

Welcome and thanks for your entry to the 47th Paddy Pallin Rogaine. This final instruction information is intended for all team members. There are also three important attachments...

- **Indemnity Form** – to be signed by all team members and presented at registration
- **Rogaining Rules** – essential reading for all team members prior to the event
- **Navlight Instructions** – each team member now wears an electronic Navlight tag and these are punched at controls in lieu of the old control cards

Venue

The hash house is located at **Kariong Scout Camp**, Woy Woy Road, Kariong, near Gosford. The site is approx 30 mins drive North of Hornsby. The course is largely within the Brisbane Waters National Park - so pets, motor bikes and generators are not permitted.

How to Get There

From Sydney:

1. Head north on the F3 Freeway, take the "Central Coast HWY" exit sign posted to Gosford, Woy Woy and Terrigal.
2. After passing under the Freeway, the Pacific Highway joins from the left at a set of lights. Continue Straight ahead.
3. After 1.2 km there are two sets of lights close together. Turn right into Woy Woy Road at the second set, sign-posted to Woy Woy. Be careful not to get into the right turn lane for the first set of lights.
4. Continue for 3km along Woy Woy Road, be aware that this road is a 60km/h limit all the way.
5. Continue 300 metres past the Bulgandry Aboriginal rock art site
6. Turn right onto a gravel road to the Scout Camp
7. After 700m fork right towards the Scout Camp
8. A gate marks the boundary to the Scout Camp, if the gate is closed then please close it behind you.
9. Continue 1 km to the car park

From the North:

1. Head South on the F3 Freeway, take the "Central Coast HWY" exit sign posted to Gosford, Woy Woy and Terrigal
2. At the end of the exit ramp turn left and merge into the Pacific Highway
3. After 500 metres again turn left at the T Junction
4. Follow the instructions from point 3 "From Sydney"

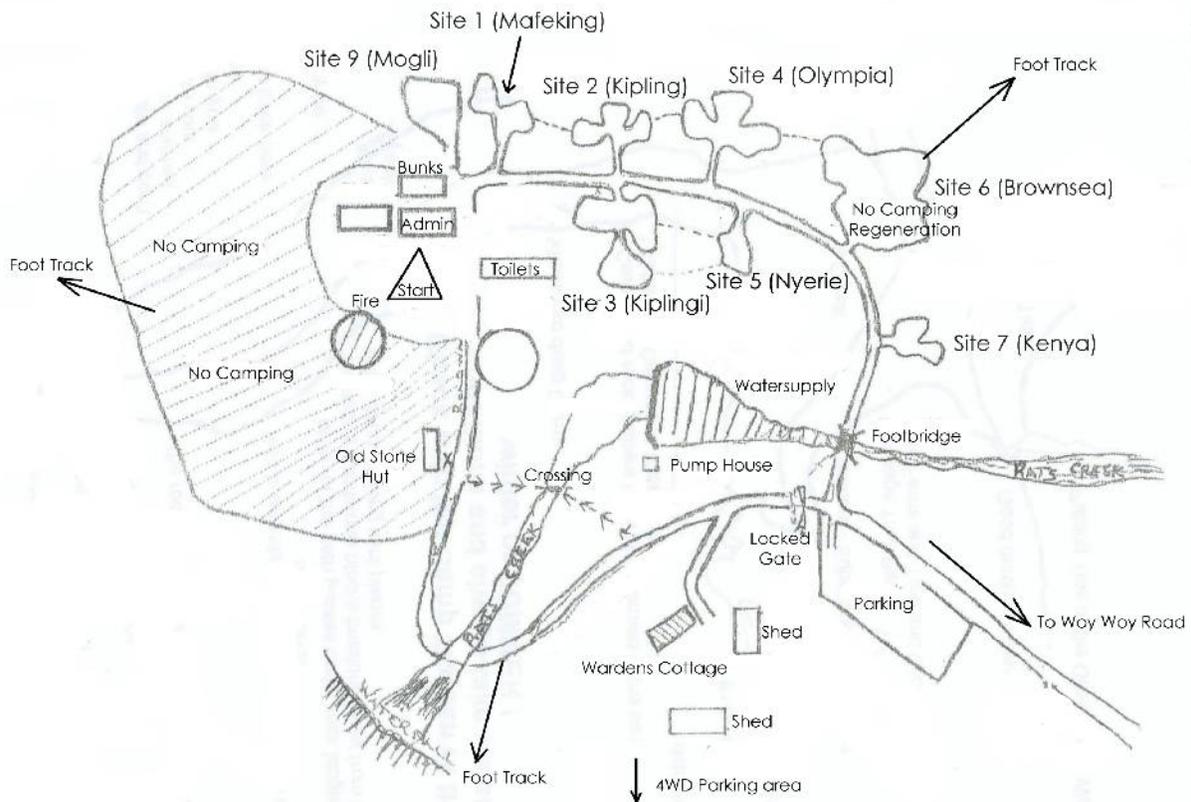
From Gosford:

