

"The Stargazer's Rogaine"

FINAL INSTRUCTIONS

Welcome

The map has gone to the printers and we are very excited to be so close to the event now!

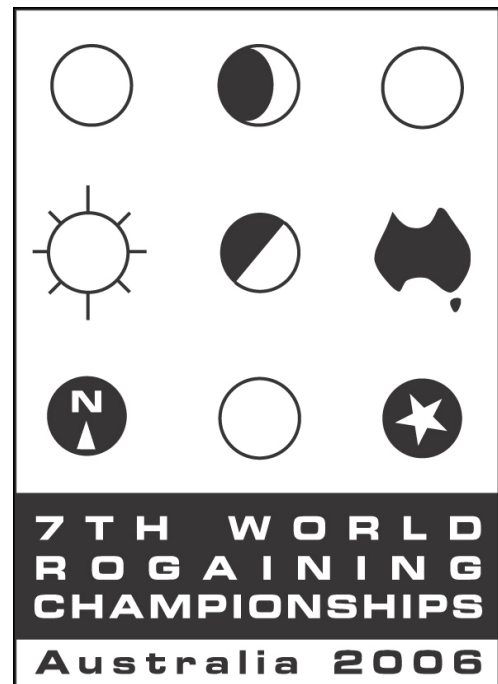
These are the final instructions for the 7th World Rogaining Championship which you should read closely and ensure that all of your team members have done so before arriving at the event. You should also read the Essential Information for Competitors published on the website on the 9th September 2006.

See you in October.

Alan Mansfield

Contents

| | |
|--------------------------|----|
| EVENT LOCATION | 2 |
| NSWRA COACH TRAVELLERS | 3 |
| WHEN YOU ARRIVE | 3 |
| ADMINISTRATION | 5 |
| THE EVENT MAP & CONTROLS | 6 |
| FOR SALE | 8 |
| FAMILY & FRIENDS | 9 |
| ENVIRONMENT | 9 |
| SAFETY & COMFORT | 9 |
| COMMUNICATION | 10 |
| PROGRAM | 11 |
| OTHER INFORMATION | 12 |
| ATTACHMENTS | 12 |



"The Stargazer's Rogaine"

Event Location

Locality Maps

The event centre and Hash House is located in the Warrumbungle National Park, 36Km west of Coonabarabran. Maps of Coonabarabran and the Warrumbungle region are available on the Travel page of the event website - <http://www.rogaine2006.com.au/travel.htm>

Travelling Routes

From **Sydney**, the Great Western Highway via the towns of Mudgee, Dunedoo and Mendooran is the most direct route to Coonabarabran and is a good sealed road all the way.

From **Newcastle** take the New England Highway via Braxton to Merriwa and follow the signs to Coolah along the Golden Highway. Then travel via Binnaway to Coonabarabran.

If you are travelling from **Melbourne** or **Brisbane**, just follow the Newell Highway.

From **Adelaide**, choose from:

- travelling across the Hay Plains and then up the Newell Highway at West Wyalong; or
- via Broken Hill, exit at Nevertire and travel via Warren and Gilgandra to Coonabarabran

The regional centres of Tamworth and Dubbo are easy two hour drives either side of Coonabarabran.

Traveling distances and times to Coonabarabran

| CITY | KM | TIME |
|-------------|-----------|-------------|
| SYDNEY | 452 | 5 hr 45 min |
| NEWCASTLE | 345 | 4 hr 30 min |
| DUBBO | 159 | 1 hr 50 min |
| TAMWORTH | 182 | 2 hr 10 min |
| MUDGE | 190 | 2 hr 15 min |
| CANBERRA | 555 | 7 hr |
| BRISBANE | 700 | 9 hr |
| MELBOURNE | 985 | 12 hr |

"The Stargazer's Rogaine"

NSWRA Coach Travellers

Those travelling to the event on the NSWRA coach from Sydney should have received details by email on 16 September and already confirmed your plans with the event Administrator. Please contact admin@rogaine2006.com.au if you have not already done so.

You will be able to register on the coach if you have a completed Indemnity Form signed by all team members along with any payments you need to make.

The coach is expected to arrive in Coonabarabran about 6:00pm and then proceed to the event site, arriving about 6:45pm.

The camping area set aside for coach travellers and other areas for camping are shown on the event site map on the next page.

For NSWRA coach travellers with accommodation in Coonabarabran there will be time constraints on the trips between the event site and Coonabarabran after the event finish. The coach will travel from the event site to Coonabarabran after 2:30pm on Saturday for only 1-2 hours before returning for the evening meal and celebrations. The coach will then depart for Coonabarabran again by 8:30pm.

