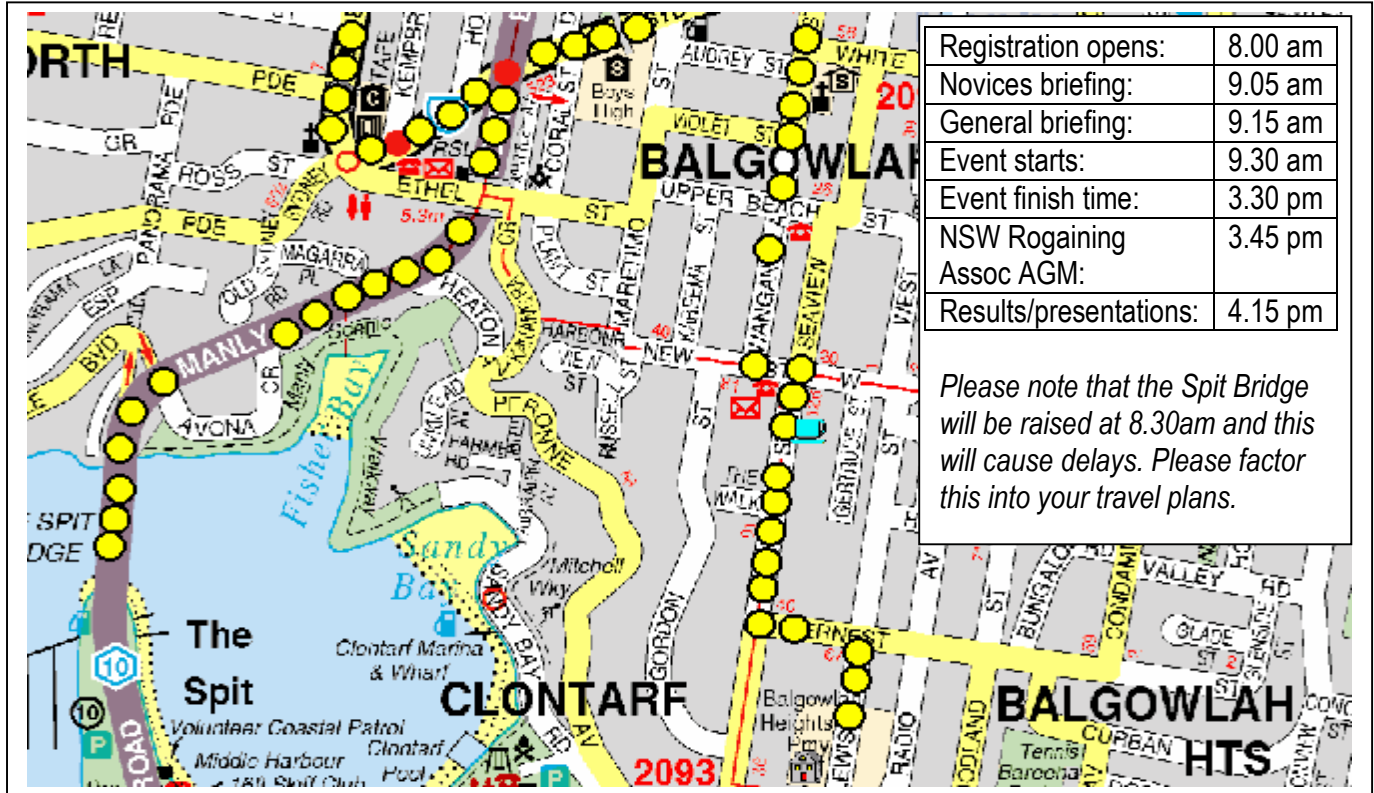


# 2007 Metrogaine – *The Silvertail Rollercoaster* 25<sup>th</sup> February 2007 – Pre-Event Information Sheet

## Location/Times:

The Hash House (the start & the finish) is at the Balgowlah Heights Primary School, Lewis Street, Balgowlah (bottom of map below).



**From CBD and South:** As shown above, head uphill from the Spit Bridge >> turn right at lights at the top of hill into Sydney Road (signposted: Manly).

**From north/northwest Sydney:** Follow Wakehurst Parkway south from French's Forest towards Manly. In Seaforth, cross main Sydney road heading towards Manly.

**Once on Sydney Road** (direction : Manly) >> turn right at 1st lights (Wanganella Street) >> follow up to Balgowlah Heights shops >> left at T-junction >> immediately right onto Beatrice Street >> 1st left into Ernest Street >> 1st right into Lewis Street.

The Hash House is situated on the right-hand side (west) on Lewis Street (marked as a house at bottom of above map).

**Note:** All parking for the event is on-street parking. Logically, early birds should park in Lewis Street adjacent to the Hash House. Once full, use Radio St where there is a path through to Lewis Street (at north end of the school campus). Parking restriction signs are for schooldays only.

If at all possible please share cars, even if you just park & car-pool from a short distance from the site to try to minimise congestion on the streets surrounding the school.

**Note:** As you turn into Beatrice Street, you will pass the Balgowlah Heights Deli on left (marked with cup on map) for coffee and an IGA on right for last-minute snacks.

# Equipment

## ***Please bring the following:***

### ***Registration***

- Completed indemnity form signed by the whole team – to be handed in at registration to receive map and question sheet;
- Any outstanding payments

### ***Event equipment***

- Water bottle/pack – with it being an urban event, there should be frequent access to water in parks & reserves;
- Food – also available en route at shops & cafes;
- Texta and pens to mark map and complete control card;
- Basic first aid kit;
- Mobile phone for emergency calls;
- Suitable clothing for forecast weather, including suncream;
- Map case or lamination to protect map;
- A compass should not be a necessity given the mainly urban course.

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

- Plate, mug & cutlery;
- Rug and/or chairs – unless you like sitting on asphalt – (also for pre-event)
- Change of clothes (?!).

## ***At Registration you will receive:***

- An A3 map per entrant
- Questions list per entrant (one will be the official “scoring” one that will be available on a clothes line at the start)
- Food and drink after event.

## ***Scoring***

The event is based around multiple choice questions – eg “On the plaque, what year was the park dedicated?” A: 1943 B: 1951 C:1975. The “scoring” question sheet will be hung on a clothes line at the start in team number order – when the event starts you can grab your teams question sheet and head off.

The “scoring” question sheet will probably be sealed in a plastic bag so that it doesn’t disintegrate if it rains – you will need to bring some sort of fine-tipped waterproof texta to write your answers on the plastic bag. If we can’t read them we can’t give you the points!!

## ***On the day...***

If you have to pull out for any reason you must come back to the hash house and hand in your control card – otherwise we will have to send out a search party at the end of the day!

## ***Burning questions?***

If you have a question or problem that can’t wait until Sunday, please contact

Richard Green (organiser)

Phone: 9948 9074

Email: [dickygreen@talk21.com](mailto:dickygreen@talk21.com)

or

Peter McConaghy (administrator)

Phone: 9437 0160 (before 9:30 pm)

Mobile: 0419-428-394

Email: [metrogaine2007@tolwong.com](mailto:metrogaine2007@tolwong.com)



# 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 (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 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 (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.
  - (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.