1. Travel 6 km West of Gosford on the "Central Coast HWY"
2. Turn left in to Woy Woy Road at the top of the hill
3. Follow the instructions From point 4 "From Sydney"

When you arrive at the Scout Camp

If you are arriving on Saturday then you will be directed to a camping area. Note the camping areas are a short walk from the vehicle parking areas.

If you arrive on Sunday morning, then you will be directed to a parking area.



Timetable

Saturday 19 June

7.00pm	Pre-Registration Opens
8.30pm	Pre-Registration Closes
6.30pm to 9.30pm	Dinner Available (Pre order only)

Sunday 20 June

7:00am	Registration Opens
7:00am	Maps Available
8.30am	Novice & First Timer Briefing
8:45am	Pre -Start Briefing
9:00am	Rogaine Start

3:00pm	Rogaine Finish
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Registration

Registration is at the Administration building. When you come to registration, can you please make sure:

- You know your team number. It is a number less than 500. Printed lists of entrants are available for you to look it up.
- You have an Indemnity Form completed with Team Number, car registration and signed by every adult team member.
- If you have any team changes, complete a "Team Changes" form.
- If you have any outstanding fees to pay, have cash, cheque or money order ready. We do not have credit card facilities.

The following will be issued from 7.00am on Sunday:

- One NavLight tag and wrist band for each team member over 4 years of age. NavLight tags are optional for 5 and 6 year olds.
- One punch card – you do not need to return this to registration before the start
- One Intention Map
- Control descriptions and Course Setter's notes for all team members
- At the map handout desk you will receive one map for each team member.

Preparation Time

After registering your team, you should now...

- Plan your course;
- Complete your intention map and return it to a collection box. Remember to write your Team Number on it.
- Attach your NavLight tags with the wrist bands provided. Note that once closed, you cannot undo them.

Test punches are available so you can see how a punch operates. You can do this at any time. Test punches are just that! They do not affect your score. They are NOT Brief punches.

Novice Instruction

A special briefing is provided at 8.30am for those who are new to rogaining. We will also be happy to give you some individual advice after the start to help you on your way.

Pre-Start Briefing

Ready to go or not, you MUST attend the pre start briefing that will be held at 8:45am. Here, a check will be made that your Navlight tag is correctly fastened. It will then be punched with a "Brief" punch. Every team member must have a tag correctly attached and punched. You must have your tag 'brief punched' before you go out on the course, or it won't work!

Note that "Test" punches are not "Brief" punches!

On the Course

At each control point each team member must punch their Navlight tag. The Navlight punches will be attached to the flag. At controls closest to the Hash house, there may be two punches. Each person can use whatever punch is available.

You are only required to punch your control card if the Navlight punch fails to function or is missing.

The Finish

When you return from the course, the entire team must report to Administration. Your team's finish time will be the time that the last tag is punched with the "stop" punch.

Each team member must

1. Show that the NavLight tag is still attached to your wrist.
2. Have it punched with a "Stop" punch.
3. Cut it off and hand it to one of the collectors.
4. If you had to use your punch card hand it in also.
5. You should then leave the area.

Scoring

- Points for each checkpoint are worth ten times the value of the first number of the checkpoint. eg Checkpoint 62 is worth 60.
- Penalty for late finish will be 10 point per minute or part thereof. Teams finishing more than thirty minutes late shall be deemed ineligible for a placing and their result will be recorded as "LATE".
- Each team member must punch their NavLight tag at a check point for the team to be awarded the points.
- NavLight will be the primary scoring system. The punch cards will only be read if a NavLight punch fails or is missing.