When you Arrive

Parking & Camping

Camping at the event site is available from 12.00 noon on Thursday.

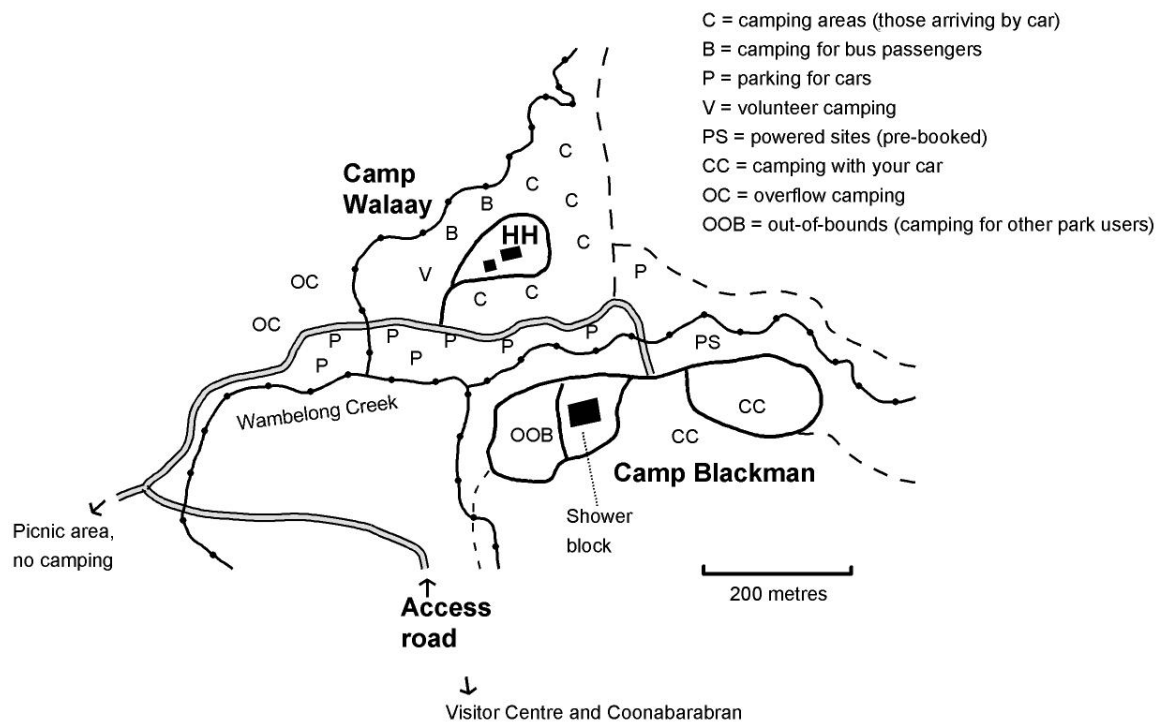
After entering the Warrumbungle National Park, travel directly to the event centre where you will be greeted by a team of volunteers to help you get orientated and in particular, parked and camped.

Parking will be outside the main congregation area so that the area is set aside for pedestrians. This will mean that you will need to camp a short walk from your vehicle. There is some camping space available which is further from the Hash House and shared with the general public that provides for camping beside your vehicle.

See the event site map on the next page for the location of areas available for parking and camping.

"The Stargazer's Rogaine"

Event Site Layout



Registration

Registration will be available at the event centre, near the Hash House from 12:00 noon till 9:30pm on Thursday and from 7:00am on Friday. Registration will also be available in Coonabarabran, at the Visitor Information Centre, from 2:00pm till 5:00pm on Thursday afternoon.

To register, you must bring a completed Indemnity Form signed by all team members along with any payments you need to make.

Team changes that do not involve adding extra team members are possible but if you can, please email admin@rogaine2006.com.au by 6 October.

Meals, Clothing & Compass Orders

Pick up of meal tickets for Thursday night as well as clothing and compasses that have been ordered will be available near the Hash House and registration area from 12 noon on Thursday, as well as Friday morning and Saturday afternoon.

Please bring a copy of your order confirmation email.

"The Stargazer's Rogaine"

Administration

The administration processes before the start of the event will be separated into three main steps.

Registration (see previous page) will record your arrival at the event; collect indemnity forms and payments; provide refunds arranged and address any other issues and last minute team changes required. At registration, you will receive two tickets required to collect your maps and Navlight tag on Friday morning.

A Navlight Tag for electronic scoring will be issued to one person in each team and attached with a security wrist band that cannot be removed without breaking.

