



NSW ROGAINING

“Gone W’rong”

Spring 8 and 24 hour rogaine

NSW Championships 2017

Saturday 7 and Sunday 8 October 2017

FINAL INSTRUCTIONS

Hash House Mt Werong Airstrip, Blue Mountains NP		
UTM Coordinates	Lat/Lon	Satellite Phone
Zone 55H	Latitude 34.08796°S	Admin 0420 369 556
Easting 0768795	Longitude 149.91322°E	
Northing 6224259		

Welcome to our rogaine at Mount Werong in the Blue Mountains National Park.

Directions from Sydney (~222 km, 3h25')

1. Cross the Blue Mountains using the Great Western Hwy/A32 (direction Lithgow)
2. 10km after passing Mount Victoria, turn left into Jenolan Caves Rd (direction Oberon / Jenolan Caves)
3. After 23.7km, turn right onto Duckmaloi Rd (direction Oberon)
4. After 20.1km, turn left onto Titania Rd (direction Edith)
5. After 4.3km, turn left on Edith Rd at the T-junction (direction Jenolan Caves / Kanangra Walls)
6. After 2.0km, turn right onto Butterfactory Lane (direction Shooters Hill)
7. After 23.1km, turn left onto Mount Werong Rd (direction Mt Werong)
8. After 17.4km, turn right onto Mount Werong Firetrail
9. After 1.3km, turn left onto Mount Werong Airstrip Firetrail
10. Continue 750m to the Hash House

Directions from Canberra (~202km, 2h40')

1. Get to Taralga via Goulburn
2. Continue on Taralga Rd towards Oberon
3. After 53.2km, turn right onto Cosgrove Rd (direction Yerranderie)
4. After 4.1km, turn right onto Mount Werong Rd
5. After 7.7km, turn right onto Mount Werong Firetrail
6. After 1.3km, turn left onto Mount Werong Airstrip Firetrail
7. Continue 750m to the Hash House

Bus

For people who have booked and paid for bus transport, the train to catch is the Friday 15:18 Lithgow service, arriving Lithgow 18:05. Our bus will leave Lithgow train station about 19:00 arriving at the HH about 20:40 (no Friday night meal planned at the HH but time for a quick meal in Lithgow before catching the bus). Bring your camping gear. Our timetable gets people back to Lithgow train station in time to catch the 15:37 train to Sydney arriving 18:31 on Sunday night.

If you'd like to use the bus but haven't booked, you need to contact Vivien to ensure there is space for you. His contact details are at the bottom of this document.

Parking and camping

Camping is available at the Hash House on the Friday, Saturday and Sunday nights (and any other nights). If competing in the 8hr event please consider staying the night or have someone drive home who did not compete in the 8hr event.

We will have a bush camp in the National Park, with portaloos, marquees and limited water supply. Please bring some water if you can, 5-25 litres per car will greatly reduce the load on our catering supply.

The hash house will serve hot, healthy, hearty food continuously from 5:00pm Saturday until 1:30pm Sunday (yes, for 20+ hours) and the menu will cater for vegetarians. If you have other special dietary requirements please advise Administration when you register.

There is very little mobile phone coverage at or near the Hash House. The event organizers have commissioned a satellite phone listed at the top of this document. You can call them at standard costs for a mobile phone service.

Program

Saturday 7th October

08:30 Registration opens, maps available
11:30 Briefing for novices
11:45 Final briefing
12:00 Start
17:00 Hash House opens
17:00 ANC opens (water available at all times)
20:00 Finish of 8hr event
21:00 Presentations for the 8hr event

Sunday 8th October

07:00 ANC closes (water available at all times)
12:00 Finish of 24hr event
13:00 Presentations for the 24hr event
13:30 Hash House closes
13:45 Bus leaves

Registration

Bring:

1. Your team number – available from the event website after 2nd October.
2. Indemnity form completed and signed by all team members.

3. Compulsory safety equipment (1 set per team member): whistle, space blanket, at least 1 compression bandage. Compulsory equipment will be checked at registration.

Receive:

1. Map (1:25,000 scale with magnetic north lines) and control descriptions (1 per team member). The map will be one A2 sheet of paper that will need protection (map case or contact adhesive).
2. Course setters' notes (1 per team member).
3. NavLight tag and wristband (1 per team member).
4. Intention map (1 per team). Please indicate your planned route and return it before starting to help us locate and assist you should the need arise. This is an intention only and not a final route choice for you.

Start procedure

A novices briefing will be held at 11.30. If you are unsure or unfamiliar with anything to do with the event, please attend. Experienced Rogainers will be on hand to assist you in having an enjoyable event.

A **compulsory** pre-start briefing will be held at 11:45 for **all competitors**. All NavLight tags will be pre-punched with a start punch so no pre-start punching will be necessary by competitors. The mass start for the 8 & 24 hour events will be at 12:00.

