

WINGS Cross Country 2023

Event Plan



SITE PLAN (PAssionwave Boat house)



- Entrance of boat house: Registration Counter/Admin Area + Water Point
- Collection of number bibs
 - Queries
 - Medal Collection (for individual prize winners from 4th onwards)
 - Drinks point (will need 4 x volunteers to help serve drinks)



- Prize Presentation Area(if no inclement weather)
- Backdrop will be placed somewhere near the wall
 - Tables for Prize Presentation (top 3 of individuals + top 4 teams)
 - participants can use backdrop to take photos while waiting

SITE PLAN (PAssionwave Boat house)

If inclement weather:



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Prize Presentation Area(shifted indoors)

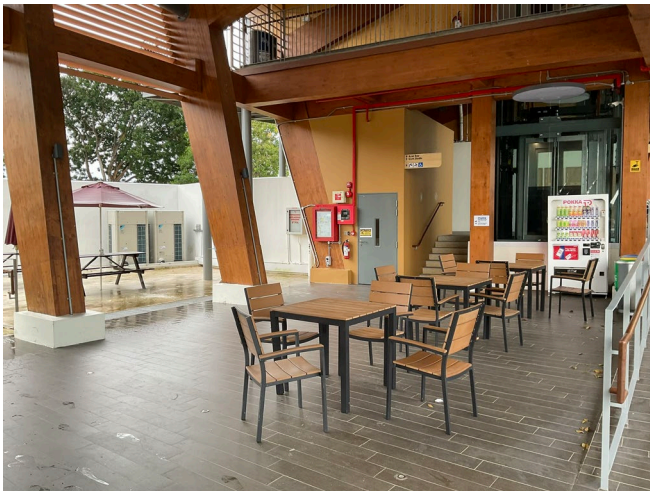
- Backdrop will be placed somewhere near the wall
- Tables for Prize Presentation (top 3 of individuals + top 4 teams)
- participants can use backdrop to take photos while waiting
- Indoor area serves as a gathering point post race

SITE PLAN (PAssionwave Boat house)



Space for TOs, Timing System team and Medical Team (Level 1)


- Power will be drawn from PA building for:
 - results management
 - Inflatable Arch for FINISH LINE




Race Route at a glance



LEGEND:

 Common route for all race categories

 Additional loop for:
 - U18 Boys
 - U21 Boys
 - Men Open

START POINT

- Located at lamppost 106 (near bridge linking to old NSG start line/TP bridge)
- 2 x Yellow Seiko Clocks + Timing Mat placed there to indicate start line



U18 Boys, U21 Boys, Men Open Extension

- For U18 Boys, U21 Boys and Men Open.
- They will make a RIGHT turn Lamppost 139 to enter service road
- Turn right again to run past car park B and Toilet C
- Continue on service Road till Black lamppost with AED seen
- Turn Right to return to Gravel Track at Lamppost 120



Finish Line

- Located 23m in front of lamp post 86 (right in front of PAssionwave building)
- Timing Mat and Inflatable Finish Arch will be placed there
- 4 x Finish volunteers to be placed there to flush out runners at finish line



