



# SCG 2019 Team Manager Briefing

## **Community Ultra Ekiden – 27 Feb 2019**

# Objectives of SCG 2019

- Develop a **strong** and **inclusive** sporting culture with passion and enthusiasm in sports from all walks of life;
- Enhance **social cohesion** and **community bonding** by linking and involving people through participation in the Games;
- Act as a channel to reach out to residents of all **ages, races** and **housing estates**; and
- Promote **active** and **healthy** living and cultivate volunteerism.



## TEAM FORMATION - CLUSTER

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### 7 Sports

- ❖ Badminton
  - ❖ Basketball
  - ❖ Bowling
  - ❖ Football
  - ❖ Sepaktakraw
  - ❖ Table Tennis
  - ❖ Run (Ekiden)
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# Key Dates for SCG 2019


Phase	Dates
Registration Open	Wed, 2 Jan 2019
Registration Close	Sun, 10 Feb 2019
Balloting & TM Briefing	Wed, 27 Feb 2019
Fixtures Published	Fri, 1 Mar 2019
<b>Event Day</b>	<b>Sun, 17 Mar 2019</b>
<b>SCG 2019 Launch @ Paya Lebar Kovan CC &amp; Kovan Sports Centre</b>	<b>Sat, 16 Mar 2019, 2.00 pm</b>

# Venue and Competition Schedule

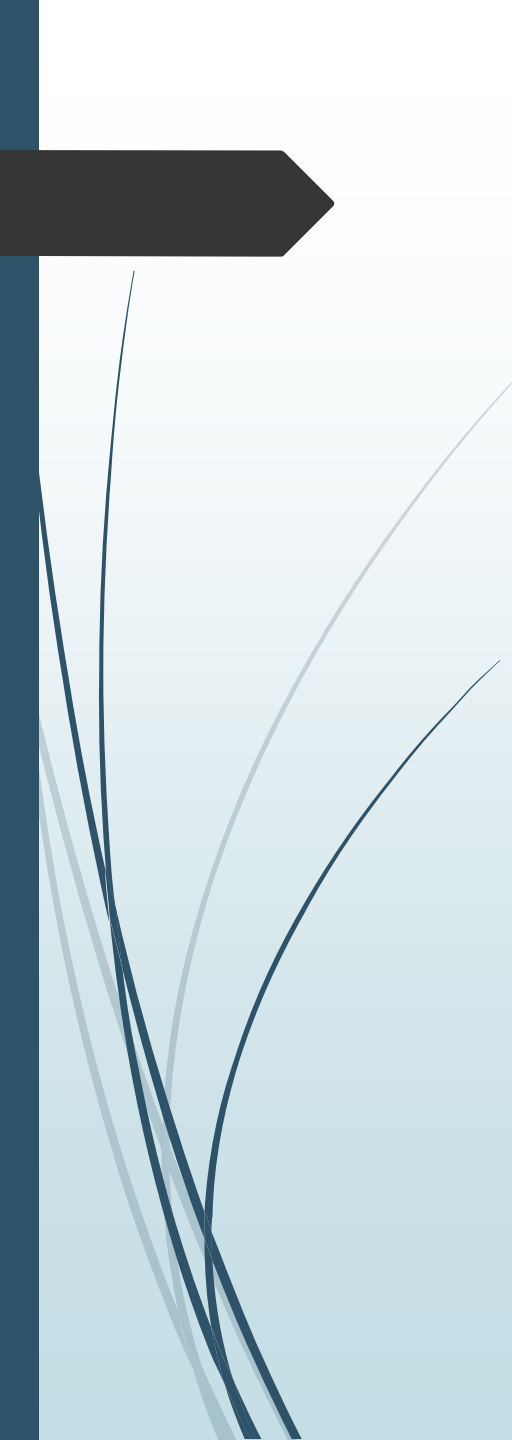


Date	Time	Venue	Remarks
Sun, 17 Mar 2019	10am	Singapore Sportshub – 100plus promenade	Session 1
Sun, 17 Mar 2019	2pm	Singapore Sportshub – 100plus promenade	Session 2

\*Team(s) are to report an hour before the session flag off time (i.e. 9am and 1pm) at the registration booth (link bridge from Kallang MRT Station, in front of Gate 14) for registration & baggage deposit, collection of run equipment and briefing. A race official will be tagged to the team throughout the event for administrative purposes.



