



## The 22<sup>nd</sup> Annual Lake Macquarie 6 & 12 Hour Rogaine

**Welcome** to the 2013 Lake Macquarie Rogaine. We would like to acknowledge the support of Lake Macquarie City Council, National Parks & Wildlife Services and the Forestry Corporation of NSW

**When:** Saturday 17 August 2013

**Where:** Old Mill Picnic Area, Olney State Forest in the Watagan Mountain (see Directions)

### **Directions:**

**Hash House site: Old Mill Picnic Area** (33° 03.5508 S, 151° 19.9860 E)

#### **From Sydney**

Take the Morisset exit from the F3 Freeway and travel towards Morisset. Turn left at the 2<sup>nd</sup> roundabout (Freemans Dr) and travel approximately 5.5km to Cooranbong. (You can also travel to Cooranbong via Deaves Rd). Turn left into Martinsville Rd at the Cooranbong SES/Fire Brigade and travel 4.5km turning left into Watagan Rd. Proceed for 4km along sealed road and 3.3km along unsealed road. At the T intersection turn right onto Watagan Forest Rd and proceed 4km to The Old Mill Picnic Area. The Casuarina and Turpentine camping areas are adjacent to the picnic area

#### **From Newcastle**

Take the Toronto/Freemans Waterhole exit from the F3 Freeway and travel west to Freemans Waterhole. Turn left at the roundabout and travel south to Cooranbong for approx 3.7km. Turn right at the SES/Fire Station in to Martinsville then follow directions as for "Sydney".

<b>Program:</b>	8:30am	Registration opens – maps available
	11:30am	Briefing for novices
	11:45am	Final briefing
	12 noon	Start
	2:30pm	Tea & Damper opens
	5:30pm	Hash House opens
	6:00pm	Finish 6 hr event
	6:30pm	Presentations 6hr event
	9:15pm	Tea & Damper closes
	12 midnight	Finish 12 hr event
	12:30am	Presentation 12 hr event

### **Event Registration:**

#### **Prior to the Event:**

Before you register please ensure:

1. You have your team number
2. The Indemnity form completed and signed by all team members
3. **Compulsory equipment – whistle, space blanket, bandages**

At registration you will be issued with :

1. Map and control descriptions for all team members
2. Course setters notes
3. One punch card – you do not need to return this to registration before the start
4. One NavLight tag and wrist band for each team member
5. One Intention Map

#### **Start Procedure**

A pre start briefing will be held at 11:45am for all competitors during which time **all team members must use the "Brief" punch.**  
A mass start for both the 6 & 12 hour events will be at 12 noon

### **During the Event**

At each check point, punch the NavLight tag, if it doesn't work then punch your card manually

Whenever you return to the Hash House the entire team must report to Administration for your tag to be punched with the "Finish" punch

When you are ready to continue you need to report to Administration to have tag punched with the "Depart" punch.

### **Finish Procedure**

At the Finish all competitors must have their tag punched with the finish punch, your finish time will be calculated when the last team members tag is punched. Tags will then be removed and processed at administration

### **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. Zero score will occur if a team arrives over 30 minutes late.
- NavLight will be the primary scoring system, however as a back up if the navLight system malfunctions at a control then punch your card and present it at the finish.

### **Prizes:**

Certificates will be presented to all participants

Medallions will be presented to relevant winners and placegetters for Men, Women and Mixed in Open, Under 23, Veteran and Super Veteran categories. Ultra Veteran, Under 23, Novice and Family classes will only include an open category.

### **Novices and Inexperienced:**

If you are at all unsure about any aspect of Rogaining, please ask us. We will be happy to provide advice on navigation, planning your course, route choice, equipment etc. By remaining behind for a few minutes after the start of the event we can give you tips and send you in the right direction. A briefing for novices will be held at 11:30am

### **Parking & Camping:**

Camping is available on the Friday and Saturday nights in the Turpentine and Pines camping areas If competing in the 12 hr event please consider staying the night or have someone drive home who did not compete in the 12 hr event.

Parking - please follow directions from parking official

### **Fires:**

Unless there is a fire ban there will be a fire near the Hash House and at the Tea & Damper. Please do not light fires on the course.

### **Hash House:**

The Hash House will serve hot food continuously from 5:30pm (Sat) until 1:00am (Sun) and breakfast Sunday 7:30am for participants. Your team may return to the hash house at any time during the event but you must register in and out at administration

### **Tea & Damper**

A "Tea & Damper" facility will operate from 2:30pm to 9:15pm. Hot and cold drinks, damper and other treats will be available. The location will be marked on the map

### **What to bring to the Event (check each item as you pack it)**

- Plastic bag or clear contact to protect map and control card
- Indemnity form signed by all members
- Pens, scissors, string, sticky tape for map work
- Your own cutlery, mug, bowl and plate
- Camping gear
- Change of clothes, towel
- Chairs, picnic table
- Food for Friday night and Saturday morning
- Basic first aid kit
- Spare water ( 5 litres )

