

RUN DAY INFORMATION

- Date : Friday, 10 October 2008
- Time : 07:15 AM to 10:00 AM
- Venue : East Coast Park (near Carpark C4)
- Car Parking : Carpark C4 and Carpark D2 (600m from venue)
- Bus : Nearest bus stop is at Marina Terrace (Blk 19). Take the overhead bridge (near Blk 2) that runs over the East Coast Park Express way to Car Park C4, about 10mins by foot. Buses available are 13, 16, 196 and 196E

PROGRAMME

TIME	EVENT
07:15 AM	Arrival of Participants
07:45 AM	Arrival of Guest-of-Honour, Mr Raymond Lim, Minister for Transport and Second Minister for Foreign Affairs
07:50 AM	Launch of the Singapore Maritime Week by Guest-of-Honour
08:00 AM	Mass Warm-Up
08:15 AM	Flag-Off of the Singapore Nautical Run by Guest-of-Honour (Competitive Team Category)
08:17 AM	Flag-Off of the Competitive Individual and Non-Competitive Categories by Guest-of-Honour
08:25 AM	After-Run Events and Entertainment
09:15 AM	Cheque and Awards Presentation (After-Run Events and Entertainment Suspended)
09:30 AM	After-Run Events and Entertainment Resume and Breakfast Served
10:00 AM	End of Programme

RACE ROUTE INFORMATION

- A high-resolution Route Map (see Figure 1) can be found on the Run website www.mpa.gov.sg/snr

- There will be Distance Markers every 0.5 nautical miles (0.9 kilometres) along the race route. The Distance markers will state distances in both nautical miles and kilometres. For your convenience, a distance conversion table is as follows:

Nautical Miles (NM)	0.5	1.0	1.5	2.0	2.5	3.0	3.5
Kilometres (KM)	0.9	1.9	2.8	3.7	4.6	5.6	6.5

Figure 1

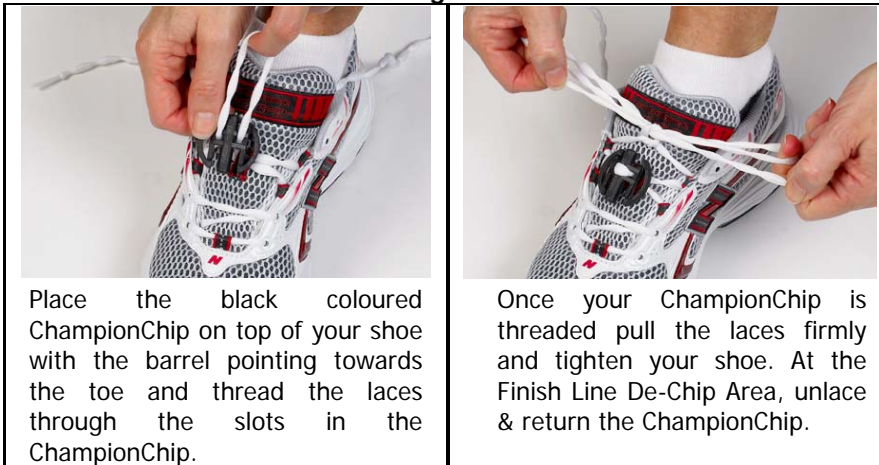


CHAMPIONCHIP INFORMATION (for Competitive Team and Competitive Individual Participants Only)

- The ChampionChip is a device used to record your race **net timing** on the Run day. It is included in your Race Pack and must be secured before the start of your race to your shoes using your shoe laces (see Figure 2).
- The ChampionChip issued to you is a **loan item** from the race organiser. You are required to return the ChampionChip before you exit the De-Chip

Area after the Finish Line. There will be a **penalty of \$50** for participants who fail to return the ChampionChip.

Figure 2



FACILITIES AT EVENT VENUE

- Bag Deposit Service – Available for first 300 registered participants only.
 - Exchange your bag for a baggage tag at the Baggage Deposit Counter. Return the baggage tag when you retrieve your bag.
 - Do not leave any valuables at the Baggage Deposit Counter; while all possible care will be taken for the security of your bag, the Race Organisers will not be held responsible for any loss of valuables at the Baggage Deposit Counter.
- Run Goody Bags will be given to all registered participants and may be collected from the Carnival Tent.
- Public toilets are located 100m from Event Venue. There will also be 10 mobile toilets provided at the Event Venue.
- Drinks are available at the Carnival Tent. Breakfast will be available to all registered participants after the Run at the Carnival Tent.

SAFETY INSTRUCTIONS

- Health Advisory
 - Participants should be aware that participation in the Run carries with it inherent risks of bodily injury. Whilst every reasonable precaution will be taken by the Race Organisers to ensure participants' safety, participants agree that their participation in the Run is with full understanding and acceptance of the risks involved. Subject to applicable law and statute, participants agree not to hold

the Race Organisers liable for any loss or damage to property, or bodily injury (including any permanent incapacity or loss of life) whatsoever and howsoever arising during the event, unless caused by the gross negligence of the Race Organisers.

- You are advised to refrain from running if you are feeling unwell on the Run day. Those who are unsure of your health condition are advised to go for a medical check-up prior to the Run.
- There is a Medical Point at the Start/Finish Line and a First Aid Point at the 0.9 km mark and 3.4 km mark along the route. During the Run, if you feel unwell, please seek help at the nearest First Aid Point. There will also be race marshals in uniform located along the Run route to assist you.
- On the Run day, please ensure that you are hydrated and do your warm up & stretching before the start of the race.
- Inclement Weather
 - In the event of heavy rain, lightning and other inclement weather, the event will be delayed. Announcements at the Carnival Tent & Start Line will be made every 15 minutes to update participants on the delayed flag-off time and other instructions for the Run
 - If rain occurs after the race start, participants are advised to seek shelter along the race route. Participants who wish to continue running do at their own risk
- Next-of-kin and other important particulars behind the Run Bib
 - All participants (Competitive Team, Competitive Individual and Non-Competitive) will be given a Run Bib to be placed on the front of your shirt below your chest using safety pins.
 - All participants are **required** to wear the Run Bib.
 - Behind your Run Bib are important information, including that for your next-of-kin and his/her contact number. Please check that these are filled in correctly (if the information was provided during registration). If any information is missing, please fill in the details using a permanent marker.
 - You are also required to fill in details of your medical allergies and any current medical disorder at the back of your Run Bib for easy reference by medical personnel in the event of an emergency.

ATTIRE

- Participants are strongly encouraged to wear the Singapore Nautical Run Gym Vest issued to all registered participants.

RULES AND REGULATIONS

- Please refer to the Rules and Regulations posted on the Run website www.mpa.gov.sg/snr