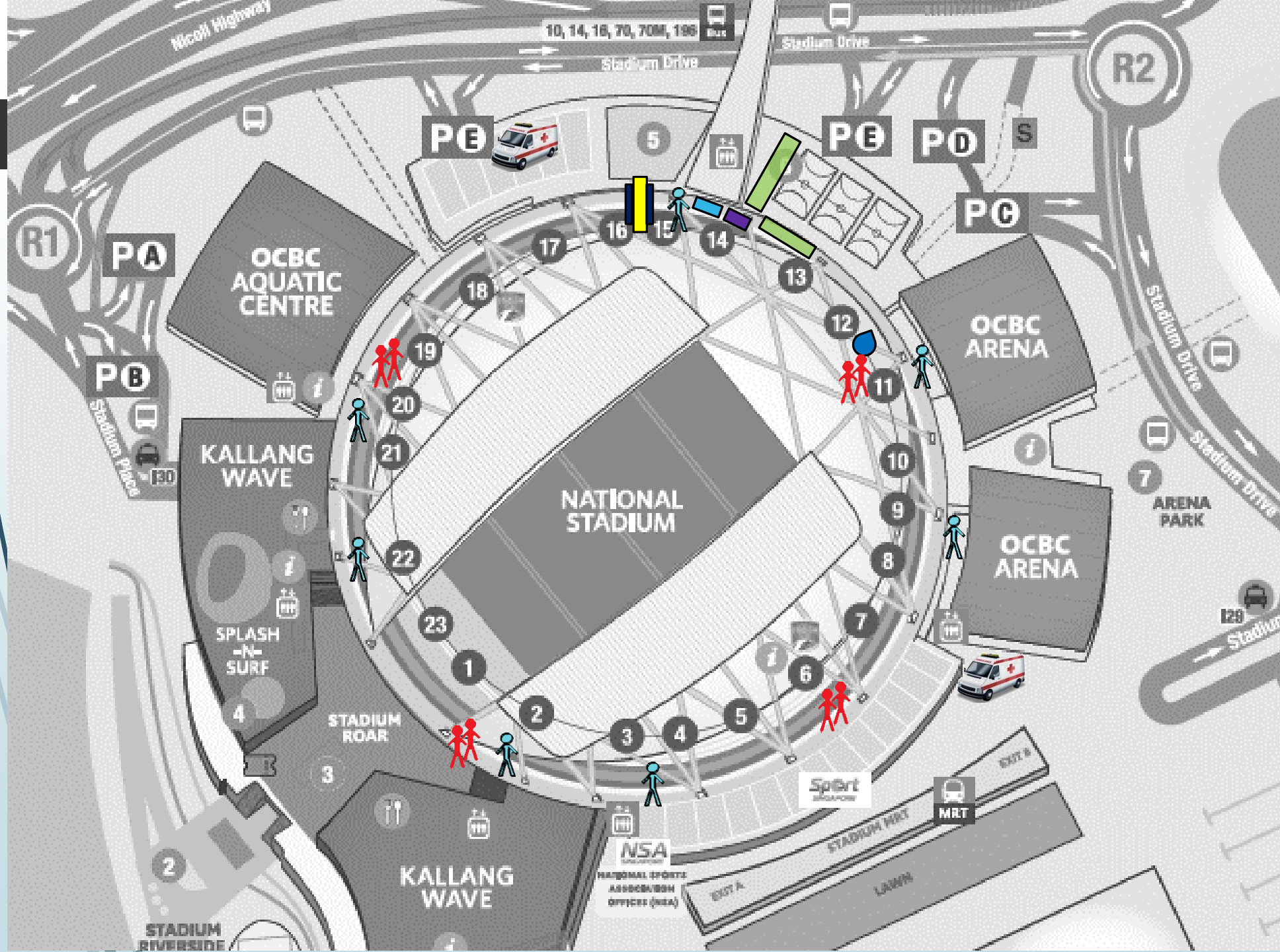
Team officials shall submit their players' ORIGINAL identification cards and team line-up sheet to the presiding Tournament Official, at least 15 minutes before the scheduled time of play.