### **What to take on the course ( each participant should have these )**

- Small backpack
- First aid kit (crepe bandage, elastoplast, "space blanket" )
- Compass, watch, whistle
- Gaiters or other leg coverings (full body cover recommended)
- Shoes with good grip
- Sunhat, suncream, insect repellent
- Wet weather gear and warm clothing
- Headlamp/small torch (with spare batteries and globe)
- Snacks for on the course (staminade, muesli bars, dried fruit, chocolates)
- 1-2 litre filled drink container

## **Safety**

- Your team is required to stay together **at all times**
- Stay within voice contact of all your team members.
- Stay hydrated
- Care should be exercised at all times and particularly around cliffs, slippery creek beds, boulders or logs.
- Beware of vehicles and motor bikes on forest roads.
- Numerous cliffs can be found throughout the area. Any section of close contours will have rockfaces and broken cliffs along it. Care should be taken near all steep slopes and cliff lines.
- Rocks in the area are quite friable. Take care on steep rocky slopes particularly when team members or other teams are further down the slope.
- If an injury or sickness occurs stay together as a team. If able try for the nearest track or checkpoint to wait for other to arrive.
- Whistles should be carried by all team members. Six (6) whistle blasts at 10 second intervals is the distress signal. Any person hearing this signal should render assistance.

## **Water**

You should carry 1-2 litres with you. Water supplies are available T&D .

## **Course Notes**

Map Scale is 1:25,000

Magnetic north is shown on the map

Please read the Course Setter's notes on back of map

## **Intention Map**

Your safety is very important and we try to ensure that if an unfortunate circumstance arises then we can provide assistance for you. Completing the Intention Map will help us in providing such assistance. This is an intention only and not a final route choice for you. Please return it to the information desk.

There is a suggested novice route plan in the Course Setter's Notes on the map, it is a guide only to assist teams in their planning. You are welcome to stay after the start to ask advice or assistance from our experienced people.

## **Emergencies**

Emergency procedures will be printed on the map

Mobile phone reception is unreliable, however on some ridges you may get a signal.

The emergency contact numbers will be printed on the map

There is a track or road network on most ridges.

If you experience difficulties or need assistance then proceed to a road on a ridge where a patrol will be doing a sweep around 4 – 5pm and again 8 – 9pm.

## **Special Dietary Requirements**

To assist our caterers with ordering food please notify us if you have special needs regarding diet, especially if you are vegetarian or need gluten free food..

**Please respond by Wednesday 14 August**

*For any further information contact:*

**Bob Gilbert - 49521967 [bj.gilbert@optusnet.com.au](mailto:bj.gilbert@optusnet.com.au)**

# Using NavLight

## Scoring

This event will use NavLight electronic punching. NavLight has two main components, the punches and the tags. A tag is strapped to the wrist of each person in your team. A punch hangs from a cord at each control near the flag.



A Punch.....



A punch and a tag.....

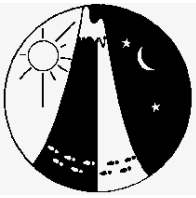
When you visit a control you record your visit by inserting the punch into the tag. You must hold the punch in the tag until the red light flashes to indicate that your visit was recorded.

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.

## 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.:
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We acknowledge that the Australian Rogaining Association Inc (ARA), with whom the organising body for this event (NSW Rogaining Association) is affiliated, holds Public Liability Insurance to the value of \$20 million in respect of all rogaining events conducted by ARA affiliated bodies. This insurance covers: organisers, landowners and other third parties for any damage caused by the organisers of, or participants in, any rogaining event in connection with that event. We also acknowledge that the ARA does not hold any Personal Accident Insurance in respect of participants in rogaining events conducted by ARA affiliated bodies. We accept that any personal accident cover required is our responsibility and entirely at our discretion.

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 NSW Rogaining Association (NSWRA) 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 NSWRA 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 NSWRA, 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 NSWRA or its employees or agents may have been negligent.

In particular, the participant agrees to indemnify the NSWRA 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 NSWRA, 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 NSWRA 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.**

## **ARA Competition Rules 2012:**

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. Navigational Aids

(a) The only navigational aids that may be carried on the course are magnetic compasses, watches and copies of the competition map.

(b) The possession of other navigational aids, including pedometers, altimeters and GPS receivers on the course is prohibited except when event organisers provide a means by which information on the devices cannot be accessed whilst on the course.

(c) The possession, at the event site, of maps that provide additional information not shown on the competition map is prohibited.

R8. The use of aids for course planning other than for distance measurement and scoring estimation 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 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 is considered to have completed the event when:

- a) all team members have reported together to the designated finish administration area and
- b) they have surrendered their recording devices.

The team finish time is the latest time recorded for any member of the team.

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. 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.

- a) Within 45 minutes of the nominated finish time, if the violation was detected on course
- b) Within seven days of the results being published, if the violation is only evident through examination of the results or admission after the fact by a competitor.

## **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.

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.

R33. Communications devices such as mobile phones may be carried for safety purposes when event organisers provide a means by which the devices cannot be accessed whilst on the course. Use of a phone whilst on the course is prohibited.