



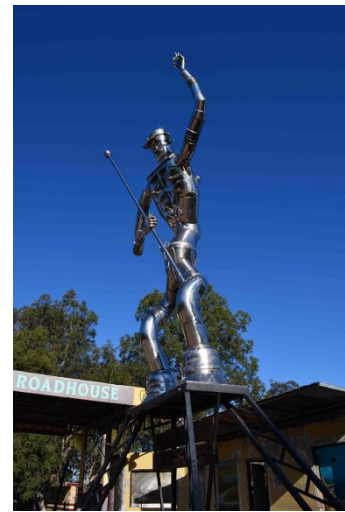
2013 NSW ROGAINING CHAMPIONSHIPS

October 19-20

Getting there (32° 54' 25" 150° 44' 51")

This year's event is being held on private land at the locality of Garland Valley, adjacent to the Wollemi National Park in the Putty area.

From Windsor. Continue north on the Putty Road for approximately 75 minutes to the abandoned service station at Garland Valley. The Hash House is behind the old service station (now owned by Dave Thurston) and is difficult to miss. The following photos will help you.



From Bulga, south-west of Singleton. Continue south on the Putty Road for about 45 minutes to the old service station at Garland Valley. **TAKE CARE** turning across traffic near the road bend.

Camping

You can camp at the Hash House from Friday, October 18 through to Sunday, October 20, inclusive. Please follow directions to the parking and camping areas. You're very welcome to camp on the Sunday night after the event.

Timetable

Saturday October 19

8.30am	Registration opens
11.15am	Briefing for novices
11.45am	General briefing
12 noon	6 hour and 24 hour events start
5pm	Hash House opens
6pm	6 hour event finishes
7pm	6 hour event results announced

Sunday October 20

12 noon	24 hour event finishes
1pm	Presentation for Championship event

The course and preparing for the event

While you'll receive some more detailed course setter's notes at registration, the following will help you be prepared for the event.

Although there are no huge cliffs in the competition area, there are plenty of unmarked cliffs that need to be respected. You don't need to do any cliff climbing to successfully complete the course. However, be prepared to be patient and to navigate your way around cliffs that you encounter, and take particular care at night and in wet weather.

You will encounter some patches of scrub across the mapped area. We strongly recommend that you wear leg cover, gaiters and a long-sleeved top.

Most of the course is in isolated and rugged terrain. If you do get into difficulty, it will take us a while to realise this and to find you, if needed. So, make sure that your team carries a first aid kit and stays together throughout the event.

There is Telstra phone coverage from the high points in the event area. There is no Optus coverage. Use the emergency phone details on the map in an emergency.

As the event is being held in late spring, you may encounter hot weather conditions. We recommend that you carry at least 2 litres of water per person, and if the weather is hot please carry more. Water will be available at the Hash House and at 2 other locations on the course.

You may also encounter snakes on the course at this time of the year. Make sure that your team carries a crepe bandage and is aware of [recommended snake bite treatment](#).

The map

The map has been specially produced for this event from digital information accessed with permission from the NSW Lands Department. It has been updated with aerial photographs and with limited fieldwork (i.e., the fieldwork completed when setting the course). Consequently, there could be missing information that may be helpful to you (e.g., some missing tracks).

The map scale is 1:25000 with a 20 metre contour interval. **Note** that most of the rogaining maps recently used in NSW have 10 metre contours. The larger contour interval on this map will disguise some features that would be apparent on a 10 metre contour interval map. For example, you may encounter a large unmarked knoll on a bulge along a spur because it falls within the 20 metre contour interval. Remember that a 4 contour climb is 80m and not 40m.

The map has been printed on A2 size 150gsm gloss paper. Checkpoint descriptions are printed on the map. The map is **not water-resistant**; you should take care to protect it with a map bag or with clear contact.

Please help us with the following

1. Don't light fires in the camping area and fires are absolutely prohibited in the competition area.
2. Use the provided toilets at the Hash House, don't go bush.
3. Respect the private property we're using. Climb through, not over fences. If you do damage any property please tell us so we can address it.

Event registration

Before you register at the event

- Have your [team number](#)
- Have your completed indemnity form
- Ensure any outstanding fees are paid
- Make sure you have your compulsory equipment – whistle, space blanket, crepe bandages.

At registration, you'll be given

- Map and checkpoint descriptions for each team member
- Course setter's noters
- One manual punch card (use only if the Navlight unit fails). You don't need to return this card to the registration before the start but you should cover it with clear contact to protect it.
- One Navlight tag and wristband for each competitor.
- One intention sheet. It's essential that you mark your intended route and hand this in to registration before you start.

Start procedure

The pre-start briefing will begin at 11.45am on the Saturday. It's essential that you attend this briefing to hear any additional instructions and to use the Brief Punch. At this briefing, several event administrators will be available for each of your team members to electronically clear their wristbands. It's important that each team member completes this process or your team will be disqualified.

