

ANZAC ROGAINE

Weekend 23/24 April 2005

Welcome and thanks for your entry to the *ANZAC Rogaine* 6 hour, 15/24 hour or 24 hour, your choice. The following information has been put together to ensure you and your team get the most out of your experience.

Included in this package are the following documents:

- ✓ **Event Instructions** (you are reading it!) – forward or make additional copies for all your team members.
- ✓ **Competition Rules** – ensure your team members are aware of these, see ‘Important Rules to Remember’ later in these Event Instructions
- ✓ **Disclaimer / Waiver** – ensure all your team members read and understand this document, and if they accept the risks, get each member to sign it. The waiver is to be handed in at the administration desk when you register at the event. Unfortunately without a signed waiver we cannot allow entrants to participate.

The following items will be available at the event from the Administration Tent

For hire - compasses \$2 each. For Sale – Navigation books \$25, First-aid kits \$6, Whistles \$2.50

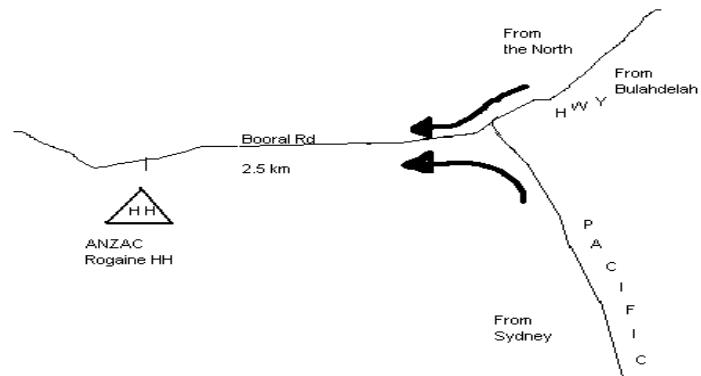
Where: The event HH is situated off Booral Rd about 5km SW of Bulahdelah. The HH is in an opened grassed area of the surrounds of a disused mini bike track. No water is on site, so please bring at least 15 litres for each person per day.

How to Get There:

From Sydney: Take the F3 north out of Sydney and drive beyond Newcastle and continue up the Pacific Hwy toward Nerong. From the Nerong exit you have 10km to go to the Booral Rd turnoff. Turn left into the Booral Rd; drive a further 2.5km to the HH entrance. Turn left off the Booral Rd and drive 300m (gravel track) to your campsite. Allow 2¹/₂ hours drive from the commencement of the F3.

From the North:

Follow the Pacific Hwy south until you reach Bulahdelah. From the Bulahdelah southern bridge continue a further 2.6km along the highway until the Booral Rd, turn right then follow as above.



Nearby Accommodation at Bulahdelah:

Bulahdelah Motor Lodge	4997 4520
Lady Jane Motel	4997 4274
Mount View Motel	4997 4292
Caravan park	4997 4565

Camping: It is highly recommended that you camp the night before and the night after the event because of fatigue. There are plenty of spaces to pitch a tent, the area is well grassed but you will need a hammer to get your pegs in. Please bring your own water as there is none at the HH.

The Hash House will be open and serving meals for all entrants from 5pm on Saturday until approximately 2pm on Sunday. For those staying, a light breakfast will be available from 7:30am on Monday. Non competitors can purchase a meal ticket for \$10 from Administration.

The Weather: You should be prepared for variable weather conditions. It is a full moon (moonrise 8.06pm) on the Saturday night; hopefully it will be a cloudless night. Saturday sunset around 5.25pm and Sunday sunrise around 6.15pm.

Registration: Maps, checkpoint descriptions, etc will be available at the Administration Tent from 9am on Saturday. There will be a single queue. When you get to the head, wait for an operator to call you. Remember to bring your completed Waiver Form. No Waiver, no maps! No Registration on Friday.

Your Control Card will be handed out with your maps and other information at Registration. The card will be waterproof and tearproof and so doesn't need to be covered with any extra protecting material. We suggest you hand the card back straight away. If you do take it away from registration you must return it before you start or else you will be deemed to have not started. This applies even if you start after the official start time.

An A4 sheet showing the check point layout will be provided for you to mark on your team's intended route. This sheet will need to be handed to registration prior to the briefings, and will be used to help locate your team in an emergency.