Maps will be distributed in exchange for the ticket issued when registering.

Scoring

We will be using traditional punch cards at this event and these cards must be punched at every checkpoint.

We will also be using an electronic system known as Navlight. One Navlight tag will be issued to each team. You are strongly encouraged to use this system which also involves 'punching' the tag with an electronic punch at each checkpoint. As you finish, the electronic system will provide a printed report showing your final score plus details of each control visited and the time of each visit.

The Navlight system will be used in the first instance to verify your score. If you do not use the Navlight punch at every checkpoint then you must inform administration and your traditional card will be used to determine your score.

In the event of any disputes, official protests, or issues with your Navlight score, the traditional punch card will be used to determine your score. Scores will NOT be determined from a combination of visits recorded by Navlight and punch cards.

The preferred method of recording finish times is to use the Navlight system.

Navlight Electronic Tag Distribution

Distribution of Navlight tags (one per team) will occur near the Hash House and registration area from 7:00am on Friday.

Tags will be provided in exchange for the 'Tag' ticket issued to your team when registering. Tags will be fitted with a security wrist band as they are issued so you need to have decided which team member will wear the tag for the duration of the event.

Tags will be activated with an electronic punch when fitted and there will also be 'test' punches available before the start so that you can try it out. The electronic punching is very quick and easy.

"The Stargazer's Rogaine"

Map Distribution

Distribution of maps (one per team member), control descriptions and flight plans (route intentions) will occur near the Hash House and registration area from 9:00am on Friday.

Maps will be provided in exchange for the 'Map' ticket issued to your team when registering.

Flight Plans

As a safety precaution, each team will be required to submit a plan showing their intended route. A copy of the course map will be provided to mark up with your team's intended route and collection points will be provided around the Hash House and administration area. Please ensure you return your plan before the start.

Control/Punch Cards

Traditional punch cards will be used for scoring in parallel with the electronic, Navlight system. Refer to the section on the previous page to ensure you are aware of how scores will be determined. The cards will have a waterproof coating and a hole punched in one corner and will NOT be issued prior to the start.

You will need to collect your card from the hanging line at the start of the event.

The Event Map & Controls

The map size is 65 × 62 cm including borders. You should bring a map bag or enough 'contact' to protect your map. The scale is 1:33,333 or 3cm = 1km, with 10m contour interval.

It is against the rules (Rule R7) to have in your possession at the Hash House a map which shows information additional to that shown on the competition map. The Warrumbungles National Park map (1:40,000) and LPI standard topographic maps (1:50,000) of the area show less information than the competition map and are therefore permitted under this rule.

Control Descriptions

The following translations are provided for checkpoint descriptions that have been used. Some descriptions are used more than once.

| <i>Descriptions used – English</i> | <i>Français</i> | <i>Deutsche</i> | <i>Russian *</i> |
|---|---|---|---|
| The gully | Le ravin | Der Graben | овраг |
| The watercourse | Le cours d'eau | Der Wasserlauf / Das Flußbett | Русло, промоина (часто сухое) |
| The creek | Le ruisseau | Der Bach | Ручей |
| The knoll | La butte | Der Erdhügel / Die Kuppe | бугор, кочка |
| A knoll | Une butte | Ein Erdhügel / Eine Kuppe | бугор, кочка (на карте не отмечен) |
| A rocky knoll | Une butte rocheuse | Ein Steiniger Hügel / Eine Felskuppe | Скалистый выступ, бугор (на карте не отмечен) |
| The spur | L' éperon | Der Vorprung / Nase | отрог или уступ |
| The rocky spur | L' éperon rocheux | Die Felsvorsprung / Die steinige Nase | Скалистый отрог |
| The broad spur | L' éperon évasé | Der breite Vorsprung / Die flache Nase | Широкий отрог |
| The saddle | Le col | Der Sattel | Седловина |
| A saddle | Un col | Ein Sattel | Седловина (на карте не отмечена) |
| The watercourse junction | La jonction de cours d'eau | Die Bach-Gabelung / Wasserlauf Gabelung | Слияние русел/промоин |
| The gully junction | La jonction de ravin | Die Graben-Gabelung / Schlucht Gabelung | Слияние оврагов |
| The watercourse / gully junction | La jonction de cours d'eau / ravin | Die Wasserlauf / Graben Gabelung | Впадение промоины в овраг |
| The ridge – SE side of 8m rock | L'arête – côté de SE de roche de 8m | Der Kamm – Süd-Ost-Seite des 8m-Felsen | Гребень - ЮВ сторона 8м скалы |
| The watercourse bend | Le coude de cours d'eau | Der Wasserlauf-Biegung | Излучина русла |
| The rocky knoll – S end | La butte rocheuse – extrémité sud | Die Steinig Kuppe/Hügel – Süd-Spitze | Скалистый выступ - Южный конец |
| The rocky knoll – W end | La butte rocheuse – extrémité ouest | Die Steinig Kuppe/Hügel – West-Spitze | Скалистый выступ - Западный конец |
| The watercourse – E side | Le cours d'eau – côté d'est | Der Wasserlauf – Ost-Seite | Русло, промоина - Восточная сторона |
| North end of the clearing | Extrémité nord de la clairière | Nord-Spitze der Lichtung | Северный край прогалины/поляны |
| The gully – foot of the cliff | Le ravin – pied de la falaise | Der Graben/Schlucht – Fuss von der Felswand | Овраг - подножье обрыва |
| The saddle – N end of a small clearing | Le col – extrémité du nord de la clairière petite | Der Sattel – Nord-Spitze von einer kleinen Lichtung | Седловина - Северный край маленькой прогалины |
| N edge of the flat area | Angle nord de la terrasse | Nord-Spitze von der Ebene | Северный край террасы |
| A gap in the dyke (a dyke is a natural rock wall) | Une brèche de la digue (mur naturel de roche) | Eine Öffnung in der natürlichen Felsmauer | Пролом/прорыв в естественной скальной дамбе |