Results

At the conclusion of the event, every team's score will be displayed as it becomes available. Once all NavLight tags have been read, results by category will be displayed and individual team result sheets will be printed on request. Full results will be published on the web site.

The Map

The map has a scale of 1:25,000 with contours at 10 metre intervals. It has pre-marked controls and is printed on one A3 sheet. The map is printed on plain paper and it is recommended the map be covered with clear "contact" or similar for use in the event.

The Course and its Hazards

The course is primarily located on National Parks & Wildlife Service land. The Hash House is located on Kariong Scout Camp leased land.

The course is predominately natural bushland surrounding a section of the Great North Walk. The course rises from Sea level at the river to a high point of 240m. The area is sandstone formation with many cliffs and rock ledges providing panoramic views of the course and surrounding landforms. The course also encompasses public roads, with the area in popular use throughout most weekends. Vegetation ranges from medium to slow. Most vegetation can be pushed though quite easily but be warned it is very prickly. Full leg and arm cover are highly recommended. Fingerless cycling gloves are ideal for protecting your hands.

We have found good mobile phone coverage across the area, due to the close vicinity of the F3 Freeway

Equipment

If you are camping on Saturday night:

- Tent
- Sleeping bag
- Sleeping mat
- Lots of warm clothes

Remember you need to carry your tent and equipment up to a maximum of 200 metres from the car (trolleys provided).

At the Hash House:

- Completed indemnity form, signed by each member of your team;
- Pens, pencils etc for course planning work
- Cutlery, mug, desert and dinner plates
- Portable chairs and table
- Change of clothes
- Your own additional food for Sunday breakfast and lunch out the course; and
- Fully treated water for cooking, washing etc is available at the Scout Camp site.

On the Course:

Compulsory Equipment:

Each Rogaine entrant must carry a basic first aid kit that includes:

- Heavy weight Crepe bandage
- Whistle
- Space blanket

These items can be purchased at the Sales Desk. We also have compasses for sale and hire.

Recommended Equipment:

- Compass, watch, pencil
- Hat and sun cream
- Suitable shoes or boots
- Gaiters and eye protection
- Full leg and arm cover plus gloves
- Water bottle – At least 2 litres per person
- First aid kit
- Food to keep you going while out there
- Mobile Phone.

What we Provide

- Dinner on Saturday night from 6.30pm to 9.30pm (if pre-booked and paid for);
- Hot food will also be available after the event, from 2.30pm on Sunday.
- First aid kits containing the minimum requirements as previously noted are available for \$6 at the administration tent.
- Whistles are available at \$2.50 each
- And if you're in need of a compass, we have a limited number for hire for the event at \$2.

Further Information

About the Event:

Andrew Haigh
Phone: 02 4959 8840
Email: anhaigh@bigpond.com

Registration and Administration:

Lindsay Young
phone: 02 9525 6403
email: admin@nswrogaining.org

Using NavLight

Scoring

This event will use NavLight electronic punching. NavLight has two main components, the punches and the tags. A tag is strapped to the wrist of each person in your team. A punch hangs from a cord at each control near the flag.



A Punch.....



A punch and a tag.....

When you visit a control you record your visit by inserting the punch into the tag. You must hold the punch in the tag until the red light flashes to indicate that your visit was recorded.

A “Test” punch will be hanging beside a flag near Admin. You can use this to try your tag and see how the system works. It has no effect on your score.

Fitting the wristbands & testing.

The wristbands are made from a rugged vinyl material and cannot be removed from the wrist without breaking them. Wear them quite loosely. You should be able to fit two fingers comfortably between the band and your wrist. Over a long period, a tight strap will cause irritation. Thread the band through your Tag, wrap it around your wrist, then close the clasp through one of the holes in the strap. There is a loose end which you can pull off carefully.



A Brief History of the Paddy Pallin Event

(Reproduced and adapted in part from Peter Tuft's history of the event written for The Australian Orienteer in 1986).

The Paddy Pallin Orienteering Contest was first held in 1964. Occasional orienteering-type events had been held in Australia before this date, but Paddy's event is almost certainly the longest established event that bore the name 'orienteering' in this country. The first event was held in the Euroka area, in the lower Blue Mountains. Paddy's aim for the event was to provide a means for improving the navigational skills of bushwalkers, many of whom were more interested in enjoying the bush than in accurate navigation. However, a lack of interest in navigation can lead to varying degrees of inconvenience, not least to the search parties who may be called out in extreme cases. Hence when Paddy read of the Scandinavian sport of Orienteering he decided that it was just what was needed in Australia.