Pre-Start Briefings: will be held on Saturday at 11:30 am for novices and 11:50 am for all competitors. All competitors must attend the 11:50 am briefing to get updates of any late changes. If any team is unsure of any aspect of how the sport works, please ask one of the event staff who will be more than happy to give you some advice for a few minutes after the NOON start of the event to help you on your way.

The Start: All events are scheduled to start at Noon on Saturday. Remember to collect your control card from the "clothes line" before you head-off.

The Finish: When a team returns to the Hash House area either for a rest period or to finish, ALL team members must present themselves in the designated area at Administration. When they have been checked off, the control card must be handed to the time keeper. A printed listing of controls visited, your score and all start and finish times will be available for you to check soon after your team finishes. It is your responsibility to do this no later than one hour after the finish time.

Teams finishing late will be penalised at 10 points per minute or part thereof. For all three durations, teams finishing more than thirty minutes after the finish time shall be deemed ineligible for a placing and their result shall be recorded as LATE. In addition 15 in 24 hour duration teams spending a total of more than 15 hours and 30 minutes on the course shall be recorded as LATE.

The Course: The map will be two A3 size sheets which you will need to join. It will be 1:25,000 scale with 10 metre contours and have pre-marked checkpoints. Checkpoint descriptions are on a separate page. The course in general terms is open bush with hills up to 350m. Over the years there has been ongoing logging which is now open eucalyptus vegetation. It is emphasised there are many unmapped tracks/roads, so the idea would be to

follow the contours and to choose your route carefully to maximise the points available. The course covers 65 sq kms. Be aware during setting there were sightings of wild pigs, wallabies, goannas and brumbies.

An 'All-night Café', "Café Nong", will operate from Saturday 5pm until Sunday 9am. It will include a water-drop. The café will serve fruit, bread rolls, tea, coffee and cordial and hot snacks. Café Nong is in the central/southern part of the course. There will also be additional water-drops in the NW & SE parts of the course.

What You Must Bring:

At the HH:

- ✓ Completed Disclaimer / Waiver
- ✓ Pens, pencils, scissors, highlighters for map work
- ✓ Map case or plastic contact adhesive to protect your maps (2 x A3)
- ✓ Plate, mug and cutlery
- ✓ Camping gear include hammer
- ✓ Change of clothes
- ✓ Water be self-sufficient (15L per person per day)

For on the course (per team member)

- ✓ Sensible shoes and clothing, wet weather gear and warm clothing, thermals can be alternative
- ✓ Gaiters and/or long pants are advised
- ✓ Compass, watch, pen, pencil, paper & whistle
- ✓ Mosquito repellent
- ✓ Water bottles or camelback equivalent – 2 litres per person recommended
- ✓ First-aid kit minimum tape for blisters, snakebite bandage (1m crepe bandage), a thermal space blanket and waterproof matches
- ✓ Food to keep you going while out on the course.
- ✓ Sunscreen and sun-hat, beanie
- ✓ Sense of humour, safety and adventure
- ✓ Mobile phone, if possible

Important Rules to Remember:

- ✓ Team members must be in earshot of each other at all times
- ✓ All team members must get to within 20 metres of and sight of each CP visited
- ✓ Teams must not rest within 100 metres of CP
- ✓ The use of any other navigational aids other than the provided map, a magnetic compass, and a watch, is prohibited
- ✓ A team can retire a member at the HH finishing that team's event. A new team can be formed but they start with a zero score.
- ✓ All teams must hand in their control card at the HH even if retiring or finishing early.
- ✓

A complete set of the Competition Rules is on the next page.

For Further Information

If you have any general questions or team changes to make before the day contact the Event Administrator, Graeme Cooper on 02 6772 3584 or graeme_cooper@bluepin.net.au no later than Thursday 21 April. Best time to call 10am to 9 pm.

Australian Rogaining Association Incorporated

Competition Rules:

Rogaining is the sport of long distance cross-country navigation for teams travelling on foot. The object is to score points by finding checkpoints located on the course within a specified time. Checkpoints may be visited in any order.

Definition
"The course" means anywhere a team travels during the time of the rogaine but specifically excludes the access road and areas in the proximity of an administration area designated for non-competition use by the organisers, for example for parking or camping. "Event site" includes the course and any administration, access and non-competition areas.