**All Players** are required to produce proof of their identity & residential address for verification at every match. Failing which, he/she may not be allowed to compete in the match.

Examples include:

NRIC, Student pass, Long Term pass, Dependent's pass, Employment pass, School record, Employment record, etc.



- ### LEGEND
-  Tentage
  -  LED Screen
  -  Starting Point
  -  Timing Mat
  -  Water & Spray Station
  -  AV System Console
  -  Marshal
  -  Paramedic
  -  Ambulance



# Running Format



2 sessions of 29  
and 28 teams  
respectively to be  
flag off in max. of  
4 waves



Min. 5  
to  
start



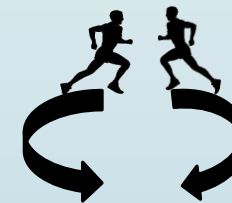
Complete the  
run within 3 hours  
(based on net  
flag off time)



Team must have 4 runners  
to run together at all times  
while holding on to  
running cord



Complete 88.8km  
1 round = 3.552km (888m x 4)  
25 rounds = 88.8km



Perform at least  
one substitution

# Equipment

Race bib

Running cord with timing device



# Running Advice

1. Ensure you have receive & put on your race bib and running cord with team timing device
2. Stay compact in your group, keep to the side unless overtaking and keep a lookout for public user
3. Run safely & take caution of wet floor in event of rain
4. Return the running cord to race official at athlete holding area to exchange for the finisher medal!
5. Aim to complete, not to compete!





# Total number of Running teams

# 57

Participating teams will be drawn into **two sessions** of **29 and 28** teams respectively.

Teams in each group will be flagged off in max. of four waves.

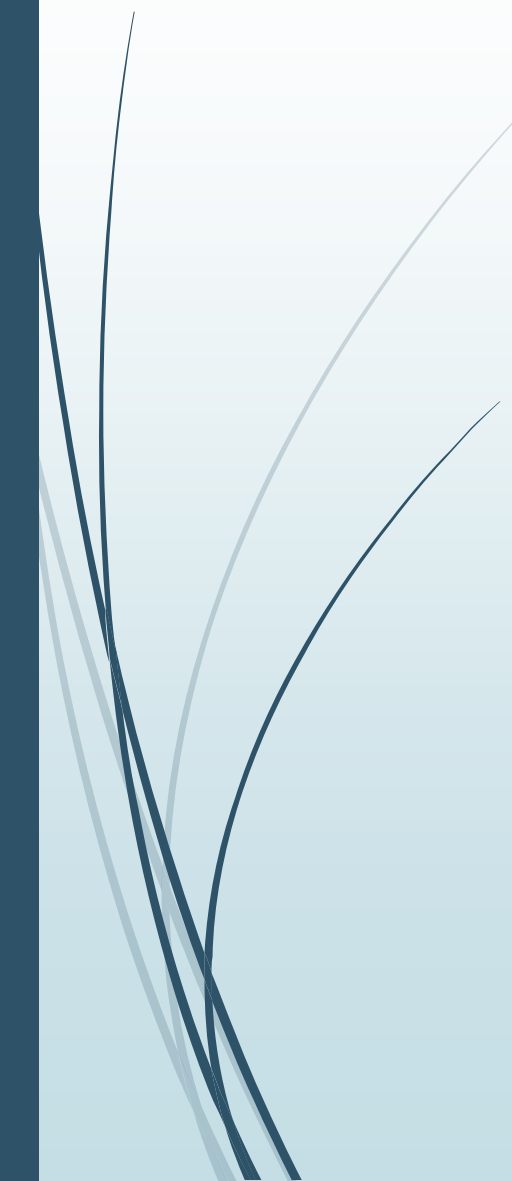


# Drinks

Hydration point will be stationed at the running venue, however teams are also encourage to provide their own water/sports drink



