

Welcome and thanks for your entry in the NSW Rogaining Championships. If you are a team leader, please make sure this information is available to all your team members.

There are two important attachments ...

- **Indemnity Form (Disclaimer/Waiver)** - This must be signed by all team members and presented at the administration tent when you collect your maps.
- **Rogaining Rules** - Please ensure all your team members are familiar with the rules prior to the event.

### **How to Get To the Event:**

Rylstone the nearest town to the event is 239 kilometres from Sydney and 279 kilometres from Newcastle please allow plenty of time to travel to the event.

#### **From Newcastle**

Leave Newcastle on the New England Highway. West of Branxton take the Golden Highway to Denman. The alternative route to Denman is to travel to Muswellbrook on the New England Highway and then take Denman Road to Denman. Either way, from Denman continue to Hollydeen and take the Mudgee Road to Bylong. At Bylong take the Kandos and Rylstone Road. Drive to Rylstone.

#### **For those of you driving from Sydney**

Leave Sydney via the Great Western Highway over the Blue Mountains to Lithgow. West of Lithgow take the Mudgee turn off along Sydney Road. Drive to Ilford. At Ilford turn off to Kandos and Rylstone. Drive to Rylstone.

#### **Once you are at Rylstone**

From the Rylstone Hospital (on the road to Kandos), turn at the large sign to Wollemi National Park. Continue on this sealed road, taking the left fork to Dunn's Swamp, for around 18 km (there are several dips, so take care). Stay on this road after it turns to gravel, and continue past the left turn to Dunn's swamp for about 1 km to the hash house.

#### **By Bus:**

The bus will meet the 6:10pm train from Central arriving in Lithgow at 9:09. It will leave 1:30pm Sunday for 3:36 pm train from Lithgow for a 6:30pm arrival at Central Station Sydney. You can still purchase a seat for \$15.00 and pay at the Hash House. You must contact Alan Mansfield via either email [nswrogaining@optusnet.com.au](mailto:nswrogaining@optusnet.com.au) (preferred) or home

phone 02 9797 6773 between 19:00 and 20:00 by Thursday evening. Leave a message.

### **Upon Arrival at the Hash House:**

Follow directions given by event staff to the designated car parking and camping areas. There are ample flat camping sites and these are available at no extra cost from Friday to Monday.

### **How to Get Home Alive:**

Driving home straight after competing in a 24 hour rogaine is a mug's game. Don't do it! Get rest or bring an extra person to do the driving. Stay the night. We are providing a basic meal on Sunday evening and breakfast on Monday morning.

We will sell meal tickets to drivers at Administration for \$10 per person. These entitle them to the same food service as the competitors. Alternatively they can have free meals if they will work a 6-hour shift in the Hash House.

### **Registration:**

Registration will open at 8.00am Saturday morning for team changes and settling of any outstanding payments. Maps, checkpoint descriptions and course setters notes will be available from 9.00am Saturday morning.

### **Pre-Start Briefings:**

Collective briefings will be held at 11.30am for novices, and 11.50am for all competitors. We require everyone taking part in the event to attend the final briefing. If you or any of your team is unsure of any aspect of how the sport works, please do not hesitate to ask one of the event staff. We will be happy to give you some advice for a few minutes after the start of the event to get you on your way. Don't forget to collect your control card from the clothesline before you head off.

### **Event Time:**

All events start promptly at 12 noon on Saturday. The six hour event will finish at 6pm on Saturday evening. Both the 24 hour Championship and the 15 hour in 24 hour will finish at 12 noon Sunday. In the 15 in 24 you must spend 9 hours off the course at the All Night Café and or Hash House. Points penalty for late finishing teams will be 10 points per minute or part thereof. Teams finishing more than 30 minutes late shall be deemed ineligible for a placing. For the 15 in 24 you will lose points for spending more than 15 hours on the course and for finishing late.

## The Map:

The map has a scale of 1:25000 with 10m contours. It has pre-marked controls. Please bring your own contact, scissors and sticky tape to protect the map or bring a map case. The ink is waterproof but the paper isn't so bring some contact to cover your map and control card.

## The Course and its Hazards:

The main Hash House is located on the southern edge of the course at 700m but parts of the course are at an elevation of up to 1000m. This means that the temperature at night can drop to below freezing. It can also be very hot during the day, so come prepared for both extremes.

An All Night Café' will be located in the north of the map. It will open at 3pm Saturday and close at 9am Sunday.

There will be water drops on the course.

Ticks, itch mites and leeches have not been a problem for the course setters. However they are a regular feature of the Australian bush and should be assumed to be waiting for you. We suggest that you come armed with an insect repellent such as Aerogard which contains diethyltoluamide (DEET) as the major ingredient.

## What you should bring:

### At the Hash-House:

- Pens and pencils etc for map work
- Scissors, sticky tape
- Map case or plastic contact to protect your map
- Cutlery, mug, dessert & dinner plates
- Camping gear, a chair
- Change of clothes
- Your own additional food for Friday evening & Saturday breakfast
- Your own food for out on the course, during the event
- Water - please be self-sufficient 10 litres per person, (if you are coming by car)

### On the Course:

- Water on the course. The course setter has drunk water from creeks on the course. If you are cautious about this bring water purifying. There will be water drops on the course. I
- Compass, watch, pencil and a whistle.

**Lastly .... Sleep, Revive, Survive!!!**

- Torch and spare batteries/globe.
- Thermal underwear, full body cover thermal clothing, full body cover outer waterproof shell wear, warm hat and gloves.
- Sensible shoes or boots.
- Gaiters and eye protection.
- Water bottle - 2 litres per person is recommended.
- First-aid kit containing as a minimum - tape for blisters, snakebite bandage (1m. crepe bandage), and a space blanket (1 per person).
- Food, to keep you going while out there.
- Mug, plate, knife & spoon for use at the All Night Café.
- In addition to the above please ensure that you have enough clothing etc to kept you warm whilst stop at the All Night Café.

## What We Provide:

- A continuous hot food service will be available from 5 pm Saturday until 2 pm Sunday at the Hash House. The menu will change during this period. Fruit, bread, cake, biscuits and hot /cold drinks will also be available.
- At the "All Night Cafe" (on the course), the blokes will be serving toasted cheese sandwiches, soup and damper, slices, hot & cold drinks.
- For those who choose to stay Sunday night, we are providing a basic meal on Sunday evening and breakfast on Monday morning.
- First Aid kits containing the minimum requirements as noted previously are available for \$6 at the Admin. Tent.
- Whistles are also available for \$2.50 each.
- And if you're in need of a compass we have a limited number for hire for the weekend for \$2.

## Mobile phone coverage on the course:

The course has some analogue coverage. The organisers will advise of the emergency satellite/CDMA phone numbers.

## Further Information

Contact Alan Mansfield via email [nswrogaining@optusnet.com.au](mailto:nswrogaining@optusnet.com.au) (preferred) or by phone 02 9797 6773 until Thursday evening.

IF YOU TRAVEL TO THE EVENT BY CAR, DON'T ATTEMPT TO DRIVE HOME WITHOUT HAVING AT LEAST 4 OR 5 HOURS SLEEP, PRIOR TO LEAVING.



# 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** (Please print clearly)

**Participant Signature**

**Date**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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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** (Please print clearly)

**Signature**

**Date**

_____	_____	_____
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**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.**

# 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