Not having any detailed information on the way the sport was run overseas, Paddy invented the rules to suit the conditions. They evolved over the years as experience was gained and feedback was received from competitors. The first event was a cross-country event, similar in principle to the standard form of orienteering today. However difficulties with teams following each other led first to a type of event in which all controls had to be visited, but the order was not fixed, and then to a fixed duration score event.

The Paddy's Orienteering event was not associated with organised orienteering in NSW, but was run privately by Paddy and his family and friends. While this meant it did not achieve a prominent place in the orienteering calendar of the day, it did continue to attract bushwalkers and rogainers, many of whom did not perceive it as yet another elite event for fanatical runners (as orienteers can sometimes be seen in those circles).

For the first 15 years or so the format of the annual event did not change significantly. It was a 3-hour score event with about 20 or so controls. Competitors used to be assigned individual start times, but eventually a mass start was found to be just as satisfactory, and certainly simplified the administration. Originally there were only two entry classes: open (mostly men) and mixed. The map was always one of the standard topographic series. In the early days old army maps at a scale of one inch to the mile (1:63,360) were used. This had the potential to cause some difficulty for less experienced orienteers who may have had trouble adapting to the relative lack of detail. However, it was also a valuable experience in fine navigation in the real world, as opposed to the somewhat artificial level of detail on orienteering maps. While the format changed little over the years, the style of the course was eventually brought into line with modern orienteering and rogaining practice.

Right up into his mid-eighties, Paddy was active in setting out controls. The main organisation was done by Paddy's son Robert, with help from his wife Nancy, and various friends who volunteered from time to time.

Chronology of Paddy's Orienteering events:

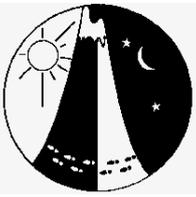
1st	1964	Euroka
2nd	1965	Euroka
3rd	1966	Euroka
4th	1967	Euroka
5th	1968	Long Angle Gully
6th	1969	St Albans
7th	1970	Mellong
8th	1971	Wheeny Creek
9th	1972	New Yards
10th	1973	New Yards
11th	1974	Lawson Ridge
12th	1975	Lawson Ridge
13th	1976	Grose Road, Faulconbridge Ridge
14th	1977	Mt Hay Road, North Katoomba
15th	1978	Chapman Road, Faulconbridge
16th	1979	North Katoomba
17th	1980	Linden Ridge
18th	1981	Colo Heights, west of Putty Road
19th	1982	Colo Heights, east of Putty Road
20th	1983	Culoul Range/Tari Creek
21st	1984	Colo Heights, east of Putty Road
22nd	1985	Mellong Swamps
23rd	1986	Mellong, Putty Road
24th	1987	Howes Valley, Putty Road

The last 22 years of 'Paddy Pallin' events organised by NSW Rogaining :

25th	1988	Putty Road
26th	1989	Wingello
27th	1990	Tianjara
28th	1991	Euroka Clearing
29th	1992	Mangrove Mountain
30th	1993	Cataract
31st	1994	Hampton State Forest
32nd	1995	Bilpin
33rd	1996	Patonga
34th	1997	Bargo
35th	1998	Fortress Ridge
36th	1999	Coolendel
37th	2000	Capertee
38th	2001	Ben Bullen
39th	2002	Newnes
40th	2003	Propran NP
41st	2004	Colo
42nd	2005	Newnes Plateau
43rd	2006	Wingello State Forest
44th	2007	Rydal
45th	2008	Newnes Forest
46th	2009	Coolendel

(This list to 1985 was reconstructed from memory during discussion between Paddy and Robert Pallin, with Peter Tuft, so there is a little uncertainty about some of the locations).

The NSW Rogaining Association took over responsibility for the event for the 25th event in 1988. It was decided then that it be called the 'Paddy Pallin Rogaine', even though it was only a 6 hour event, due to its status as one of the longest running cross-country navigational events. The event as a rogaine has continued to flourish and grow into the success it is today, due in part to its accessibility to novice participants, something that remains true to Paddy's original intent.



New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event :	Team No.:	Car Rego.:
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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 rogaine 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.