

Welcome and thanks for your entry to the 47th Paddy Pallin Rogaine. This final instruction information is intended for all team members. There are also three important attachments...

- **Indemnity Form** – to be signed by all team members and presented at registration
- **Rogaining Rules** – essential reading for all team members prior to the event
- **Navlight Instructions** – each team member now wears an electronic Navlight tag and these are punched at controls in lieu of the old control cards

Venue

The hash house is located at **Kariong Scout Camp**, Woy Woy Road, Kariong, near Gosford. The site is approx 30 mins drive North of Hornsby. The course is largely within the Brisbane Waters National Park - so pets, motor bikes and generators are not permitted.

How to Get There

From Sydney:

1. Head north on the F3 Freeway, take the "Central Coast HWY" exit sign posted to Gosford, Woy Woy and Terrigal.
2. After passing under the Freeway, the Pacific Highway joins from the left at a set of lights. Continue Straight ahead.
3. After 1.2 km there are two sets of lights close together. Turn right into Woy Woy Road at the second set, sign-posted to Woy Woy. Be careful not to get into the right turn lane for the first set of lights.
4. Continue for 3km along Woy Woy Road, be aware that this road is a 60km/h limit all the way.
5. Continue 300 metres past the Bulgandry Aboriginal rock art site
6. Turn right onto a gravel road to the Scout Camp
7. After 700m fork right towards the Scout Camp
8. A gate marks the boundary to the Scout Camp, if the gate is closed then please close it behind you.
9. Continue 1 km to the car park

From the North:

1. Head South on the F3 Freeway, take the "Central Coast HWY" exit sign posted to Gosford, Woy Woy and Terrigal
2. At the end of the exit ramp turn left and merge into the Pacific Highway
3. After 500 metres again turn left at the T Junction
4. Follow the instructions from point 3 "From Sydney"

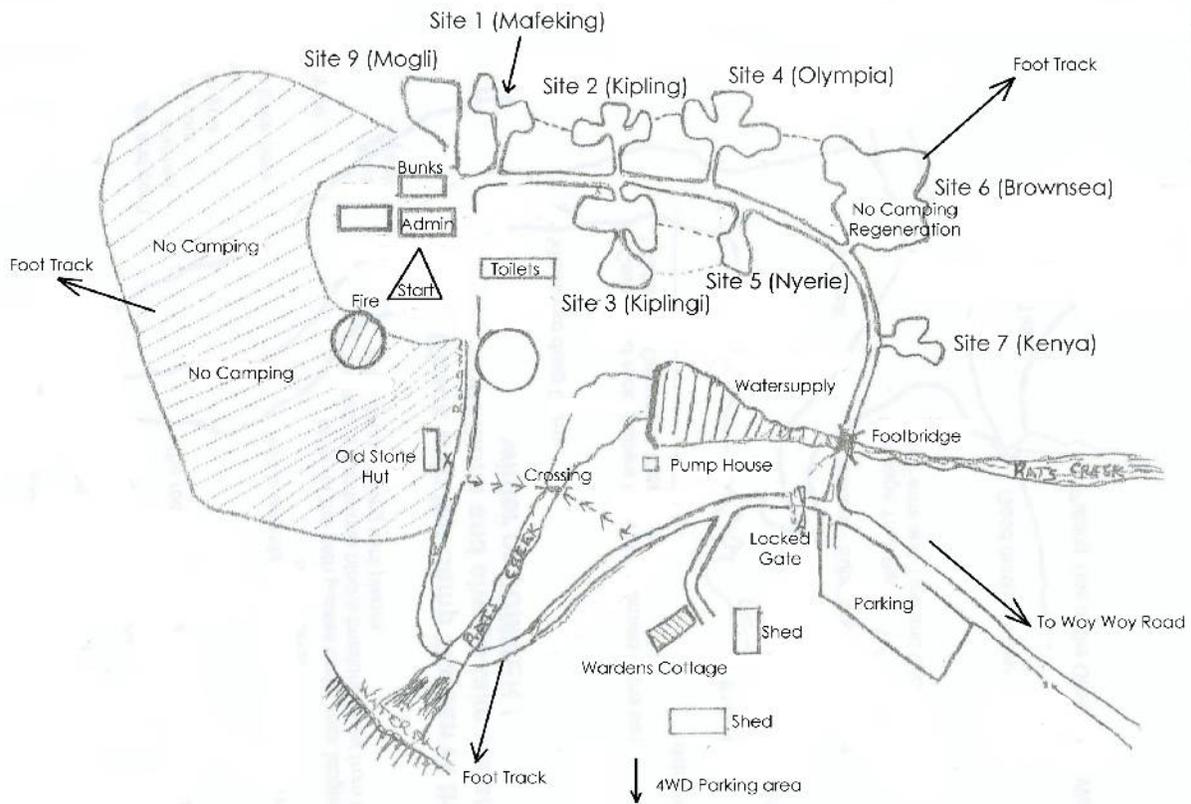
From Gosford:

1. Travel 6 km West of Gosford on the "Central Coast HWY"
2. Turn left in to Woy Woy Road at the top of the hill
3. Follow the instructions From point 4 "From Sydney"

When you arrive at the Scout Camp

If you are arriving on Saturday then you will be directed to a camping area. Note the camping areas are a short walk from the vehicle parking areas.

If you arrive on Sunday morning, then you will be directed to a parking area.