- Entries**
- R1. A team shall consist of two, three, four or five members.
 - R2. A team that has a member under fourteen years of age shall also have a member eighteen years of age or over.
 - R3. Competition placings are awarded in several sections based on the age and gender composition of teams. Each team shall be deemed to be entered for all sections of the competition for which it is eligible.
 - R4. No member of a team shall have been involved with the organisation of the rogaine so as to have a prior familiarity with the rogaine course or the fieldwork of the rogaine map.

- Respect for Land and Property**
- R5. Competitors shall respect public and private property.
 - (a) Competitors shall not cross newly sown ground or growing crops, except if specifically permitted by the organisers, or any area deemed out-of-bounds by the organisers.
 - (b) Competitors shall keep a reasonable distance from dwellings and stock with young.
 - (c) Competitors shall take due care when crossing fences, crossing at corner posts, solid posts or between wires wherever possible. Each team shall leave gates in the same state as they were found.
 - (d) Competitors shall not discard litter.
 - (e) Competitors shall not light fires at the event site.
 - (f) Competitors shall not smoke on the course.
 - (g) Competitors shall not unduly damage or disturb native flora or fauna.
 - (h) Dogs and weapons of any kind, including firearms, are prohibited at the event site.

- Conduct of Competitors**
- R6. Competitors shall not enter the course until the official start is signalled.
 - R7. The only navigational aids that may be carried on the course are magnetic compasses, watches and copies of the competition map. The possession of other navigational aids, including pedometers, altimeters and GPS receivers on the course is prohibited. The possession, at the event site, of maps that provide additional information not shown on the competition map is prohibited.
 - R8. The use of computers for course planning is prohibited.
 - R9. Competitors shall travel only on foot.
 - R10. Members of a team shall remain within unaided verbal contact of one another at all times whilst on the course. A team shall demonstrate compliance with this requirement to any event official or other team on request.
 - R11. A team shall surrender its score card to any event official, and shall advise their team number to any event official or other team, on request.
 - R12. A team shall not accept assistance from, nor collaborate with, other people, nor deliberately follow another team.
 - R13. No food nor equipment shall be left on the course before the event for a team's use, and no food or equipment shall be discarded on the course unless retrieved by the team during the event and brought by the team with them to the finish.
 - R14. Each competitor shall carry a whistle at all times whilst on the course. In an emergency a competitor shall give a series of short blasts on their whistle.

- Checkpoints**
- R15. All team members shall simultaneously approach to within 20 metres, and within sight, of each checkpoint for which points are claimed.
 - R16. In order to gain points for a checkpoint teams must punch the scorecard provided by the organisers in the correct square with the punch at the checkpoint marker and fill in any intention sheet at the checkpoint with the time of arrival, the team number and the number of the checkpoint that they intend to next visit. If a team punches an incorrect square, they must notify the organisers of the details of this immediately upon returning to the administration to be eligible to be credited with that checkpoint.
 - R17. In the event of the scorecard being lost, a team may record punch marks on any single sheet. The organisers will accept this so long as the punch marks are discernible, and the team can identify to the organisers the checkpoint number for each of the punch marks.
 - R18. Competitors shall not deliberately rest within one hundred metres of a checkpoint unless the checkpoint is also a water drop.
 - R19. Competitors shall not adversely interfere with a checkpoint, water drop or any other facility placed upon the course by the organisers.

- Administration Areas**
- R20. Whenever a team visits an administration area, all team members are required to report together to the organisers and surrender their team's scorecard. The team shall only collect its scorecard immediately prior to leaving that administration area.
 - R21. A team shall finish by all of the members reporting together to the designated finish administration area and surrendering their scorecard.
 - R22. If a competitor wishes to withdraw from a team for any reason the entire team shall return to an administration area and notify the organisers. The original team shall be deemed to have finished the event. If a new team is formed it may be admitted to the competition at the discretion of the organisers but no points shall be credited for checkpoints already visited.

