

The Sublime to the Ridiculous

Socialgaine

Sunday 20 November 2005

Thank you for your entry and welcome to the 'Sublime to the Ridiculous' Socialgaine. Please ensure all members of your team receive a copy of these instructions.

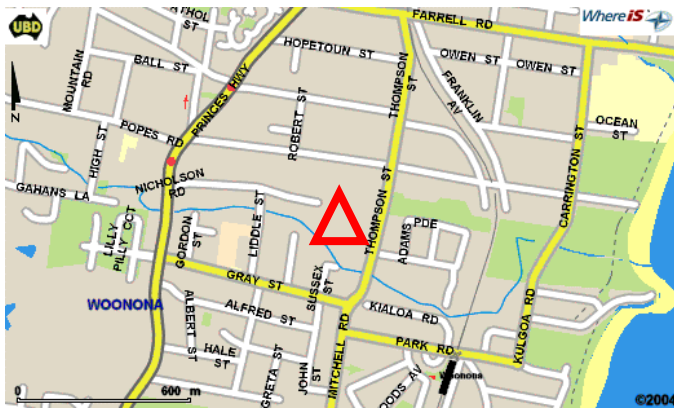
Together with these instructions you should also have received or downloaded from the NSWRA web site:

- an indemnity form;
- your team number from the list of teams; and
- rogaining rules.

Your team control card will be available to collect from the 'clothesline' at the start of the event.

Where To Go: The hash house is located at Woonona High School north of Wollongong. There is a large area for parking off Thompson St. on the eastern side of the school. If necessary, additional parking will be available at the discretion of our parking attendants.

There is no camping available at the hash house but there are copious forms of accommodation in the Illawarra, including Bulli campground at the nearby beach.



Before we go further let's point out that it's spelled "woonona" but pronounced "wonoona". Please ensure you don't offend the locals by using the wrong name!

How To Get There:

By car, from the north, access is via Bulli Pass and the Princes Hwy and from the South via the Northern Distributor from North Wollongong.

By train, the hash house is about 800m from Woonona Station (Park Rd in map above). An extract from the CityRail timetable is included below.

When To Arrive: The event duration is 6 hours starting at 10am and finishing at 4pm. Registration will be available from 8:30. There will be a briefing for novices at 9:40 followed by a final briefing that everyone is required to attend at 9:50.

Registration:

Registration will be open from 8:30am. There will be a separate queue for teams that have changes to make or money to be paid.

To register, you will need to:

- know your team number;
- bring your team indemnity form signed by all team members and listing your car registration number(s);
- pay any outstanding event or membership fees;
- complete a membership application form (available on the web site or at Administration) if you are a new member.

In return, each team member will receive:

- a map;
- a set of control descriptions and clues; and
- course setter's notes.

Note the control card, map and control descriptions will be provided on waterproof, rip-proof material so there will be no need for you to apply protective covering.

What to Bring:

At the hash house you will need:

- pens and markers if you want to draw on your map;
- map case (optional) to protect your map/paperwork.

On the course you will need:

- your own water supply;
- food to keep you going;
- compass;
- watch;
- pen or pencil to record answers to clues;
- suitable clothes for a 6-hour walk, potentially very hot weather (lots of swim options along the coast) or maybe rain;
- sun protection – hat, sun cream;
- insect repellent - bugs are really active after these Spring rains, so repellent is highly recommended;
- torch – each team should include at least one torch, in case they travel to a certain control in the south;
- cash for refreshments and public transport options (optional); and
- first aid kit including a whistle and snake bandage.

Back at the hash house you will need:

- plenty of time to rest, relax and chat;
- plate, bowl, mug & cutlery; and
- a folding chair may make you more comfortable.

About the Event:

The Map will be provided on an A3 sheet with a scale of ohhh... about 1:25000, 10m contours and pre-marked controls.

The Course highlights are the coastline and escarpment, with some interesting suburbia and villages between. The mountains stretch up to 450m above the lowest points at sea level so there are some spectacular vistas and challenging mountainsides clad with entertaining lantana thickets and gorgeous subtropical rainforest.

Pre-Start Checkpoint. One ridiculous part of this rogaine is that the sublime part of the course is unattainable – so we had to place a control there!

The tracks up to Sublime Point, constructed about 80 years ago, are declared unsafe by NPWS hence are not available to us. We beseech some of the car drivers travelling south from Sydney to drop by the Sublime Point lookout (turn left at southern end of expressway) to visit control #10. See the control description at the bottom of these instructions. For people who don't travel via petrol-guzzling vehicle from Sydney, you are allowed to ask other participants at the rogaine, and they are to be honourable in providing the true answer. Note you are not permitted to ask or supply other answers... only #10.

Conditions of use that apply to the school grounds and areas managed by NPWS include:

- use formal tracks in the escarpment area;
- respect other users of areas on the course;
- no domestic pets in the escarpment area.

Safety:

Risks to be aware of and take precautions against include:

- traffic – be very careful when crossing roads;
- hot weather – drink plenty of water; wear a hat and use sun cream;
- leeches, ticks and other bugs – use insect repellent;

Mobile phone coverage is available in most sections of the course. Contact numbers during the event will be:

Safety Officer Rod Doyle 0418 327 087
 Coordinator Ian Almond 0419 258 553
 Administrator Lucy Temple-Smith 0418 671 742

About Rogaining:

New to Rogaining and not sure how it works? Please ask one of the event staff. We will be happy to give you some advice for a few minutes after the start. Before the event you can peruse www.nswrogaining.org on the Web for lots of useful info.

Rogaining Rules are listed in a separate document provided with these instructions but some important rules to abide by are:

- teams must stay together at all times; and
- you must check in with Administration when you return to the hash house.

At The End:

Scoring. You will need to obtain a finish time and then calculate your own score before handing your control card to the administration team. A penalty of 10 points for each minute after the official finish time will apply and teams more than 30 minutes late will be recorded as LATE with no score.

Hand in your control card. Please make sure you return your control card to the administration team when you finish the event to record your team score and also to let us know that you have returned safely.

Food and drinks will be provided from about 2pm through to 5pm and include: BBQ, salad, fruit, ice cream, soft drinks etc.

Please Stay a while and spend some time with your fellow rogainers. As this is our socialgaine we hope you will make the time to catch up with old friends or to meet someone new.

Presentations will start soon after 4:30pm and will include lucky dip prizes for some of those present.

Further Information: is available from:

Event Coordinator:
 Ian Almond,
 02 4271 7465 or 0419 258 553
 almondir@tpg.com.au

Event Administrator:
 Lucy Temple-Smith,
 0418 671 742
 lucy.ts@telpacific.com.au

Where is Woonona:



Train Timetable Sydney to Woonona extracted from <http://www.cityrail.info/timetable/ttable.jsp?line=sc&day=we&dir=dn>

Central	6:42am	7:40am	8:42am
Hurstville	7:02am	8:01am	9:02am
Woonona	8:11am	9:03am	11:03am
Woonona	3:48pm	4:56pm	5:48pm
Hurstville	4:56pm	5:57pm	6:55pm
Central	5:14pm	6:14pm	7:15pm

CONTROL LIST				
Theme	Ctl	Location	Question	Answer
	10	Sublime Point Trig	On the nearby pedestal is engraved: "THIS BEAUTIFUL VIEW IS A SILENT REMINDER OF GOD'S"... what?	



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

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

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