

# 2009 METROGAINE - 'THE WENTWORTH EXPLORER'

## Sunday 22<sup>nd</sup> Feb. 2009 – Event instructions

### Location/Times :

The Hash House is Rose Bay public school, Wilberforce Avenue, Rose Bay.

The school is sandwiched between Wilberforce & Albemarle & you can access from both.

|                        |         |
|------------------------|---------|
| Registration opens     | 7.45 am |
| Maps issued            | 8.00 am |
| Novices briefing       | 9.10 am |
| General briefing       | 9.20 am |
| Event starts           | 9.30 am |
| Event finish time      | 3.30 pm |
| Results /presentations | 4.30 pm |

### *Directions :*

**From city :** Follow William Street through the tunnel under Kings Cross, where it becomes New South Head Road. Keep following through Double Bay to Rose Bay (by the harbour) & upon reaching Rose Bay shops, turn right at the traffic lights into Newcastle Street then 1<sup>st</sup> left for Wilberforce Avenue or 2<sup>nd</sup> left for Albemarle Avenue.

**From south :** From Bondi Junction, follow Old South Head Road towards Watsons Bay. After you pass the Royal Sydney golf course on your left, go through the next set of lights then take either the 2<sup>nd</sup> or 3rd road on the left (Wilberforce or Albemarle).

### Note :

All parking for the event is on-street parking – there is no vehicular access to the school playground. Logically, early birds will get the closest spots.

Please car-pool so as to minimise congestion around the school.

There seem to be parking restriction signs every 5 metres however they are nearly all for other days & times (e.g. school hours).

## **Equipment**

Please bring the following :

### ***Registration***

Completed indemnity form, signed by all team members

Any outstanding payments

### ***Event equipment***

Water bottle/pack – with it being an urban event, there should be frequent access to water at parks & reserves and soy lattes at upmarket cafes.

Food – also available at various points of the course.

Texta/pens/pencils – incl. on-course score card markers

Basic 1<sup>st</sup> aid kit

Mobile phone for emergencies

Suitable clothing for forecast weather

Map case or lamination to protect map

Swimmers if you think you'll take the opportunity to have a dip – there are shark netted beaches at a couple of points on the course

### ***Post-event***

Plate, mug cutlery

Rug or chairs unless you like sitting on asphalt

Change of clothes

At registration you will receive

An A3 map per entrant

Questions list per entrant – one to be returned as the official answer sheet

## **Scoring**

The event is multiple choice questions, e.g.

“When was the plaque installed ? A : 1943, B : 1944, C : 1945”.

To avoid guessing (a.k.a. cheating), teams will have the relevant points deducted if they answer incorrectly (i.e. -30 rather than 0 for a wrong answer) so beware !!!!

For any further queries or information, call or e-mail either of the Richards on

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# New South Wales Rogaining Association Inc.

ABN 15 314 080 648

## DISCLAIMER / WAIVER

|         |           |            |
|---------|-----------|------------|
| Event : | Team No.: | Car Rego.: |
|---------|-----------|------------|

We acknowledge that the Australian Rogaining Association Inc (ARA), with whom the organising body for this event (NSW Rogaining Association) is affiliated, holds Public Liability Insurance to the value of \$20 million in respect of all rogaining events conducted by ARA affiliated bodies. This insurance covers: organisers, landowners and other third parties for any damage caused by the organisers of, or participants in, any rogaining event in connection with that event. We also acknowledge that the ARA does not hold any Personal Accident Insurance in respect of participants in rogaining events conducted by ARA affiliated bodies. We accept that any personal accident cover required is our responsibility and entirely at our discretion.

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 NSW Rogaining Association (NSWRA) 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 rogain they do so at their own risk. The NSWRA 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 NSWRA, 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 NSWRA or its employees or agents may have been negligent.

In particular, the participant agrees to indemnify the NSWRA 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 NSWRA, 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 NSWRA 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.**

# Australian Rogaining Association Technical Regulations

## 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.

## Definitions

"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 by the organisers for non-competition use, 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 and shall keep a reasonable distance from dwellings and stock with young.
  - (b) 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.
  - (c) Competitors shall not discard litter or light fires at the event site nor smoke on the course.
  - (d) Competitors shall not unduly damage or disturb native flora or fauna.
  - (e) 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. Organisers shall issue checkpoint recording devices, which shall be a scorecard &/or an electronic recorder to one or more members of each team. Electronic recording devices shall be attached to the competitors by a tamper-proof device, such as a wrist band, before the commencement of the event. Tamper-proof devices shall only be cut or removed by event officials.
- R12. A team shall surrender its recording device(s) to any event official, and shall advise their team number to any event official or other team, on request.
- R13. A team shall not accept assistance from, nor collaborate with, other people, nor deliberately follow another team.
- R14. 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.
- R15. Competitors 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

- R16. All team members shall simultaneously approach to within 5 metres of each checkpoint for which points are claimed.
- R17. In order to gain points for a checkpoint teams must record their visit to that checkpoint using the recording device provided by the organisers in the correct square, where a scorecard is used. 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.
- R18. Where more than one electronic recording device is provided to a team, all devices must record a visit to a checkpoint to gain points for that checkpoint.
- R19. Teams shall 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.
- R20. If a recording device is lost, a team may present in its place a record of punch marks or a record of the electronic "punch" human readable back-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.