"The Spring Balance" 6hr Metrogaine
Sunday March 24th 2018

Novice Notes

Remember to attend the novice briefing at 09:00 for further information!

A special warm welcome goes to those participants who have entered a rogaine for the first time. We hope it is a special day for you and will be the first of many rogaines to come.

Novice teams will be provided an additional information package with the Course Setter's notes. We advise novice teams to arrive before **09:00** to be present for the novice briefing where the fundamental principles of the sport are explained in detail. Following the briefing there will be several volunteers who can continue to assist you in route planning.

Novice (and not-so-novice) teams can access the general rules of the sport of rogaining from the International Rogaining Federation: https://www.rogaining.com/attachments/article/300/IRF Rules of Rogaining 2015.pdf

Any variations to these rules at this event will be outlined in the Course Setter's notes, provided with the map.

Objective

Each circle on the map represents a flagged checkpoint and is worth a set number of points. The overall aim is to plan a route that collects as many points as possible and return to the start point (Hash House) before the allocated time is up (6 hours).

Basic Rules

- All teams must remain together for the entirety of the event (within eye/earshot of each other).
- **GPS devices (including GPS watches) and pedometers are prohibited equipment; the only navigational aids allowed are the supplied map, compass, watch and calculator.**
- 10 Points are deducted for every minute (or part thereof) that a team is late back.
- If a team fails to be back at the Hash House within 30 minutes of the scheduled finish they will be disqualified.

Checkpoint Values

To determine the number of points of a checkpoint, round down the number to the nearest 10. For example, 49 is worth 40 points, 101 is worth 100 points, 20 is worth 20 points, etc.

Checkpoint Descriptions

Each participant will receive a sheet giving a description of each checkpoint on the course.

- N, E, S & W stand for North, East, South and West, respectively.
- "The" refers to a feature clearly shown on the map. For example, "The Track Junction" will have the checkpoint shown right at the intersection of multiple tracks
- "A" refers to a feature that is *not* shown on the map. For example, "A seat" will not be shown on the map, but participants should look out for this feature when they get close to it.

Map

The vertical and horizontal lines represent 1km grid squares, facing true north and true east. The slanted lines represent *magnetic north,* and should be the basis of any compass navigation. The brown lines (contours) represent elevation difference, with 10 vertical metres between the. To determine which direction they are going, find what way eventually leads to a watercourse (blue line), which is of course lower ground. The flag for each checkpoint is located in the very centre of the circle.

A sample map from a previous event is here: https://nswrogaining.org/AboutEvents/Events/18SG/18SG-Rev5.94-100.jpg

Scoring System

All team members will receive a reader to go on their wrist. At each checkpoint location, there will be the following items:

1. An orange and white flag, hanging from a tree or other feature, clearly visible from some distance

away. The urban flags will generally be smaller to be less obvious to members of the public.
2. An electronic punch (Navlight). Urban checkpoints usually are in a metal cage to prevent tampering.
3. For large flags there is a manual punch with an array of needles.

1. Flag   *2. Electronic Punches*   *3. Manual Punch*

Upon arriving at the checkpoint, *all* team members must hold and the Navlight punch to the reader and will see a red flash to indicated it has recorded your visit. Note that in locations in the sun, the flash may be hard to see so check this carefully. Some of the checkpoints closer to the Hash House will have multiple punches where many teams will be visiting simultaneously to reduce crowding – participants only need to punch one of these. If the Navlight does *not* flash, this indicates it is malfunctioning, and you must either

• press the manual into your map or CP descriptions card, or
• record the 3-letter code at the foot of the punch (see right).

Provide these details to the administrator at the end of the event to have your score manually adjusted.

At the conclusion of the event all participants will return their reader into a marked bucket, where their score will be uploaded.

Safety

Please hand in your team's flight plan (at the back of the Course Setter's notes) prior to starting in the marked box at registration. Ensure you mark your direction of travel with arrows. If you plan to pull out, please come back to Hash House. If you can't get back for any reason, please call the listed numbers to let us know. If a team is not back within 30 minutes of the finish time they will be disqualified and we will start looking!

All teams should be carrying a first aid kit with a bandage, whistle and space blanket. Due to the urban nature of the event there will be no safety patrols. Participants are reminded that they should be self sufficient, as in a bushwalk, should always stay within their abilities and be aware of the risks of trips, snakes and insects whilst out in deep bush. There is phone coverage on most of the course, though it becomes more patchy down in the valley. In the case of emergency please contact the listed Hash House numbers if in range and render assistance to other teams in distress if required.