* Note for Russian language: Примечание к русскому переводу:

Где в английском описании используется 'The ...' означает, что этот объект отмечен на карте;

Где в английском описании используется 'A ...' означает, что этот объект НЕ отмечен на карте

"The Stargazer's Rogaine"

For Sale

There will be limited stocks of event clothing and other items available for sale.

Purchase of items at the event will require payment by cash.

The items below will be available from the same place where pre-ordered items are being distributed.

| | Price |
|--|----------|
| Base plate compass: Silva 2S luminous | \$ 45.00 |
| Thumb compass: Norcompass 6 | \$ 47.00 |
| Long Sleeve T-Shirt - Red Hydro mesh dri-fit 185gm fabric (Aust. made). 7th World Rogaining Championships logo embroidered on left breast position including Competitor label. Warrumbungle skyline artwork on rear in black and event logo icons on left sleeve. | \$ 50.00 |
| Polo Shirt - Kakhi - Male & Female Hydro-mesh dri-fit 170gm fabric (Aust. Made). Contrast red stripe on collar and cuff edges. 7th World Rogaining Championships logo embroidered on left breast position. | \$ 45.00 |
| Bucket Hat - Natural / Black Microfibre fabric. Competitor label on rear and event logo on front. | \$ 20.00 |
| First aid kits - include: 1m crepe bandage, thermal blanket | \$ 10.00 |
| Whistle | \$ 3.00 |
| Thermal blankets | \$ 5.00 |
| Compass HIRE | \$ 5.00 |

1st Waitara Scouts will have soft drinks for sale Saturday afternoon and evening

The Rotary Club of Coonabarabran will have alcoholic drinks for sale on Saturday evening

"The Stargazer's Rogaine"

Family & Friends

Family and friends that are not entered in the event are expected to pay the regular National Park entry and camping fees at the Park visitor centre.

Saturday meals for family and friends will be available but please advise us of numbers beforehand so that the caterers can be prepared. The cost for entrants is included in the entry fee and payment for family and friends will be collected at each meal. Please advise numbers to admin@rogaine2006.com.au by 6 October.

| | Price |
|--|----------|
| Saturday afternoon presentation lunch | \$ 10.00 |
| Saturday evening meal / entertainment by Didge Dingo | \$ 15.00 |

Environment

Please protect the environment by "taking only pictures, punching only controls and leaving only footprints."

No litter, food scraps or rubbish is to be left on the rogaining course or at the event centre.

The National Parks and Wildlife Service has requested that no shoes with metal cleats, spiked shoes or shoes with metal dobbs or other metal traction aids are to be used at the rogaine.

Safety & Comfort



Safety and comfort is covered in the Essential Information document that was published on the website on 9 September. If you have not already done so, please read it carefully. Some of the points covered include:

- safe driving to and from the event;
- water availability – if possible bring 10-25 litres;
- the physically demanding country you will find on the course; and
- vegetation, weather and wildlife to expect and appropriate preparation.

Kangaroos can cause serious car accidents, especially at night.

