



FINAL INSTRUCTIONS TO COMPETITORS

Lake Macquarie Rogaine 2026

incorporating the NSW Championships

25 to 26 July 2026

Olney State Forest, Watagan Mountains, Lake Macquarie

1 WELCOME

Thank you for entering the 2026 Lake Macquarie Rogaine incorporating the NSW Championships. We hope you enjoy the course and the Watagan Mountains.

If you are a team leader, please make sure this information reaches every member of your team.

The **disclaimer/waiver** form at the end of these instructions must be signed by all team members and handed in at the registration desk on the day.

Competition rules

This event is run under the Australian Rogaining Association Rules of Rogaining and Technical Regulations, available at <https://rogaine.asn.au/documents/rules-and-standards>. Please read the rules before the event.

2 GETTING TO THE EVENT

The Hash House is at The Pines Picnic Area, Palmers Rd, Watagans. Please car pool where possible, and follow the directions at the gate to parking, camping and the Hash House. Registration opens from 830am.

From Sydney

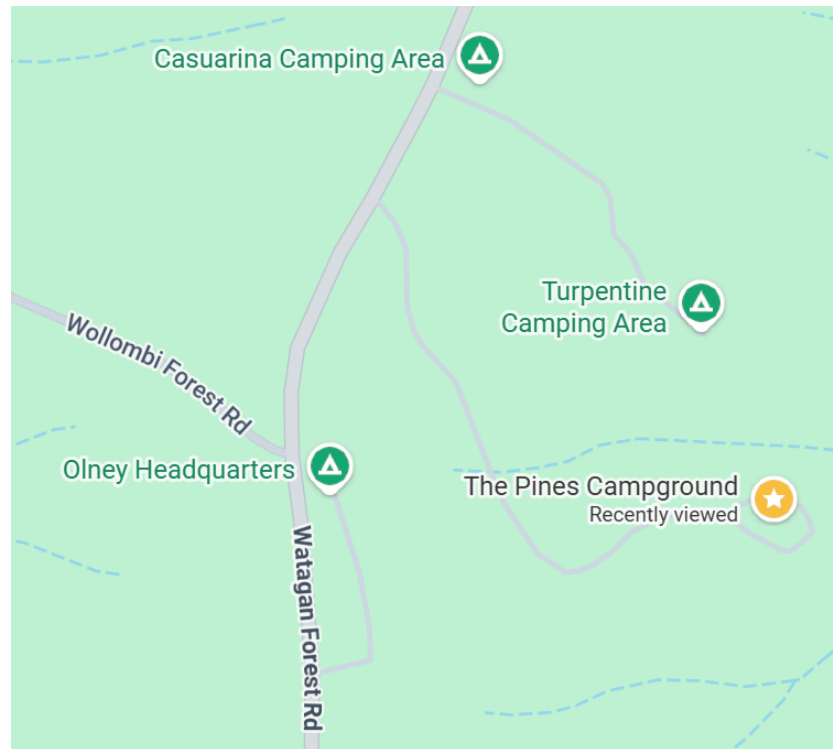
- From the M1 Freeway, take the Morisset exit and turn left onto Mandalong Rd; follow it for about 1.5 km.
- Turn right onto Deaves Rd and follow it towards Cooranbong for about 3.8 km.
- Turn left onto Freemans Dr, then after 1 km turn left onto Martinsville Rd; follow it to Martinsville for 4.5 km.
- Turn left onto Watagan Rd, which becomes Martinsville Hill Rd, then turn right onto Watagan Forest Rd.
- Turn right onto Palmers Rd and follow it down to The Pines Picnic Area; the destination is on the left.

From Newcastle

- From the M1 Freeway, take the Morisset exit and turn right onto Mandalong Rd; follow it for about 1.5 km.
- Turn right onto Deaves Rd and follow it towards Cooranbong for about 3.8 km.
- Turn left onto Freemans Dr, then after 1 km turn left onto Martinsville Rd; follow it to Martinsville for 4.5 km.
- Turn left onto Watagan Rd, which becomes Martinsville Hill Rd, then turn right onto Watagan Forest Rd.
- Turn right onto Palmers Rd and follow it down to The Pines Picnic Area; the destination is on the left.

Camping

We ask 6 hour competitors to camp in The Pines Campground or The Turpentine Camping Area, to keep noise down for those competing in the 24 hour or 15-in-24 hour events who come in for a sleep or overnight rest.



The Pines Campground and the nearby Turpentine and Casuarina camping areas.

