

NSW ROGAINING CHAMPIONSHIPS 2008

FINAL INSTRUCTIONS

THESE NOTES: Are for your preparation, to get to the event, properly equipped and comfortable.

Once you register at event Administration you will receive competition notes and maps so you can then prepare for your walking trip.

Registration for the 24-hour event commences from 8am on Saturday 19th April.

The 6-hour teams can register up to 2-hours before they start, noting that 6-hour teams can start anytime between 12:00 Saturday and 6:00 Sunday. The actual start time needs to be recorded with Admin.

Please provide your team's completed Waiver form (below) to Admin when you register.

LOCATION: This year we are at Bendalong, a coastal village surrounded by Conjola National Park and the Tasman Sea, between Ulladulla and Nowra.

Bendalong is special for its north-facing beach, well-frequented boat-ramp, and friendly stingrays that enjoy leftovers from returning fishing boats.

HOW TO GET THERE: The Bendalong turn-off is 30-35 minutes south along the Princes Highway from Nowra, else 15-20 minutes north from Ulladulla. Take care from the north, the turn-off can appear suddenly on a sweeping left-hand bend.

Just follow Bendalong Rd (aka Red Head Rd) for 10 minutes until it ends at the entrance to Bendalong Point Tourist Park, our hash-house for the weekend. Be cautious about kangaroos on the road near/after dark.

We have organized a bus to connect from Bomaderry railway station to the hash-house. Here's the timetable for Friday night:

Central	5:42pm
Wollongong	7:18pm
Bomaderry	8:44pm
Bendalong (on our bus)	9:30pm

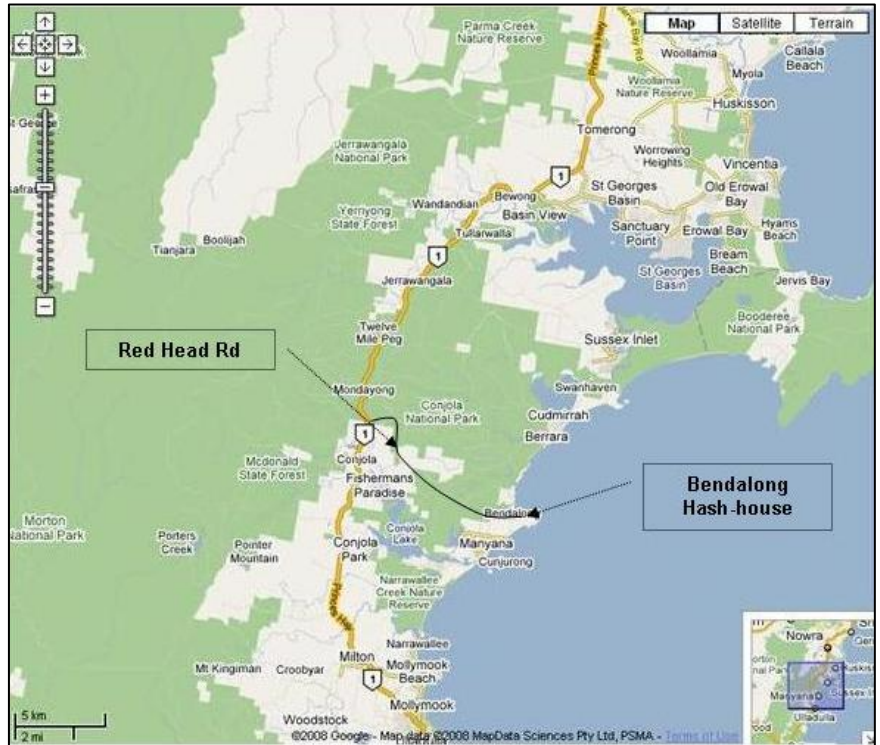
You need to have signalled with your entry that you are using the bus, including the \$5 fare.

For the return trip, people tend to want to get home so will prefer the first departure, however there is a later option if you negotiate with Admin:

Bendalong	1:45pm	3:45pm
Bomaderry	2:48pm	4:48pm
Wollongong	4:14pm	6:14pm
Central	5:56pm	7:56pm

This is the safest way to travel to/from a rogaine, especially the homeward trip with tired bodies and minds. It's also a good way to meet fellow rogainers. We suggest the second last carriage be the meeting place. Look for fit, wild-eyed people with backpacks!

There is a good general store in Bendalong. Nearest petrol is in Ulladulla/Milton to the south, Nowra/Wandandian in the north. The Bewong



roadhouse, just north of Wandandian is always open.

CAMPING: Your entry fee already includes a camping fee for the weekend at Bendalong Point Tourist Park (BPTP) 1300 733 025.

The campground provides creature comforts such as flush toilets and hot showers.

There is a security gate that protects the camping area. The access code you need to pass the boomgate is:

C378180

If any problems with access or you separately booked accommodation in BPTP visit the park office else call the event organisers.

Our hash-house is at the end of the main road through BPTP, the area known as The Overflow. There is a closed gate to separate us from other campers. Please



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close that gate behind you, and be considerate of others who are using BPTP.

