

Welcome and thanks for your entry in the Goobang Rogaine. If you are a team leader, please make sure this information is available to all your team members.

There are two important attachments ...

- **Indemnity Form** - This must be signed by all team members and presented at the administration tent when you collect your maps.
- **Rogaining Rules** - Please ensure all your team members are familiar with the rules prior to the event.

How to Get To the Event:

The Hash House will be at the Wanda Wandong Camping Area in the Goobang National Park.

From Sydney:

Travel to Bathurst, then Orange then Molong. From Molong, follow the "Banjo Paterson Way" to Yeoval. At Yeoval go straight ahead and you will be on the Obley Road to Obley and Dubbo. After 11km turn left into Gundong Road. The sign says 42km to Tomingley. Follow Gundong Road for 15km to the Park entrance on your left. The second part of this 15km is a gravel road.

From Newcastle & the North:

Take the Golden Highway through Denman, Meriwa and Dunedoo to Dubbo. From Dubbo travel south on the Newell Highway for 47km then turn left into Gundong Road. This intersection is the cover picture on the last newsletter. Tomingley Creek is about 2.5km before the turn. Follow Gundong Road for 15km to the Park entrance on your right. The last 1km is a gravel road.

From the ACT and South:

Find your way to Parkes then follow the Newell Highway north through Peak Hill and Tomingley. 4km past Tomingley, turn right into Gundong Road. Gundong Creek is just before the intersection. Follow Gundong Road for 15km to the Park entrance on your right. The last 1km is a gravel road.

When you reach the Hash House Site:

In return for the use of the camping area we have to meet certain requirements of National Parks so please follow these instructions.

The camping area is 600m in from Gundong Road. It is an area about 250m x 80m enclosed by a ring road lined with substantial log barriers. This road is one way and the direction is anti-clockwise. For our

purposes, consider the camping area to be divided into two sections. The section nearest the entrance is for the Hash House, Administration, and other park visitors. We do not have exclusive use of the camp site.

The section furthest from the entrance is where you must camp. You must park your car on the ring road. Park on the left which will be the inner side. If you are not camping you can park near the entrance and use the Hash House section.

There are two National Parks toilets which we have agreed not to use for the duration of the event. Six Portaloos will be placed just outside the ring road near the camping section. Please use these.

How to Get Home Alive:

Driving home straight after competing in a 24 hour rogaine is a mug's game. Don't do it! Get rest or bring an extra person to do the driving. Stay the night. We are providing a basic meal on Sunday evening and breakfast on Monday morning.

We will sell meal tickets to drivers at Administration for \$10 per person. These entitle them to the same food service as the competitors. Alternatively they can have free meals if they will work a 6-hour shift in the Hash House.

Registration:

Registration will open at 8.00am Saturday morning for team changes and settling of any outstanding payments. Maps, checkpoint descriptions and course setters notes will be available from 9.00am Saturday morning.

Pre-Start Briefings:

Collective briefings will be held at 11.30am for novices, and 11.50am for all competitors. We require everyone taking part in the event to attend the final briefing. If you or any of your team is unsure of any aspect of how the sport works, please do not hesitate to ask one of the event staff. We will be happy to give you some advice for a few minutes after the start of the event to get you on your way. Don't forget to collect your control card from the clothesline before you head off.

Event Time:

All three event duration options start at 12 noon on Saturday. The 6 hour option finishes at 6pm Saturday and the other two at 12 noon Sunday. For those teams entered in the 15 in 24 hours event....your start time and finish time is the same as the 24 hour Championship event, BUT you must spend 9 hours in total, back at the Hash House.

The Map:

The map has a scale of 1:50000 with 20m contours. It has pre-marked controls and is printed on one A3 sheet. The ink is waterproof but the paper isn't so bring some contact to cover your map and control card.

The Course and its Hazards:

The course presents the usual range of hazards one should expect at a 24 hour rogaine. At this time of year the temperature should range from cool at night to hot during the day. Unless there is substantial rain in the week before the event there will be no drinkable water in the creeks. It can be a long way between water drops so carry plenty of water.

Ticks, itch mites and leeches have not been a problem for the course setters. However they are a regular feature of the Australian bush and should be assumed to be waiting for you. We suggest that you come armed with an insect repellent such as Aerogard which contains diethyltoluamide (DEET) as the major ingredient.

What you should bring:

At the Hash-House:

- Pens and pencils etc for map work
- Scissors, sticky tape
- Map case or plastic contact to protect your map
- Cutlery, mug, dessert & dinner plates
- Camping gear, a chair
- Change of clothes
- Your own additional food for Friday evening & Saturday breakfast
- Your own food for out on the course, during the event
- Water - please be self-sufficient by bringing 10 litres per person.

Further Information

For general information call Graeme & Vicki Cooper up until 9am on Thursday 7th April on 02 6772 3584 or email to graeme_cooper@northnet.com.au

For entry related matters call Belinda & Andrew Pope on 02 9484 1736 or email: absspopo@optusnet.com.au

Lastly Sleep, Revive, Survive!!!

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| IF YOU TRAVEL TO THE EVENT BY CAR, DON'T ATTEMPT TO DRIVE HOME WITHOUT HAVING AT LEAST 4 OR 5 HOURS SLEEP, PRIOR TO LEAVING. |
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On the Course:

- Compass, watch, pencil and a whistle.
- Torch and spare batteries/globe.
- Thermal underwear, full body cover thermal clothing, full body cover outer waterproof shell wear, warm hat and gloves.
- Sensible shoes or boots.
- Gaiters and eye protection.
- Water bottle - 3 litres per person is recommended.
- First-aid kit containing as a minimum - tape for blisters, snakebite bandage (1m. crepe bandage), and a space blanket (1 per person).
- Food, to keep you going while out there.
- Mug, plate, knife & spoon for use at the ANC

What We Provide:

- A continuous hot food service will be available from 5 pm Saturday until 2 pm Sunday at the Hash House. The menu will change during this period. Fruit, bread, cake, biscuits and hot /cold drinks will also be available.
- An "All Night Cafe" located near the centre of the southern half of the course will provide hot and cold food and drinks between 3pm Saturday and 9am Sunday. It will provide drinking water, a toilet and shelter for the duration of the event.
- For those who choose to stay Sunday night, we are providing a basic meal on Sunday evening and breakfast on Monday morning.
- First Aid kits containing the minimum requirements as noted previously are available for \$6 at the Admin. Tent.
- Whistles are also available for \$2.50 each.
- And if you're in need of a compass we have a limited number for hire for the weekend for \$2.



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 |
|--|-----------------------|-------|
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |
| _____ | _____ | _____ |

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 |
|--|-----------|-------|
| _____ | _____ | _____ |

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.
 - (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.