

# Cooks River Valley 6 Hour Metrogaine

Sunday 23 February 2003

## FINAL INSTRUCTIONS

Thank you for your entry.

These event instructions are sent only to the Team Leader so please copy them to the rest of your team. Included is your team's **Indemnity Form** – ensure that all team members complete it and then bring it with you to Registration.

### WHERE

The Hash House is located at Mahony Reserve, Marrickville. Access is from Wharf Rd off Illawarra Road.

### PARKING

Parking is available in Wharf St, Livingstone Rd and Beauchamp St. Please be considerate of residents. Limited parking is also available on Illawarra Road north of the Cooks River bridge and in Steel Park car park (entry road from Illawarra Rd opposite Wharf Rd).

### TIMETABLE

Registration opens (maps available):	7.30am
Competitor Briefing:	8.50am
Start:	9.00am
Finish:	3.00pm

Food will be available from approximately 2.30pm.

The presentation of awards will occur at approximately 4.00pm.

We will also be holding our (brief) Annual General Meeting. The program of results and AGM will be confirmed on the day.

### FACILITIES

Toilets are located on the Wharf Rd side of Mahony Reserve.

Limited water will be available prior to the event. It **WILL** be easier to bring your own (Plenty of drinks available at the end!).

On the course, toilets and water are located throughout the map area, especially at parks and railway stations. Shops may be accessed throughout the map area.

### REGISTRATION

At Registration, present your **Completed** indemnity form, settle any outstanding entry monies, complete a membership form if you have joined/renewed membership with this event entry on-line.

Receive your pre-marked Map, Control Clue List and Course setter's notes.

You will collect your control card, pre-marked with your team no. and members, from a "clothes line" at the sound of the starting siren at 9am.

### MAP

The pre-marked map is an extract from the Botany Bay 1:25,000 topographical map published by Land and Property Information and printed on an A3 sheet. 10 metre contour spacing. Printed in 2002.

### COURSE

There are 100 controls worth a total of 5,500 points. The focus has been to identify sites of historic, scenic or quirky interest. In many cases you will need to read a plaque or sign in order to obtain the answer to the control clue.

### SAFETY

The course is crossed by major roads and traffic safety is the greatest safety issue associated with this event. Competitors must comply with the road rules.

### KEY RULES

- All team members must get to within 20 metres of the control site.
- Teams must not split up. Members must be within earshot at all times.
- No other maps may be consulted during route planning or the event.
- No cheating e.g. by swapping control answers with other teams.

## WHAT TO BRING

### AT THE HASH HOUSE SITE:

- Indemnity form
- Any money you may owe the event administrators
- Contact clear adhesive (alternative to a plastic bag to cover the map and also to cover the control card)
- Pen, scissors, highlighters
- Plate, mug, cutlery
- Change of clothes
- Water
- Chair

### ON THE COURSE:

- Small day-pack
- Pen - suggest carry a spare and confirm that the pen writes legibly upon a "contacted" surface (if you contact the "clue" side of your control card)
- Plastic map bag and an A4-sized plastic folder sleeve to protect the clue sheets (which are lengthy, given the large number of controls)
- Water bottle (at least one litre)
- Food for snacks
- First aid kit & whistle
- Compass (1 per team), watch
- Wet weather gear/sun hat, sun screen

### FURTHER INFORMATION

Entries: Nihal Danis 9564 2126 (H)  
Event: Richard Sage 9564 2126 (H)



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## NSW ROGAINING ASSOCIATION INCORPORATED - INDEMNITY FORM

### TEAM NO:

We, the undersigned, hereby acknowledge that the organiser of the event, the NSW Rogaining Association Incorporated including its officers and agents, accepts no liability for any loss, damage or injury to ourselves as a result of our participation in the "Cooks River Valley Metrogaine" event on Sunday 23 February 2003.

We enter this event at our own risk and acknowledge that there are risks associated with the sport of Rogaining. (Participants under 18 years must have the signature of a parent or guardian).

We also acknowledge the requirement that all participants in this event must be a current member of a rogaining association and hereby affirm that we satisfy that requirement.

	<u>Name</u> (in BLOCK LETTERS)	<u>Motor Vehicle</u> <u>Registration</u>	<u>Signature</u>
1.			
2.			
3.			
4.			
5.			