MOBILE PHONE COVERAGE: is usually good on the ridges and open areas, and limited in the valleys. Expect coverage at the hash-house.

HASH HOUSE: You provide your own food before 5pm Saturday, and while out on the course. After that our Hash House will serve copious hot and hearty meals including your dinner, breakfast and lunch.

Since the Hash House is not central there will be an All-Night Café on the course, open from 5PM until 5AM. It will be mostly finger-food, but you should pack a mug/bowl for soup if you plan to visit.

You may be able to plan your trip to use one of the local shops to purchase sustenance.

TIMETABLE

Friday 18th April

14:00 Camping available
20:45 Bus meets train at Bomaderry

Saturday 19th April

08:00 Registration commences
09:00 Maps released for 24-hr teams
10:00 Maps released for 6-hr teams
11:45 Novice briefing
Noon START
17:00 Hash House opens

Sunday 20th April

Noon FINISH
12:45 Presentation and Close

THE MAP: is pre-marked, 1:25,000 on two A3 sheets of paper.

TERRAIN & WEATHER: The area has three main features:

- 15km of lovely, varied beaches and headlands stretch along the coastline.
- The hinterland, transferred from State Forest to National Park about 10 years ago, contains a good variety of forest environments and heathland with many tracks remaining from the forestry period.
- Six coastal lagoons and lakes are a notable feature, favoured by many waterbirds. Phil reported more than a thousand swans on Swan Lake (he stopped counting at 850).

Maximum altitude on the course is only 150m, so weather shouldn't be too extreme. But you never know... be prepared for cold, wet and windy, and hope you don't need it.

Average weather conditions for the month of April are:

Rainfall	79mm
Min. Temperature	13.6°
Max. Temperature	21.6°

Moon is full on 20th April, so let's wish for a clear, bright Saturday night.

Given the wide variety of terrain and vegetation it is possible for you to get wet feet and/or into extremely thick, scratchy scrub. Whether that happens to you tends to be your choice. There are ample options for staying on/near tracks and beaches without scuffing your

petticoats or top hat. But the higher points and challenges involve getting down and dirty in the bush so we recommend leg and arm protection.

There's a good chance you'll meet a leech if you venture into the rainforest.

FIRST AID KITS: Each rogainer must carry a basic first aid kit, consisting of:

- Crepe bandage
- Whistle
- Space blanket

YOU SHOULD EACH BRING:

For your walk

- Sensible walking clothes and sun protection
- Water (≥2 litres)
- Food / nibbles
- Parka / raincoat
- First aid kit, whistle and compass
- Torch(es), spare batteries & globe
- Pencil
- Toilet paper (please bury or carry all toilet waste)
- Plastic bag, map case or "Contact" adhesive to protect your map (2x A3 size)
- Mug or bowl for soup if you visit All Night Café
- Camera?
- Sense of fun & adventure
- Thongs, snorkle and surfboard

At Hash-House

- Change(s) of clothes
- Toiletries (incl. shower cap)
- Plate, mug, cutlery
- Pen, scissors, fluorescent marking pens
- Fold-up chair & table?
- Tent, sleeping bag, air mattress
- Meals prior to start

WE PROVIDE:

- A great area to explore and pleasant campsite
- A map for each team member
- Good food at the hash-house from 5pm Saturday until 2pm Sunday
- Simple food at the All Night Café from 5pm Saturday until 5am Sunday
- Prizes for category winners and spot prizes

MORE HELP: We have a great team of helpers but always appreciate more, if there's someone traveling with you but not competing perhaps?

Also a need for people to collect control flags after the event.

If you need any help or can give help, let us know. We'll see you there.

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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
_____	_____	_____

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.

up codes on any single sheet. The organisers will accept this single sheet from the team provided that the punch/record marks are discernible, and the team can identify to the organisers the checkpoint number for each of the marks.

R21. Competitors shall not deliberately rest within one hundred metres of a checkpoint unless the checkpoint is also a water drop.

R22. Competitors shall not adversely interfere with a checkpoint, water drop, any other facility placed upon the course by the organisers, or the equipment of any other team.

Administration Areas

R23. Whenever a team visits an administration area, all team members are required to report together to the organisers and surrender their team's scorecard and/or check-in their electronic recording device(s). The team shall only collect its scorecard and/or check-out their electronic recording device(s) immediately prior to leaving that administration area.

R24. A team shall finish by all of the members reporting together to the designated finish administration area and surrendering their recording device.

R25. 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

R26. The penalty for breaching these rules is disqualification except for rules R16, R17, R18 and R19 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.

R27. 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.

R28. 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.

Scoring

R29. The event shall end at precisely the set number of hours after the actual starting time, both times as defined by the organisers' clock. Where multiple timing devices are in use, the organisers shall ensure all clocks used to record finishing times are synchronized. 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.

R30. 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.

Australian Rogaining Association Technical Regulations

R31. 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.
- e) If an electronic "punch" fails but the team has either (where applicable) a punch on a backup control card or record of the human readable back-up code for that checkpoint.

General

R32. 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.