Timetable
Saturday 19 June

7.00pm	Pre-Registration Opens
8.30pm	Pre-Registration Closes
6.30pm to 9.30pm	Dinner Available (Pre order only)

Sunday 20 June

7:00am	Registration Opens
7:00am	Maps Available
8.30am	Novice & First Timer Briefing
8:45am	Pre -Start Briefing
9:00am	Rogaine Start

3:00pm	Rogaine Finish
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Registration

Registration is at the Administration building. When you come to registration, can you please make sure:

- You know your team number. It is a number less than 500. Printed lists of entrants are available for you to look it up.
- You have an Indemnity Form completed with Team Number, car registration and signed by every adult team member.
- If you have any team changes, complete a "Team Changes" form.
- If you have any outstanding fees to pay, have cash, cheque or money order ready. We do not have credit card facilities.

The following will be issued from 7.00am on Sunday:

- One NavLight tag and wrist band for each team member over 4 years of age. NavLight tags are optional for 5 and 6 year olds.
- One punch card – you do not need to return this to registration before the start
- One Intention Map
- Control descriptions and Course Setter's notes for all team members
- At the map handout desk you will receive one map for each team member.

Preparation Time

After registering your team, you should now...

- Plan your course;
- Complete your intention map and return it to a collection box. Remember to write your Team Number on it.
- Attach your NavLight tags with the wrist bands provided. Note that once closed, you cannot undo them.

Test punches are available so you can see how a punch operates. You can do this at any time. Test punches are just that! They do not affect your score. They are NOT Brief punches.

Novice Instruction

A special briefing is provided at 8.30am for those who are new to rogaining. We will also be happy to give you some individual advice after the start to help you on your way.

Pre-Start Briefing

Ready to go or not, you MUST attend the pre start briefing that will be held at 8:45am. Here, a check will be made that your Navlight tag is correctly fastened. It will then be punched with a "Brief" punch. Every team member must have a tag correctly attached and punched. You must have your tag 'brief punched' before you go out on the course, or it won't work!

Note that "Test" punches are not "Brief" punches!

On the Course

At each control point each team member must punch their Navlight tag. The Navlight punches will be attached to the flag. At controls closest to the Hash house, there may be two punches. Each person can use whatever punch is available.

You are only required to punch your control card if the Navlight punch fails to function or is missing.

The Finish

When you return from the course, the entire team must report to Administration. Your team's finish time will be the time that the last tag is punched with the "stop" punch.

Each team member must

1. Show that the NavLight tag is still attached to your wrist.
2. Have it punched with a "Stop" punch.
3. Cut it off and hand it to one of the collectors.
4. If you had to use your punch card hand it in also.
5. You should then leave the area.

Scoring

- Points for each checkpoint are worth ten times the value of the first number of the checkpoint. eg Checkpoint 62 is worth 60.
- Penalty for late finish will be 10 point per minute or part thereof. Teams finishing more than thirty minutes late shall be deemed ineligible for a placing and their result will be recorded as "LATE".
- Each team member must punch their NavLight tag at a check point for the team to be awarded the points.
- NavLight will be the primary scoring system. The punch cards will only be read if a NavLight punch fails or is missing.

Results

At the conclusion of the event, every team's score will be displayed as it becomes available. Once all NavLight tags have been read, results by category will be displayed and individual team result sheets will be printed on request. Full results will be published on the web site.

The Map

The map has a scale of 1:25,000 with contours at 10 metre intervals. It has pre-marked controls and is printed on one A3 sheet. The map is printed on plain paper and it is recommended the map be covered with clear "contact" or similar for use in the event.

The Course and its Hazards

The course is primarily located on National Parks & Wildlife Service land. The Hash House is located on Kariong Scout Camp leased land.

The course is predominately natural bushland surrounding a section of the Great North Walk. The course rises from Sea level at the river to a high point of 240m. The area is sandstone formation with many cliffs and rock ledges providing panoramic views of the course and surrounding landforms. The course also encompasses public roads, with the area in popular use throughout most weekends. Vegetation ranges from medium to slow. Most vegetation can be pushed though quite easily but be warned it is very prickly. Full leg and arm cover are highly recommended. Fingerless cycling gloves are ideal for protecting your hands.

We have found good mobile phone coverage across the area, due to the close vicinity of the F3 Freeway

Equipment

If you are camping on Saturday night:

- Tent
- Sleeping bag
- Sleeping mat
- Lots of warm clothes

Remember you need to carry your tent and equipment up to a maximum of 200 metres from the car (trolleys provided).

At the Hash House:

- Completed indemnity form, signed by each member of your team;
- Pens, pencils etc for course planning work
- Cutlery, mug, desert and dinner plates
- Portable chairs and table
- Change of clothes
- Your own additional food for Sunday breakfast and lunch out the course; and
- Fully treated water for cooking, washing etc is available at the Scout Camp site.

On the Course:

Compulsory Equipment:

Each Rogaine entrant must carry a basic first aid kit that includes:

- Heavy weight Crepe bandage
- Whistle
- Space blanket

These items can be purchased at the Sales Desk. We also have compasses for sale and hire.

Recommended Equipment:

- Compass, watch, pencil
- Hat and sun cream
- Suitable shoes or boots
- Gaiters and eye protection
- Full leg and arm cover plus gloves
- Water bottle – At least 2 litres per person
- First aid kit
- Food to keep you going while out there
- Mobile Phone.

What we Provide

- Dinner on Saturday night from 6.30pm to 9.30pm (if pre-booked and paid for);
- Hot food will also be available after the event, from 2.30pm on Sunday.
- First aid kits containing the minimum requirements as previously noted are available for \$6 at the administration tent.
- Whistles are available at \$2.50 each
- And if you're in need of a compass, we have a limited number for hire for the event at \$2.

Further Information

About the Event:

Andrew Haigh
Phone: 02 4959 8840
Email: anhaigh@bigpond.com

Registration and Administration:

Lindsay Young
phone: 02 9525 6403
email: admin@nswrogaining.org

