

**Australian Rogaining Championships**  
**Gwydir River Rogaine      15-16 August 2008**  
**Final Instructions to Competitors**

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

There are two important attachments to these instructions ...

- **Indemnity Form** - This must be signed by all team members and presented at the registration desk.
- **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 is located within the Copeton Waters State Park. The three nearest towns are Inverell (pop 10000), Bingara (pop 1250) and Bundarra (pop 400). The road from Bundarra has a 13km stretch of gravel. The other routes are sealed all the way. Beware of kangaroos when driving at any time of the day or night.

From Inverell, travel west on the Gwydir Highway for 4km. Look for the brown signs pointing to Copeton Dam. From Bingara, turn east off Fossickers Way just south of the bridge over the Gwydir River. Look for the brown signs pointing to Copeton Dam. From Bundarra, turn west in the centre of the town. Look for the brown signs pointing to Copeton Dam. Watch for another right turn after 2km.

### **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 breakfast on Sunday 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.

### **Detailed Driving Directions:**

From Tamworth

- Recommended - minimum fuss – good quality, sealed all the way. Approx 205 km, 2.75 hours:
  - Take Fossickers Way from Tamworth to Bingara through
    - Manilla
    - Upper Manilla
    - Barraba
    - Cobbadah
  - At Bingara
    - Continue through the town following Fossickers Way, it does a dogleg right and then left
    - Just before the bridge over the Gwydir river, turn right into Barraba Rd – signposted to Copeton Dam
  - After approx 52 km, turn right into Copeton State Park!
- Pastoral – unsealed, creek fords depending on weather, attention to navigating and driving required, quite scenic, **ONLY IN DAYLIGHT**. Some km shorter than option (1), but a bit slower. Approx 180 km, 3 hours:

- Take Fossickers Way from Tamworth to Barraba through
  - Manilla
  - Upper Manilla
- At Barraba
  - Continue along Fossickers Way, going straight through the clock tower roundabout
  - From the roundabout, approx 2.4km turn right into Bundarra-Barraba Rd
  - After 6.6 km turn left into Gundamulda Rd
  - After 20.7 km turn right into Gulf Creek Rd
  - After 7.8 km turn left into Towarra Rd
  - After 27.8 km turn right into Bundarra Rd
  - After 12.6 km turn left at Copeton Rd
  - After 10.1 km turn right into Copeton State Park
- Stick with the New England Highway – mostly sealed. Approx 205km, 2.75 hours:
  - Take New England Highway to Bendemeer and Uralla
  - Coming into Uralla , continue along New England Highway passing
    - Rowan St
    - East St
    - Dumaresq St
    - John St
    - Park St
    - Salisbury St
  - And then turn left into Hall St (King St is one too far ...)
  - After 0.5 km turn right into Uralla St
  - After 0.1 km veer left into Bundarra St and go through
    - Yarrowyck
    - Abingdon
  - Coming in to Bundarra, continue along Bundarra-Torryburn Rd passing
    - Goldfinch St
    - Darby St
    - Rowe St
    - Mulhead St on the left
    - Souter St
  - And then turn left into Oliver St (Court St is one too far ...)
  - After 1 km bear left into Brown St
  - After 0.2 km this becomes Wattle Dr
  - After a further 0.9km turn right into Bundarra-Bingara Rd
  - After 7.1 km bear right at Bundarra Rd
  - After 22.1 km bear right again at Copeton Rd
  - After 10.1 km turn right into Copeton State Park
- From Inverell (approx 40 km)
  - From the bridge over the Macintyre river, travel west out of Inverell on the Gwydir Hwy towards Delungra
  - After 3.7 km turn left onto Copeton Dam Rd
  - After 32.4 km veer left onto Copeton Rd
  - After 2.7 km and a spectacular drive across the dam wall (magic in moonlight) turn left into Copeton State Park

### When you reach Copeton Waters State Park:

The Hash House will be at the camp kitchen in Jaycee Park. A place for you to camp, powered sites, the Bunk House and your cabin if you have booked one are all in this area. A second camping site with its own toilet and shower block is located near the “Water Slide”. It is a 10 minute walk from there to the Hash House.



### Facilities

The park office and kiosk in the Northcott Centre are open from 8:30am to 4pm every day. The kiosk offers hot and cold lunches as well as light refreshments. There is a public phone in the centre and another just north of the centre. There is no mobile phone coverage. See the Copeton Waters State Park web site “[http://www.stateparks.nsw.gov.au/copeton\\_waters](http://www.stateparks.nsw.gov.au/copeton_waters)” for more information about the park.

