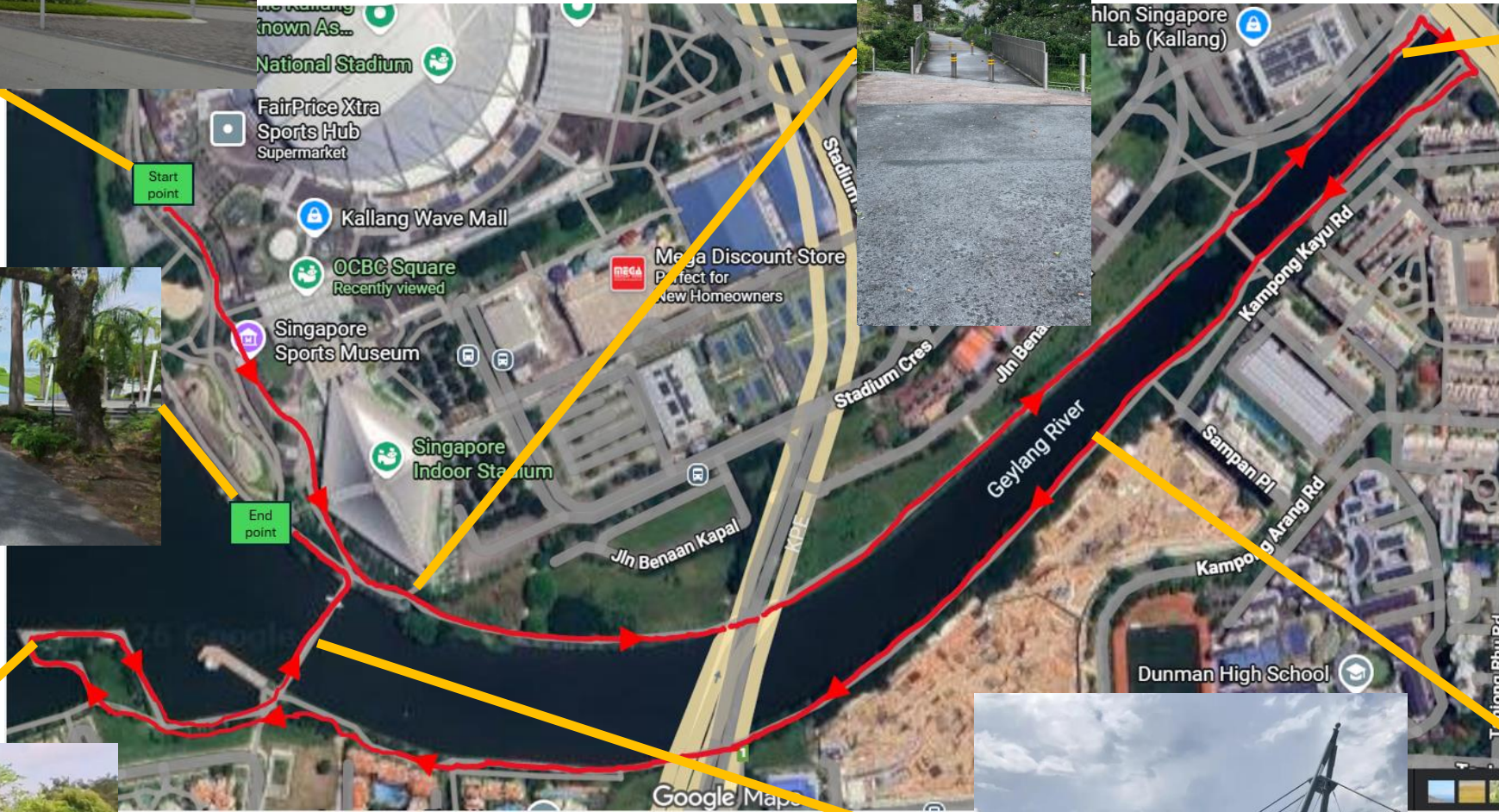
Head: Tanjong Rhu Prom

Turn 2: Tanjong Rhu Prom

End: Before Water Sports Center



What? (Route)



Who? (is involved)

- Competitive Runners
 - 6 Boys and 6 Girls from each class
 - Criteria for extra competitive slots allocated to Sec 4 classes: Minimum C for 2.4km run
 - Will also represent CCA
- Student helpers
 - Road Marshals
 - First Aiders (NCDCC)
- Cohort Run
 - Everyone else not running/helping



What? (Prizes)

- Individual Top 15 per Level per Gender
- Best Class per Level
 - Positions of the top 4 boys and top 4 girls will be added together
 - Points added to Principal's Challenge
Best class (10), 2nd (8), 3rd/4th (6), 5th to 7th (4)
- CCA Challenge
 - Top 3 Prizes per gender
 - Average timing of the top 4 (2 from upper sec and 2 from lower Sec)
 - CCA Shield for Champion CCA for each gender



What else?

6 Custom Stations Designed for Hard Surfaces



- Side Quest Challenge featuring 6 hybrid exercises
 - ↑ Inclusivity
 - ↑ Student Engagement
 - ↑ Teamwork

Information (General)



Bring your own filled water bottles



Have a hearty breakfast



Valuables collection and return Small bag with minimum valuables



Return to Gate 5 after competitive race/cohort run



No loitering at the finishing line



Expected behaviour



Form Teachers to conduct visual
check

Inform your FT if you are unwell

Information (Race-specific)



Proper running shoes



**Hydrate yourself well
from the day before**



Sleep well



**Wear number tags
clearly**

No swapping



Running etiquette

Keep left unless
overtaking

Be alert of other users

Beware of PMDs and
bicycles

Be considerate to other
park users

Don't block the path

Slow down and be
careful at turns

Thank you
We will excel