Ambulance Locations

- Right outside PAssionwave building

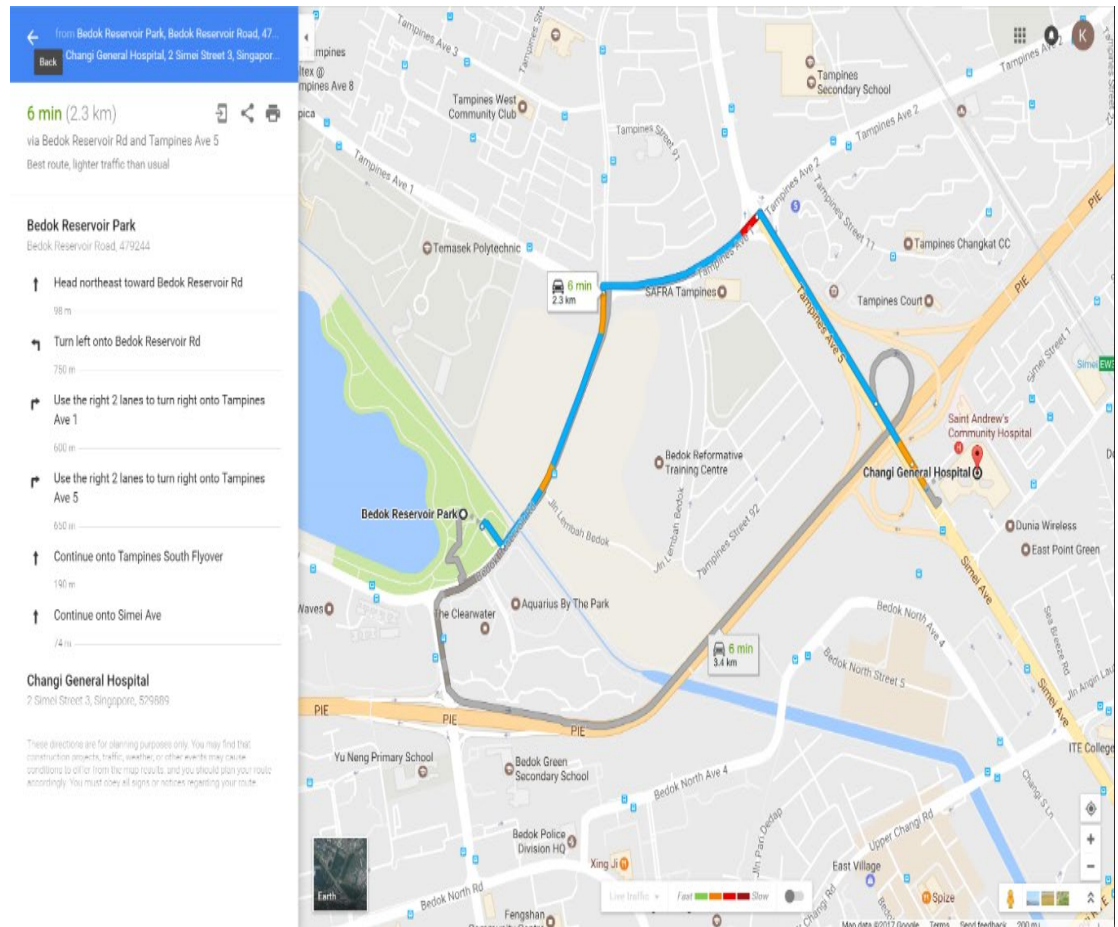


- Service Road(Slope) opposite PUB Pump house



Nearest Evacuation Routes

- Nearest hospital: Changi General Hospital
2 Simei Street 3, Singapore,
Singapore 529889
- If from carpark A (opposite The Clearwater Condo)
Bedok Reservoir Road →
Tampines Ave 1 → Tampines
Ave 5 → Tampines South
Flyover → Simei Ave →
Simei Street 3



Nearest Evacuation Routes for U14, U17 casualties

- U14, U17 hospital: KK Women's and Children's Hospital, Bukit Timah Rd, 100, Singapore 229899

If from carpark A (opposite The Clearwater Condo)
Bedok Reservoir Road →
Bedok North Ave 3 → PIE
→ CTE, exit Bukit Timah Road, → Bukit Timah Road

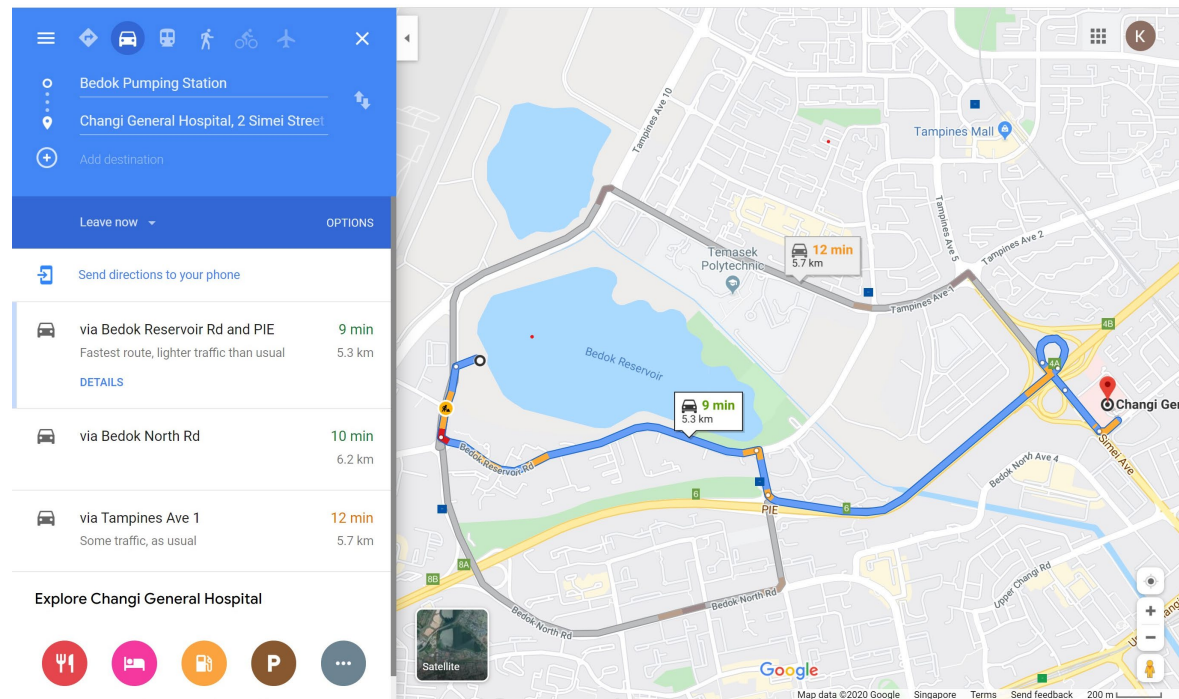
The screenshot displays Google Maps with a route from Bedok Reservoir Carpark A to KK Women's and Children's Hospital. The interface includes a search bar, a list of route options, and a map view. The route options are as follows:

Route Description	Time	Distance
via PIE Fastest route, despite the usual traffic ⚠️ This route has tolls.	16 min	13.1 km
via Bartley Rd East	18 min	15.5 km
via PIE and Bendemeer Rd Some traffic, as usual	21 min	13.7 km

The map shows the route starting from Bedok Reservoir Carpark A, heading west on Bedok North Road, then turning south onto PIE (Pan Island Expressway), and finally exiting onto Bukit Timah Road to reach the hospital. The map also shows various landmarks and roads in the area, including Sengkang, Hougang, and Bedok.