### 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 could range from zero at night to 20 degrees 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 lice could be a problem. 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.

Tiger pear is definitely waiting for you in many parts of the course. We recommend you wear canvas leg covering and that each team carry a pair of long nose pliers to pull the spikes out of you and your shoes.

### The Map:

The map has a scale of 1:25000 with 10m contours. It has pre-marked controls and is 80cm x 40cm.

## **Thursday evening meal:**

For those who have ordered one, these will be served at the Hash House between 5pm and 10pm. It won't be pizza as advertised as our supplier let us down. Instead a three course hot meal will be provided by our own volunteers.

## **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 food for periods outside the Hash House hours
- Your own food for out on the course, during the event
- Water if you want your own flavour. You can sample the Gwydir River at numerous taps. Selected ones provide a filtered version.

### **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.
- Pliers to pull out the tiger pear
- 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 6 pm Friday until 2 pm Saturday 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 about 10km from the Hash House will provide hot and cold food and drinks between 3pm Friday and 9am Saturday. It will provide drinking water, a toilet and shelter for the duration of the event.
- For those who choose to stay Saturday night, we are providing a basic breakfast on Sunday morning.
- First Aid kits containing the minimum requirements as noted previously are available for \$6 at the Administration desk.
- 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 event for \$2.

## Registration:

Registration will be open between 6pm and 9pm on Thursday evening. It will reopen at 7:30am Friday morning.

Before you present at Registration, please make sure:

1. You know your team number. Entrant lists will be available for you to look this up. A team list will be on the NSWRA web site.
2. You have your Indemnity Form, signed by each member of your team.
3. If you have any outstanding fees to pay, have cash, a cheque or money order ready. We do not have credit card facilities.

You will be issued with:

1. One NavLight tag and wrist band.
2. One punch card.
3. One set of Course Setters Notes and Control Descriptions for each team member.
4. A Maps Token

The maps will be available after 9:00 am on Friday morning. Bring your map tokens to the map handout desk.

## 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.

At the Final Briefing, commencing at 11:50am, a check will be made that your NavLight tag is correctly fastened. It will then be punched with a "Brief" punch. You must have your tag punched with a **Brief Punch** before you go out on the course. If you don't punch your NavLight tag during the briefing session, then you will need to do so at the administration desk after the Rogaine start. Note that "Test" punches are NOT Brief punches!

## During the event:

At each checkpoint remember to punch your NavLight tag. You are only required to punch your control card if the NavLight punch fails to function or is missing. When ever you return to the Hash House, your whole team must present themselves at Administration. Your NavLight tag will be punched with a "Stop" punch and read. If you don't intend to go back out on the course, you should hand in your tag and card. Your "Score Sheet" will be printed. Check this and report any disagreements. When you are ready to go back out on the course, you must return to the administration area and have your tag punched with a "Depart" punch and read. If you don't do this, any extra controls you visit will be disallowed.

## The Finish:

About 30 minutes before the finish of the event, a marshalling area will be set up. When you return, officials will check that your whole team is present, punch your tag with a "Stop" punch and collect your tag and card. Your team should then leave the area. During this busy period there will be a delay of up to ten minutes before individual 'Score Sheets' become available. They will be printed on demand.

Teams will be deducted 10 points per minute that they are late. Any team more than 30 minutes late will be recorded as Late and have all points taken.

**Further Information**

For general information call Michael Watts on 02 9568 3016 or email  
[mwatts@fp.fairfax.com.au](mailto:mwatts@fp.fairfax.com.au)

For entry related matters call Belinda & Andrew Pope on 02 9484 1736 or email:  
[absspoke@optusnet.com.au](mailto:absspoke@optusnet.com.au)

**Lastly .... Sleep, Revive, Survive!!!**

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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## Use of NavLight

### Scoring

This event will use both NavLight electronic punching and traditional control cards. The NavLight tag will be the primary scoring device. Your traditional control card should only be used as a backup if there is a problem with the NavLight system.

NavLight has two main components, the punches and the tags. The tag is strapped to the wrist of one of your team. A punch hangs from a cord at each control.



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.

As well as the control punches, there are a number of "Status" punches located in the Administration area that are used to record your departures and arrivals from the hash house.

### 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.





# 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**

_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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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** (Please print clearly)

**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.**



# 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 recoding 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.