# Medical & First Aid



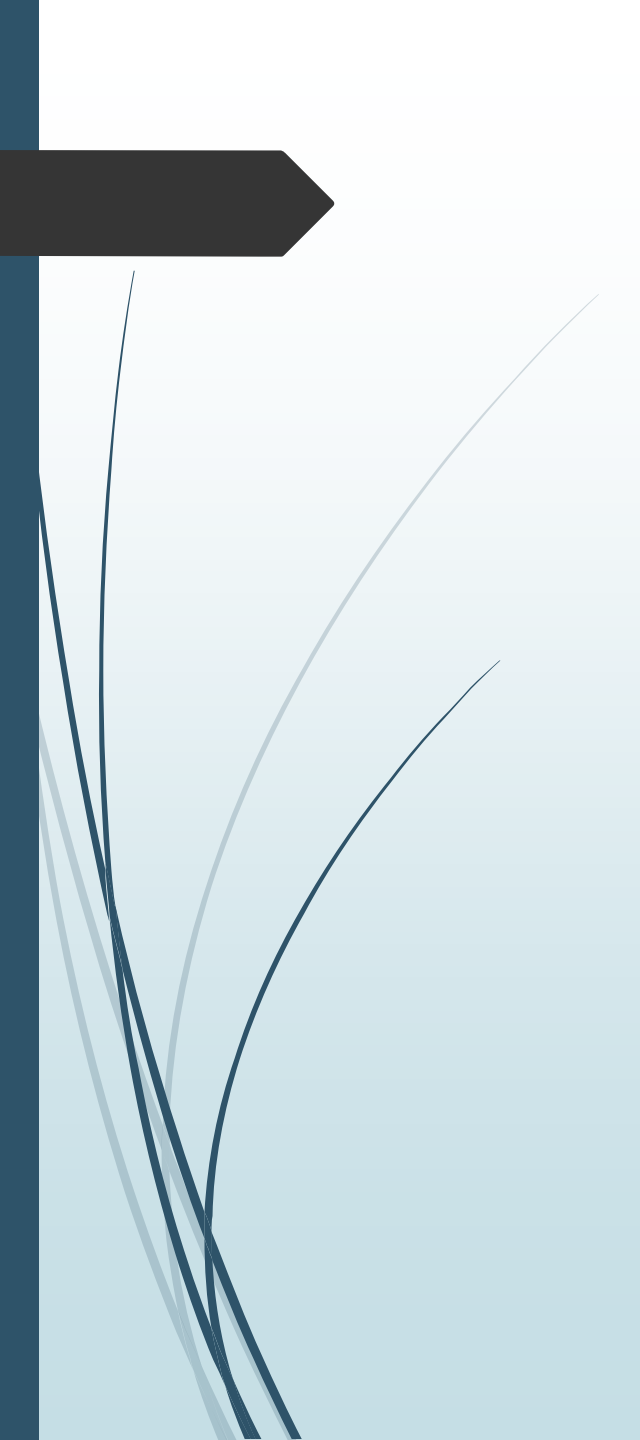
Medical/first aid coverage will be provided. Teams are however encouraged to provide their own sports tape, sprays, etc. should your players require them.



# Balloting

**There will only be 1 draw**

All participating teams will be balloted and placed in the running session accordingly to the running date and time.



Thank you for your  
presence & hope to have  
your continuous support  
for SCG 2019