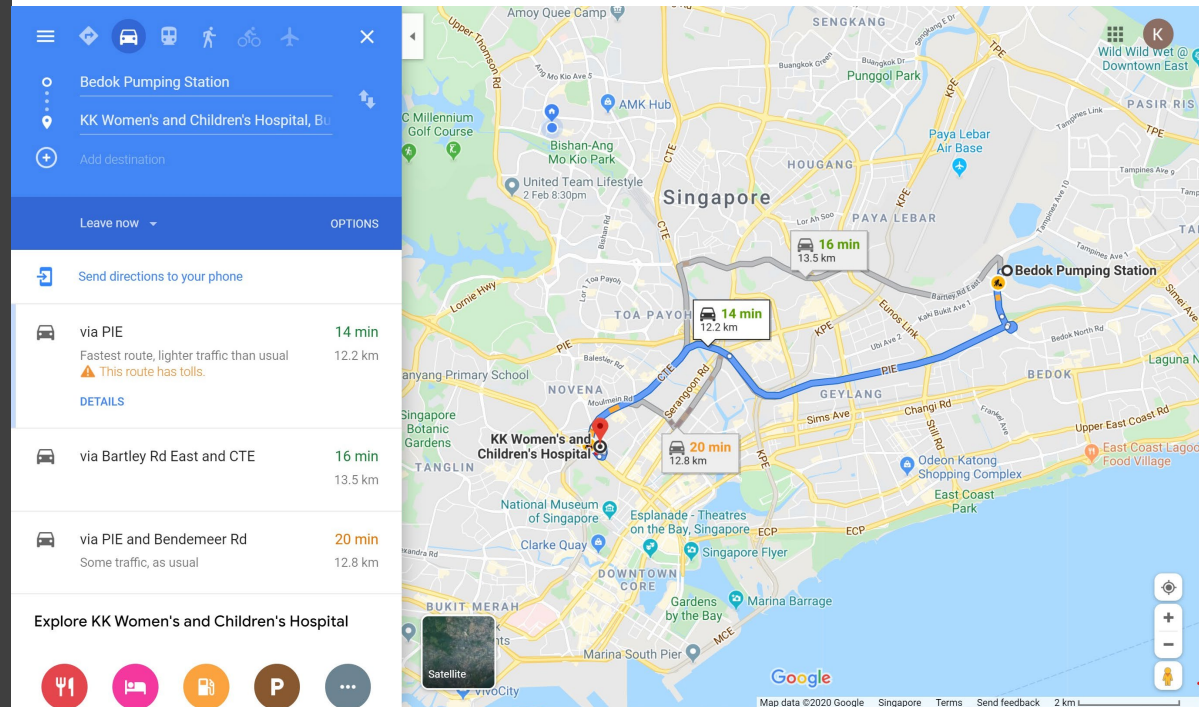
Nearest Evacuation Routes

- Nearest hospital: Changi General Hospital
2 Simei Street 3, Singapore,
Singapore 529889
- If from Bedok Water Pump Station (Along Bedok North Road)
Bedok North Road → Bedok Reservoir Road → PIE, exit at Simei Ave → Simei Street 3



Nearest Evacuation Routes for U14, U17 casualties

- Nearest hospital: KK Women's and Children's Hospital, Bukit Timah Rd, 100, Singapore 229899
- If from Bedok Water Pump Station (Along Bedok North Road) Bedok North Road → PIE, CTE exit at Bukit Timah Road → Bukit Timah Road



Proposed Location of Route Marshals

- LP 124 (Nila Volunteer)
- LP 137 (SA Official)
- LP B31 (SA Official)
- LP 120 (SA Official)
- LP 146(Nila Volunteer)
- LP 158 (Nila Volunteer)
- LP 9 (Nila Volunteer)
- LP 24 (Nila Volunteer)
- LP 44(Nila Volunteer)
- LP 68 (Nila Volunteer)

Event Programme

- 07 15am Registration/ Collection of Number tags
 - Latest by 07 45am for U15 Boys and Girls
 - Latest by 08 45am for Other Category
- 08 00am Gathering of 1st Category at Start Point
- 08 30am Start of U15 Girls
- 08 40am Start of U15 Boys
- 09 00am Start of U18 girls
- 09 10am Start of U21 girls/Women Open
- 09 20am Start of U18 Boys
- 09 30am Start of U21 Boys/Men Open
- 1040am Prize Presentation