During the event

At each checkpoint, each team member must register their NavLight tag. If it doesn't work (i.e. its red light doesn't flash) then punch your map using the physical, orange punch tied to the checkpoint flag. Whenever you return to the Hash House the entire team must report to Administration and receive a "finish" punch on their NavLight tag. When you are ready to resume, the entire team must report to Administration and receive a "depart" punch on their NavLight tag.

The course is National Park and Sydney Water Catchment. No smoking and no fires on the course. Bring all rubbish back to the ANC or HH. Bury all personal waste.

Finish procedure

At the finish, all competitors must register their NavLight tag at Admin with the "finish" punch. Your finish time will be calculated when the last team member's tag is punched.

Scoring

- Each checkpoint is worth its number rounded down to the nearest 10, for example checkpoint 62 is worth 60 points.
- The penalty for a late finish is 10 points per minute or part thereof. Zero score will occur if a team arrives more than 30 minutes late.

Rules of Rogaining

There's a bunch of rules for the sport of rogaining, which you can read at <http://www.nswrogaining.org/Resources/Forms/index2.pdf>

Take particular note of Rule 7:

"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"

However, in this event, GPS devices and smartphones will be allowed on the course if they are sealed in a tamper proof bag supplied by Admin. After the event finishes you must hand the sealed devices to an official to check before opening.

Categories

W	Open women
M	Open men
X	Open mixed
VW	Veteran women
VM	Veteran men
VX	Veteran mixed
WSV	Super veteran women
MSV	Super veteran men
XSV	Super veteran mixed
WUV	Ultra veteran women
MUV	Ultra veteran men
XUV	Ultra veteran mixed
U23	Under 23
N	Novice
F	Family

What to bring to the event

- Indemnity form signed by all members
- Map case, plastic bag or clear contact to protect map and control descriptions
- 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 (5-25 litres per car)

What to take on the course

- Whistle (compulsory)
- At least 1 compression bandage (compulsory)
- Space blanket (compulsory)
- Cup (if you plan to visit ANC). We will have a few to reuse, but there may be delays. We won't provide disposable cups, plates, cutlery in an effort to reduce our footprint.
- 1-3 litre filled drink container. There will be water drops on the course and creeks are flowing.
- Small backpack
- Compass
- Watch
- Gaiters or other leg coverings (Gaiters also increase protection from snakebite)
- Shoes/boots with good grip.
- Sunhat and sunscreen.
- Wet weather gear and warm clothing. It has been getting down to close to zero some nights.
- Headlamp/small torch (with spare batteries).
- Food for on the course (muesli bars, dried fruit, chocolate, power drinks, etc.)
- Water purification tablets (optional – the setters drank the creek water untreated)

Safety

- Beware of motor vehicles on all roads and tracks, particularly on the Mount Werong Road and Colong Stock Route.
- Care for your team – stay together at all times, within voice contact – and look out for other rogainers who may require help.
- Stay hydrated – you should carry 1-3 litres with you. Note that there is good drinkable water in some of the creeks as well as the water drops.
- Care should be exercised at all times and particularly around cliffs, slippery creek beds, boulders or logs. Cliffs are not marked on the map.
- An area is marked on the map containing abandoned mine shafts. Take particular care in this area, day and night.
- If an injury or sickness occurs stay together as a team. If able, try for the nearest track, checkpoint or water drop to wait for others to arrive.
- A whistle must be carried by each team member. Three whistle blasts is the distress signal, and any person hearing this signal must render assistance. Team scores which might be affected by giving assistance will be adjusted at the finish.

Emergencies

The Hash House phone number is printed on the map. There is little mobile phone reception on the course, however on some ridges and high points you may get a signal. SMS will be more successful than a voice call. Should you experience difficulties or need assistance then proceed to a road where a patrol will be doing a sweep every 4-6 hours.

Have you installed the Emergency + app on your smartphone? It's free from any App Store and could be useful in an emergency situation. More info is at <http://www.triplezero.gov.au/Pages/EmergencySmartphoneApp.aspx>



Course, Terrain & Weather

The course is set in high, subalpine country. Expect extensive open forests covering a range of topography from flat plateau to steep slopes with deep creeks. The Hash House is at 1170m elevation.

The Hash House is located towards the north-western part of the course and there is an all night café in the south part of the course.

Sun set: 19:07
Moonrise: 20:41
Sun rise: 06:28
Moon set: 08:10

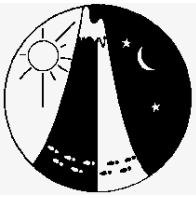
Temperatures during the day can get as high as the mid-twenties and temperatures at night can get down to zero, so bring appropriate clothing.

Helpers

We have a great team of helpers but always appreciate more. If you need help or can provide help, please let us know. We'll see you there.

Richard Sage (Co-ordinator)
0412 934 486
sagerichard904@gmail.com

Vivien de Remy de Courcelles (Administrator)
0435 030 201
vivien.rc@exemail.com.au



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