- Penalties and Protests**
- R23. The penalty for breaching these rules is disqualification except for rules R16 and R18 for which the penalty is the loss of points for the checkpoint under consideration. Any team disqualified under this rule shall be recorded as **DSQ**.
 - R24. A team may voluntarily withdraw, by advising the organisers immediately upon their finish, if they have breached any rule for any reason and shall be recorded as **W/D**.
 - R25. Within forty-five minutes of the nominated finish time, a team may report in writing to the organisers about any team thought to have breached these rules, or may protest in writing to the organisers about any actions of the organisers that they consider made the competition unfair.
 - R26. A team that is not satisfied with any decision of the organisers may appeal in writing to the committee of the organising association within seven days of the publication of the official results. This committee shall have the power to overrule the organisers and to amend the results accordingly. No further appeal is permitted.

- Scoring**
- R27. The event shall end at precisely the set number of hours after the actual starting time, both times as defined by the organisers' clock. Teams finishing late will be penalised at the rate per minute or part thereof specified in advance by the organisers. Teams finishing more than thirty minutes late shall be deemed ineligible for a placing and their result shall be recorded as **LATE**.
 - R28. A team's score shall be the value of the checkpoints visited and correctly verified in accordance with these rules, less any penalties. The team with the greatest score, or in the event of a tie the team that finished earlier, shall be awarded the higher placing.
 - R29. In the event of a checkpoint being damaged or deemed misplaced or missing by the organisers, teams shall be awarded the checkpoint score:
 - a) If the punch is missing or damaged but the team has a correct record on the intention sheet.
 - b) If the punch is missing and there is no intention sheet, but the team can satisfy the organisers that they visited the correct site.
 - c) If a checkpoint is missing or misplaced but the team can satisfy the organisers that they visited the correct site.
 - d) For a correctly recorded visit to a misplaced checkpoint.

- General**
- R30. Any team hearing a distress signal must abandon their course and help in any way needed. No team shall be penalised for any rule breached in the course of giving such help



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER/WAIVER

Event : _____ Team No.: _____ Car Rego.: _____

Rogaining is an activity which can involve risk of personal injury or property damage. While it is acknowledged as a challenging activity, the risks ought not be discounted particularly navigating through potential dangers in a bush setting in daylight or darkness. Other, but less obvious, risks will occur because of the nature and type of terrain through which the activities are conducted. The Association requires all participants to carry equipment such as suitable clothing, food, torches, compasses, water, first aid kit and any other allowed devices which will limit the inherent risks in the activity.

By participating in the activity, each participant acknowledges that the sport of Rogaining involves considerable risk and agrees that by entering this rogaine they do so at their own risk. The Association does not accept any responsibility for death, injury, loss and damage to the participant and agrees to allow the participant to participate in the activity only on that basis.

The participant binds themselves, their executors, administrators, heirs, successors and assigns as follows:

- a) The participant agrees to discharge and release the New South Wales Rogaining Association, their volunteers, the owners and occupiers of land used in the event, event sponsors and producers, community organisations, State Federal and Local Authorities in which the event may be held and their (its) representatives from all liability for death, disability, personal injury, damage to property, theft, and all foreseeable risks, claims or actions of any kind, howsoever caused, resulting from their participation - directly or indirectly - in this event.
- b) The participant agrees to further indemnify and hold harmless all entities and persons mentioned in the above clause (a) above from all liabilities, claims or action, as mentioned above, irrespective of whether the Association or its employees or agents may have been negligent.

In particular, the participant agrees to indemnify the Association for any loss or damage arising from participating in the event and agrees that this indemnity may be pleaded as a complete defence to any legal proceedings or any right the participant may claim against the Association, its servants, agents or any owner or occupier of land used in the proceedings.

By the signing of this document, I acknowledge the risks of rogaining and agree to participate on the conditions as described above (participant must be 18 years or older to complete this section):

Participant Name <small>(Please print clearly)</small>	Participant Signature	Date
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

This section to be completed by a responsible adult where participant is under 18 years of age. If more than one responsible adult signing please photocopy & submit separate forms.

Name(s) of junior participant(s): _____

I acknowledge the risks of rogaining as described above and agree to indemnify the Association for any injury or loss arising from the abovenamed minor(s) participating, and agree that by signing this indemnity or by permitting the minor to participate, I will accept complete responsibility for any injury or loss caused.

Relationship to participant (please delete whichever does not apply): Parent / Guardian / Other _____

Name <small>(Please print clearly)</small>	Signature	Date
_____	_____	_____

NOTE: This is a legal document. You should seek legal advice before signing if you do not fully understand the meaning and effect of this document. If you do not accept these conditions of entry you will be unable to participate.