"The Stargazer's Rogaine"

Communication

Web Site

Information and updates before the event will continue to be posted to the event website <http://www.rogaine2006.com.au/> and blog <http://www.rogaine2006.com.au/blog.html>

Essential information will also be available from the NSW Rogaining Association web site - <http://www.nswrogaining.org/index.htm>

During the event friends and family should follow event news on the above web sites plus www.sleepmonsters.com.au

Phone

Optus and Vodafone mobile phone networks have good coverage at the Hash House and around parts of the course: Some other mobile providers also use these networks. Telstra has coverage for their CDMA phones but not for their GSM phones (if your phone has a SIM card it's GSM).

There is a public payphone at Camp Blackman.

The following phone numbers will be available for contact before and during the event.

| Name | Phone | Email |
|--|--------------|--|
| Safety Alan Mansfield - Coordinator | 0422 292 194 | info@rogaine2006.com.au |
| Ian Almond - Administrator | 0411 523 023 | admin@rogaine2006.com.au |
| Coonabarabran Visitor Information Centre | 1800 242 881 | coonavic@hwy.com.au |
| Warrumbungle National Park Visitor Centre | 02 6825 4364 | |
| Coonabarabran Police | 02 6842 7299 | |
| Coonabarabran Hospital | 02 6842 2211 | |
| Dentist | 02 6842 1396 | |

"The Stargazer's Rogaine"

Program

Thursday 12 October 2006

| | |
|---------------|---|
| 12:00 | Camping opens at the event centre |
| 12:00 – 21:30 | Registration opens at the Hash House |
| 14:00 – 17:00 | Registration open at Coonabarabran |
| 18:00 – 21:00 | Welcome on Country by Bill Robinson, Elder of the Gamilaroi people followed by the evening meal to 21:00. |
| 19:00 – 19:30 | John Shobrook on astronomy and the skies |
| 19:45 – 21:00 | International Rogaining Federation Symposium |

Friday 13 October 2006

| | |
|--------------|---------------------------|
| 07:00 | Registration opens |
| 08:30 | Welcome |
| 09:00 | Map and document hand out |
| 11:30 | Briefing for novices |
| 11:45 | Final briefing |
| 12:00 | EVENT START |
| 18:13 | Sunset |
| 18:38 | Civil twilight |

Saturday 14 October 2006

| | |
|---------------|--|
| 01:00 | Moonrise |
| 05:02 | Civil twilight |
| 05:26 | Sunrise |
| 10:56 | Moonset |
| 12:00 | EVENT FINISH |
| 12:30 | Over due teams declared late |
| 12:45 | Time to lodge protests close |
| 13:00 - 15:00 | Presentation |
| 18:00 - 21:00 | Entertainment – Didge Dingo; evening meal; acknowledgments and final thank you |

Sunday 15 October 2006

| | |
|-------|----------------|
| 12:00 | Camping closes |
|-------|----------------|

"The Stargazer's Rogaine"

Other Information

Please review the following information which can be found on the event website - <http://www.rogaine2006.com.au/>

- Essential Information for Competitors – 9 September - http://www.rogaine2006.com.au/pdf/Competitors_Essential_7WRC.pdf
- The latest list of entries – which will confirm your entry and provide your team number - <http://www.rogaine2006.com.au/entryinfo.htm>
- Coach arrangements, maps and other information about travelling to the event - <http://www.rogaine2006.com.au/travel.htm>
- Notes on the Course – there are several articles of interest in the August archives of the blog http://www.rogaine2006.com.au/2006_08_01_archive.html including:
 - How's it going - Mike Hotchkis, Course Setter May 2006
 - Welcome from the NSWRA President and Advice for Competitors
 - Three trips to the Warrumbungles - Dry, Hot and Wet or How To Plan A World Championships Course
- The event blog with the all the latest news, including a course update - <http://www.rogaine2006.com.au/blog.html>

Attachments

Indemnity Form

The NSWRA Indemnity Form is provided with these Final Instructions as a separate document. You will need to complete this form and have it signed by ALL members of your team in order to register at the event.

Rules

The Rules of Rogaining published by International Rogaining Federation are provided with these Final Instructions as a separate document.

Rogaining is an amateur sport to be enjoyed by social and competitive participants and event organisers. These rules are based on those originally developed by the Australian Rogaining Association and have been drafted with simplicity and enjoyment as primary guides. They govern the conduct of all rogaining events organised by any group affiliated with the International Rogaining Federation. The rules are composed of four parts as follows:

Part A: Introductory Comments

Part B: Rules for Participants

Part C: Technical Standards for Organizers

Part D: Special Requirements for the World Rogaining Championships