

# The 15<sup>th</sup> Annual Lake Macquarie

## 6 & 12 Hour Rogaine

**Welcome** to the 2006 Lake Macquarie Rogaine. We would like to acknowledge the support of Lake Macquarie City Council and NSW National Parks Service.

**When:** Saturday 19 August 2006

**Where:** Watagan National Park – 8 km south east Congewai (see location map)

**Program:**

8:30am	Registration opens – maps available
11:30am	Briefing for novices
11:45am	Final briefing
12 noon	Start
2:30pm	Tea & Damper opens
5:00pm	Hash House opens
6:00pm	Finish 6 hr event
6:45pm	Presentations 6hr event
9:15pm	Tea & Damper closes
12 midnight	Finish 12 hr event
12:45am	Presentation 12 hr event

As most of the event takes place through a national park we are required to make everyone aware of the following conditions:

- No animals are to be brought to the event
- Park in designated areas
- Use toilet facilities provided
- Restrict fires to fireplaces where provided
- No firewood, plants or animals are to be removed from bushland
- Allow other members of the public to use the area undisturbed
- Allow any forest workers or contractors to work unobstructed
- Participants should follow the directions of Forest Rangers

### **Outstanding Membership Forms & Fees:**

If noted in this mail out, you will need to hand in a completed membership form for NSW Rogaining Association and/or pay the fee before you can compete.

### **Event Registration:**

Teams must register and hand in a completed indemnity form before maps etc are distributed . Competitors will be required to use 2 systems for punching controls

1. Manual system - Laminated punch cards will be collected at start time (12 noon)
2. NavLight system – electronic system, collected at registration

### **Parking & Camping:**

The Hash House is located on private property in a large clearing (“Congewai Golf Club”), please respect all the facilities associated with the property. There will be 2 parking areas, the first one (second entrance) next to the road and hash house will be for the 12 hr competitors and campers while the back area (first entrance) will be for 6hr competitors, please follow directions from parking attendants. **Do not park on side of road.**

Camping is available on the Friday and Saturday nights. If competing in the 12 hr event please consider staying the night or have someone drive home who did not compete in the 12 hr event.

**\*\*\*\* Please close the gate to the property when leaving after your event**

**Fires:**

Unless there is a fire ban there will be a fire near the Hash House and at the Tea & Damper. Please do not light fires on the course.

**Hash House:**

The Hash House will serve hot food continuously from 5pm (Sat) until 1:00am (Sun) and breakfast Sunday 7:30am for participants. Please inform us at registration if you intend having breakfast on Sunday at the Hash House.

**Prizes:**

Certificates will be presented to all participants

Medallions will be presented to relevant winners and placegetters. Categories will include Open, Veteran, Super Veteran, Junior and Novice with Men, Women and Mixed gender categories within each class.

**Novices and Inexperienced:**

If you are at all unsure about any aspect of Rogaining please ask us. We will be happy to provide advice on navigation, planning your course, route choice, equipment etc. By remaining behind for a few minutes after the start of the event we can give you tips and send you in the right direction.

**What to bring to the Hash House (check each item as you pack it )**

- Plastic bag or clear contact to protect map and control card
- Indemnity form signed by all members
- NSWRA membership form and fee (if required)
- Pens, scissors, string, sticky tape for map work
- Your own cutlery, mug, bowl and plate
- Camping gear
- Change of clothes, towel
- Chairs, picnic table
- Food for Friday night and Saturday morning
- Basic first aid kit
- Spare water ( 5 litres )

**What to take on the course ( each participant should have these )**

- Small backpack
- First aid kit (crepe bandage, elastoplast, "space blanket" )
- Compass, watch, whistle
- Gaiters or other leg coverings (full body cover recommended)
- Shoes with good grip
- Sunhat, suncream, insect repellent
- Wet weather gear and warm clothing
- Pencil for "Registration Boards" at checkpoints
- Headlamp/small torch (with spare batteries and globe)
- Snacks for on the course (staminade, muesli bars, dried fruit, chocolates)
- 1-2 litre filled drink container

***For any further information phone:***

**Bob Gilbert - 4952 1967**

# Course Information and Directions

<b>Organisation:</b>	<b>Bert Van Netten</b>
<b>Administration:</b>	<b>Bob Gilbert</b>
<b>Course Setter:</b>	<b>Bert Van Netten</b>
<b>Course Vettors:</b>	<b>Bert Van Netten</b>
<b>Hash House Catering:</b>	<b>NSW Junior Orienteering Squad (Di Van Netten)</b>
<b>Tea &amp; Damper Café:</b>	<b>1<sup>st</sup> Cardiff Scouts</b>

The beautiful Congewai Valley, in the northern part of the Watagan Mountains is the setting for this years Lake Macquarie Rogaine. The course incorporates some prominent ridgelines and spurs with good track network providing easy access to the higher areas. As is usual for this event there are some beautiful watercourses surrounded by rainforest to add variety to the rogaine.