During the event

At each checkpoint, punch the Navlight tag on your wristband by inserting the checkpoint unit into your wristband. If your visit has been recorded, you'll see the checkpoint unit flash (this may be difficult to see in bright sunlight). If the Navlight unit happens to fail, use the punch clip hanging from the checkpoint flag with your manual punch card. The latter can be found later in this document.

Whenever you return to the Hash House, all team members need to report to administration to have their return recorded. When you are ready to continue, report back to administration to have your departure recorded.

Finish procedure

When you finish, all team members must have their wrist tag punched at administration. Your finish time will be recorded when your last team member's tag is punched. Wait while assistants remove your tags for processing.

Scoring

Points for each checkpoint are worth ten times the value of the first number of the checkpoint number. For example, checkpoint 42 is worth 40 points.

Penalty points are deducted at the rate of 10 points for each minute late. So, if you are 7 minutes late, you will lose 70 points. Teams finishing more than thirty minutes late shall be deemed ineligible for a placing and their result shall be recorded as LATE.

Awards

Although there will be no awards for the 6 hour event, we'll report the results of this event around 7pm on the Saturday.

For the 24 hour Championship event, there'll be a presentation around 1pm on the Sunday.

Novices and inexperienced competitors

There is a novice briefing at 11.15am on the Saturday. If you are inexperienced and need advice, please ask us. There will be a couple of clearly identifiable helpers at the event to assist you. Consider waiting after the start so we can give you advice and head you in the right direction.

Hash House

The Hash House at the start will continuously serve hot and cold food and drinks from 5 pm on the Saturday to around 1pm on the Sunday. If you're a 24 hour event team, you can return to the Hash House at any time during the event (just remember to record your return and departure at administration).

What to bring to the event

- Map bag or clear contact to protect your map and punch card
- Indemnity form signed by all team members
- Pen, scissors and other equipment to prepare your map

- Cutlery, mug, and bowl to eat at the Hash House
- Camping gear
- Change of clothes and towel
- Chairs and picnic table
- Food for Friday night and Saturday morning
- Basic first aid kit
- At least 5 litres of spare water (additional to the water you'll carry on the event)

What to take on the course (for each competitor)

- Small backpack
- Small first aid kit (plasters, crepe bandage, space blanket)
- Compass, watch, whistle
- Leg and arm cover, as well as gaiters
- Good, well-used walking shoes
- Hat, sunscreen, insect repellent
- Wet weather gear and warm clothing
- Headlamp/torch with spare batteries and globe
- Food for on the course (e.g., high energy food and drink)
- 2 litres of water (more if it's hot)

Safety

- Your team must **stay together** at all times (this means within earshot)
- Keep hydrated
- Take care with the normal hazards of the bush (e.g., cliffs, wet and slippery terrain, creeks, boulders and logs)
- There are numerous unmarked cliffs on the map. You don't need to climb any cliffs to complete the course. So, be patient and take care to navigate around cliffs when you encounter them
- If one of your team members can't continue, stay together. Try to move to a track or to a checkpoint and wait for others to arrive.
- Whistles should be carried by all team members. The emergency signal is 6 short blasts at regular intervals. Any teams hearing this distress call must render assistance.
- The **safety bearing** for this event is **south-east** to the sealed Putty Road.
- It's essential that your team completes and hands in an intention sheet to administration before you start. If you don't report in to the finish, we need this information to organise a search for you.
- Emergency phone numbers appear on your map. There is patchy Telstra phone reception across the competition area; there's no coverage for Optus.

Water

Carry at least 2 litres on the course (more if it's hot). There's water at the Hash House and at 2 drink stops on the course that are marked on the map. There may be water in some of the larger creeks on the course but the drinkability of this water can't be guaranteed.

Further information

Contact Ian Dempsey 02 49435790, 0432392877, ian.dempsey@newcastle.edu.au, **before** Friday, October 18.

Team No.	2013 NSW ROGAINING CHAMPIONSHIPS								
20	21	22	23	24	25				
30	31	32	33	34	35				
40	41	42	43	44	45				
50	51	52	53	54	55				
60	61	62	63	64	65	66			
70	71	72	73	74	75	76	77	78	79
80	81	82	83	84	85			90	91

USE THE PUNCH CARD ONLY IF THE NAVLIGHT UNIT FAILS. COVER THE CARD WITH CONTACT TO PROTECT IT

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.



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.

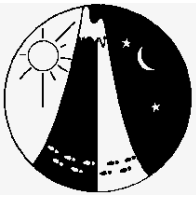
R31. In the event of a checkpoint being damaged or deemed misplaced or missing by the organisers, teams shall be awarded the checkpoint score:

- 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.



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

 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
_____	_____	_____

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. Version: Sep. 2008