Accommodation

Accommodation is available in Morisset, Cooranbong, Mandalong and Martinsville.

Facilities

- Water and toilets at the Hash House, with a sanitisation station.
- A communal firepit is available for use.
- Bring your own tables and chairs if you can.

3 EVENT SCHEDULE

Registration and map planning

Registration and map distribution open from 8:30am for all teams. A novice table is staffed from 930am to 1030am.

Before you come to registration, please make sure that:

- You know your team number (available on the website or on a printout at the admin tent).
- You have your signed indemnity form, signed by all team members.
- You have the compulsory equipment: a whistle, space blanket and bandage per person.

You will be issued with

- One NavLight tag and wristband per team member.
- One set of Course Setters Notes for each team member.
- One map, including control descriptions, for each team member.
- One flight plan for the team, to be returned to the admin tent before the start of the event. To enter the guessing competition, please write your guess in the space provided on your flight plan.
- 24 Hour Championship teams will receive a tamper proof bag to seal electronics whilst on course, bags to be sealed at admin desk when returning flight plans.

Key times

Registration opens	8:30am, for map planning			
Tea and Damper	11:30am Saturday to 11:30am Sunday			
Hash House	Toilets and drinking water available at all times. Food commences from 4pm Saturday to 12:30pm Sunday			
Format/Duration	General briefing	Event start	Event finish	Presentations
6 hour	10.30am	11am	5pm	5.30pm
15-in-24 hour	11:30am	12pm Saturday	12pm Sunday	12.30 pm Sunday
24 hour	11:30am	12pm Saturday	12pm Sunday	12.30 pm Sunday

Novice briefings

Novice briefings are conducted individually with teams at the novice or event guidance table. Please aim to attend the desk between 930 and 1030am.

4 THE COURSE, MAP AND ENVIRONMENT

The course

We have tried to make the course interesting while still catering for novices, young families and those with moderate experience, as well as seasoned rogainers. Take a camera and have fun: there are wildflowers, birds, wallabies, koalas, wombats, bandicoots and echidnas out there.

The map

- Scale 1:25 000 with 10 m contours, created from LIDAR imagery by Hamish Mackie.
- Printed on A2 waterproof paper, so it does not need to be covered.
- A good selection for novices and families, and a good layout for runners.

Care for the environment

This is a busy area with a network of vehicle tracks. Obey all road-safety rules, especially when using tracks. Please tread lightly: there are areas of endangered flora and fauna.

5 SAFETY INSTRUCTIONS TO COMPETITORS

These safety instructions summarise, for competitors, the arrangements set out in the event Risk and Safety Plan. Read them before the event and carry the compulsory safety equipment at all times. Where any detail here differs from the Risk and Safety Plan, the Risk and Safety Plan takes precedence.

Travel as a team

- Your team must stay together at all times.
- Stay within voice contact of every team member.
- If an injury or illness occurs, stay together as a team.

Course hazards to watch for

- Steep, rocky terrain with marked and unmarked cliffs. Avoid marked cliffs; controls are set back from edges.
- Slippery gullies and watercourses, especially on moss-covered rocks.
- Snakes (carry a crepe bandage), and ticks and leeches (use insect repellent).
- Stinging trees, native raspberries and lawyer vine in the thicker sections.
- A busy vehicle-track network: 4WD vehicles on the forest roads, plus trail bikes and mountain bikes. Take care whenever you cross or follow a track.

- Areas of thick regrowth, recently cleared ground and unmarked gullies between contours.

Communications and calling for help

Mobile coverage is limited on the course. Coverage is best on the high points and ridge lines shown on the map.

- In an emergency, dial 000. If you have no mobile signal, use a device with satellite messaging to contact the event satellite phones.
- Event emergency numbers: satellite phones 0416 218 861 (primary) and 0416 219 039 (secondary); the Hash House on 0434 369 493; and the First Aid Officer, Charles Kuan, on 0423 002 240.
- Install the Emergency Plus and Hazards Near Me NSW apps on your phone; the St John Ambulance First Aid app is also recommended.
- Wyong Hospital is about 49 minutes' drive from the Hash House. The emergency helicopter landing site is marked on the map.

If you are injured or unwell

- If you are injured and unable to move, for example a broken ankle or snake bite, stay where you are and blow your whistle three times, repeating every five minutes.
- Any person who hears an emergency whistle must stop, regain and render assistance.
- If you are injured but can move, make your way to the Hash House or the nearest water drop.
- Every team member must carry a whistle.

