

**“Bridge to the Beach”  
Metrogaine 2008  
Sunday 24<sup>th</sup> February 9.30am-3.30pm**



## Final Instructions!

### *Where is it exactly?*

The Hash House (start and finish area) is Mona Vale Public School, Waratah St, Mona Vale.

**From west:** come down Mona Vale Rd and turn Left into Bungan St (traffic Lights just before Barenjoey Rd) at Mona Vale. The school is on your left at roundabout.

**From south:** follow Pittwater Rd over Narrabeen Bridge and through Narrabeen and Warriewood to Mona Vale. Turn Left at Mona Vale Rd and then right into Bungan St. The school is on your left at roundabout.

**Parking:** all parking is on-street. **Do not come into the school car park.** You can also park in Emma St or Wangara St at the back of the school and walk through the school grounds to registration. Please car pool!

### *What time should I arrive?*

Registration opens at 8.00am. No maps or control sheets given out prior to this time.

There will be a Novice Briefing at 9.10am and General Briefing at 9.20am.

The event begins with a Mass Start at 9.30am and concludes at 3.30pm.

There will be a NSW Rogaining Association AGM held at 4pm and all are welcome.

Results and Presentations will begin shortly after the AGM approx 4.30pm. There will be Barrel draws so please hang around. (you must be present to win a lucky draw prize)

### *What do I need to bring?*

#### **To Registration**

- Completed Indemnity form signed by the whole team. This is your token to receive an A3 map and question sheet. Please check the website later in week for team number.
- Any outstanding payments eg membership fee.
- Patience - as the admin team work through all the requirements.

#### **For the Event**

- Small backpack/bumbag and water bottle – there should be frequent access to water in parks and reserves.
- Some food – there will also be shops and cafes available en route so carry some money.
- Pen or pencil (plus spares) to complete control card (multiple choice answers)
- Basic first aid kit
- Mobile phone for emergency calls
- Suitable clothing for forecast weather. Please bring a hat and sunscreen. Comfortable, worn-in shoes.
- Map case or lamination to protect map. (Maps may waterproof but better safe than sorry?!?)
- A compass may not be necessary given the mainly urban course but...
- Swimmers - if you think you may have a break during the event.

#### **Post Event**

- Food will be a sausage sizzle with a vegetarian option. Bring a plate, cup and cutlery.
- Chairs or rug. A change of clothes could be a good idea.
- There is a good chance that a Coffee Van will be present at the end of event so bring some extra money.

### *How does the scoring work? Rules?*

Multiple choice questions will be asked of you and you will need to circle the correct answer. Points are allocated to controls on the map. If you are back late you will lose 10pts per min. All team members must simultaneously approach to within 5metres of each control. You must not split up during the event. ***Please read the rules!***

**Contact: Paul Stein 0419641002 or steins@bigpond.net.au**

# 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 recording 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.



# 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.**