A good spread of controls has been placed close to the hash house to give those starting out in rogaining or using the event as a stepping stone to longer rogaines a chance to hone their navigation skills. This gives plenty of controls for 6 hour competitors with a longer challenge for the 12 hour competitors.

The world famous (or at least Lake Macquarie Rogaine famous) Tea and Damper stop will be in operation again during the event. It is located at a high vantage point not far from the hash house so that the majority of competitors can visit.

There is a large camping area adjacent to the hash house.

## Directions

### From Sydney

Take the Cessnock exit from F3 freeway and travel approximately 11.7 km through Freemans Waterhole to Mulbring where you turn left (west) at Sandy Creek Rd to Quorrobolong. Follow this road for 22 km, passing through Quorrobolong , Ellalong and Paxton. After passing through Paxton turn left (south) and proceed 7 km to Congewai along Congewai Rd. Follow the unsealed road after Congewai for 8 km to the assembly area.

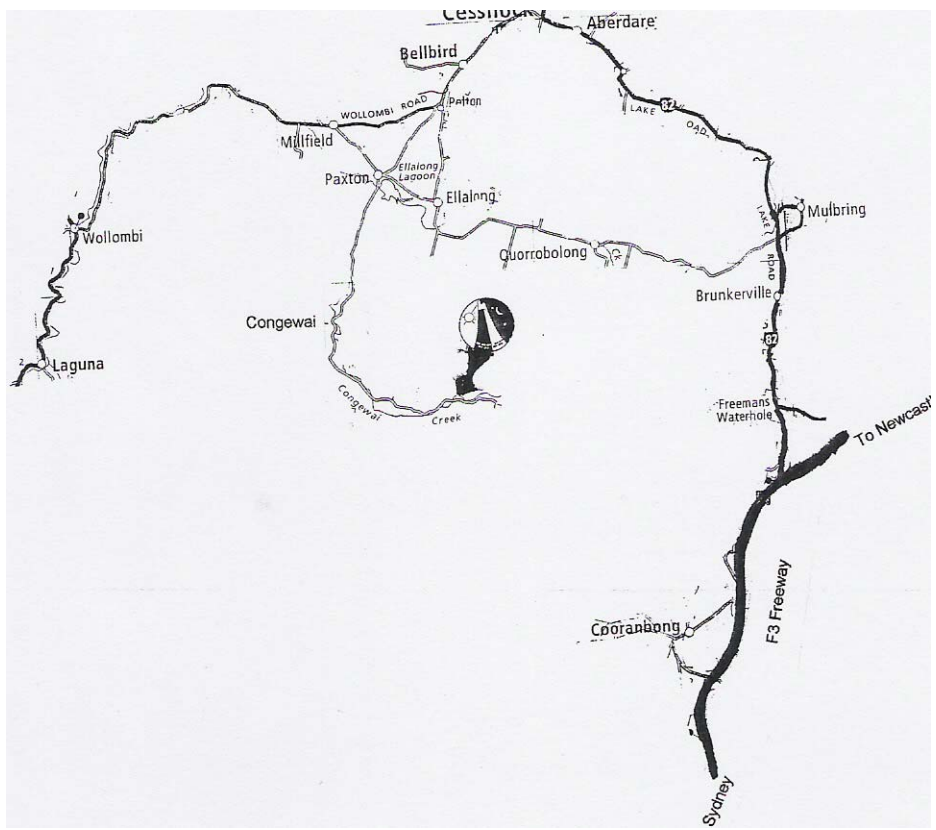
An alternate way from Sydney is to come through Wollombi and turn right (east) towards Cessnock for approximately 17 km to Millfield , then take the Paxton turn to the right into Millfield Rd, for 3 km to Paxton. From Paxton follow signs to Congewai and follow directions as above.

### From Newcastle

Travel north from Freemans Waterhole for 8 km towards Mulbring, turn left (west) into Sandy Creek Rd and proceed towards Quorrobolong. Then follow directions as "From Sydney" .

### From North of Newcastle

Travel to Cessnock. Proceed west along Wollombi Rd (toward Bellbird and Wollombi) for 6km, turn left (south) into Middle Rd to Paxton. Continue through Paxton for 7 km to Congewai and then follow unsealed road for 8 km to assembly area.



# 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 rogain 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 rogain so as to have a prior familiarity with the rogain course or the fieldwork of the rogain 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 5 metres 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. 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. 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.
- R18. If a scorecard is lost, a team may present in its place a record of punch marks on any single sheet. The organisers will accept this single sheet from the team provided that the punch marks are discernible, and the team can identify to the organisers the checkpoint number for each of the punch marks.
- R19. Competitors shall not deliberately rest within one hundred metres of a checkpoint unless the checkpoint is also a water drop.
- R20. 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

- R21. 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.
- R22. A team shall finish by all of the members reporting together to the designated finish administration area and surrendering their scorecard.
- R23. 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

- R24. The penalty for breaching these rules is disqualification except for rules R16, R17 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**.
- R25. 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**.
- R26. 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

- 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.



# 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 <small>(Please print clearly)</small>	Participant Signature	Date
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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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 <small>(Please print clearly)</small>	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.**