If you become lost

- Stop, check your map, look for reference points, and backtrack to a known point if you can.
- A track or road network follows most ridgelines: climb to the top of a ridge for a better view.
- A safety bearing (a compass direction to follow if you cannot relocate yourself) will be given at the general briefing and shown on the map.

Safety patrols

Roving 4WD safety patrols cover the vehicular roads connecting the on-course water drops, the Tea and Damper welfare point and the Hash House, as shown on the map. If you strike difficulty or need assistance, make your way to one of these roads to be collected as a patrol passes by.

Hydration

Stay hydrated. Water is available at the Tea and Damper point and at the on-course water drops to refill your bottles. Carry at least 2 litres of water per person.

High-visibility clothing

Wear high-visibility clothing, particularly if you are on course overnight. It makes you easier to see at night, both to other people on-course and to passing vehicles, and it assists any search if a team becomes late or lost. Night competitors should attach safety lights or reflective tape to their packs to keep track of team-mates, and carry a headlamp or torch.

After the event: driving home

Many competitors finish tired. Driver fatigue is a serious road-safety risk. Before you drive home, honestly assess your level of fatigue, rest until you are fit to drive, and take regular breaks. If you are too tired to drive safely, rest at the Hash House first or share the driving with someone who is alert.

6 DISQUALIFICATION CONDITIONS

The rules in this section exist for one reason: to maximise the safety of everyone taking part in the sport. Each one protects you, your team and the other competitors on-course, and together they preserve the accountability that lets organisers confirm every team is safe and reach you quickly if something goes wrong. Please treat them as safety measures first and competition rules second.

For that reason, breaching any of the following safety rules results in immediate disqualification:

- Separating from your team, or losing unaided voice contact with any team member, at any time on the course.
- Not carrying the compulsory safety equipment for every team member: a whistle, a space blanket and a compression bandage.
- Entering an out-of-bounds or forbidden area, or crossing onto private land, dwellings, young stock, newly sown ground or crops.
- Failing to abandon the course and render assistance when you hear an emergency whistle or other distress signal.
- Unsealing the sealed bag holding your mobile communications and tracking devices before it is permitted to do so.

Sealed communications and tracking devices

At the start, each team's mobile phones and any electronic tracking or navigation devices are placed in a sealed bag. Navigation is by map and compass only, and the seal keeps the event fair while ensuring a working phone is preserved for a genuine emergency.

The bag may be unsealed only in the event of an emergency, or when your team is significantly overdue. Unsealing it for any other reason, such as to check a message, take a call or assist navigation, is a breach and results in immediate disqualification.

If you do unseal the bag in an emergency or when overdue, report it to the organisers at the Hash House as soon as you return so the circumstances can be recorded.

7 WHAT TO BRING

For the Hash House

- Food and water for before and during the event. The Tea and Damper opens from 11:30am Saturday, and catering at the start commences from 4pm, with food available until the final presentation at 12:30pm Sunday.
- Pens, pencils, scissors and highlighters for map planning.
- A change of clothes.
- Something to sit on, and a table if you would like one.

For the course

- Compass, watch, pencil and a whistle.
- A mobile phone for emergency calls - must be bagged for Champs and only removed for emergency.
- A first aid kit, including a bandage and space blanket. Safety gear will be checked on the day.
- Comfortable clothes and shoes. Gaiters or long pants and long-sleeved shirts are advisable.
- Thermals and a light rain coat or poncho; it can be wet and cold in the gullies.
- At least 2 litres of water per person.
- Your own snacks for walking.
- For night competitors, safety lights or reflective tape on packs, and a headlamp or small torch.

8 DURING THE EVENT

Checkpoints and NavLight

At each checkpoint, remember to punch all your NavLight tags. If a NavLight punch fails, take a photo of the flag and text it to admin, or record the number on the flag or the NavLight serial number. At the finish, your NavLight tags are punched with a Stop punch and read.

15-in-24 hour timing

Note your time on the course. 10 points per minute late penalty and disqualification at the 30 minute overdue mark when the on-course time exceeds 15 hours.

9 THE FINISH

About 30 minutes before the finish, a marshalling area is set up. When you return, officials check that your whole team is present, punch your tag with a Stop punch, and collect your tag; your team should then leave the area.

Teams are deducted 10 points per minute that they are late. Any team more than 30 minutes late is recorded as Late and is ineligible for a placing.



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 rogaie 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:

- 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.
- 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 and 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 above named 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.