Final Instructions to Competitors

Welcome and thank you for entering the Mount Werongaine rogaine. If you are a team leader, make sure this information is available to all of your team members.

Note that the **indemnity form** at the end of these instructions must be signed by all team members and presented at the registration desk when you arrive. The **rules of rogaining** are also appended to the end of the document, for your perusal.

How to get to the event:

The event is being held entirely within the Blue Mountains National Park, in an area that you will probably never have visited before (unless you did the NSWRA event in 1997…)! The hash house is located on a landing strip (don't worry – we are assured that very few planes will attempt to land during the event) near the eponymous Mt Werong. Note that Mt Werong is fairly modest on the scale of mountains and crampons are unlikely to be required to ascend.

The nearest towns are Oberon to the north and Taralga to the south.

To get to the HH from Sydney
1. Get to Mt Victoria by your favourite route (i.e. the Great Western Highway through the Blue Mountains or the Bell's Line of Road). Reset your trip meter.
2. Continue West on the Great Western Highway towards Lithgow and at 10.6 km from Mt Victoria shops turn left onto Jenolan Caves Rd (clearly marked as a route to Jenolan Caves).
3. 24.9 km from the turnoff (35.5 km total), turn right onto Duckmaloi Rd towards Oberon.
4. 20.4 km from this junction (55.9 km total) turn left onto Titania Rd towards Edith.
5. 4.3 km later (60.2 km total), turn left at the T-junction towards Jenolan Caves.
6. 2 km later (62.2 km total), turn right onto Butter Factory Lane towards Shooters Hill.
7. 23.5 km later (note that the road becomes Shooters Hill Rd after ~3 km) (85.7 km total), turn left towards Mt Werong (marked as 19 km away) and the Prison Camp (marked as 7 km). Note that this road, Mt Werong Rd, isn't on many road maps and looks pretty new.
8. 8.3 km on (94 km total), the road becomes good quality dirt; at 10 km (95.7 km total) there is a sign to Yerrenderie (straight on) and a right to Goulburn.
9. Continue straight on and in 5.4 km (103.3 km total), turn right onto the Mt Werong Fire Trail towards Mt Werong. (Alternatively, continue straight on for another 1.6 km to the National Parks campsite if you want facilities – tank water, emergency shelter and dunny!).
10. In 1.4 km, turn left onto a smaller trail.
11. Continue on this trail to the hash house site, which is a cleared area ~1 km along. The Hash House will be on the right hand side of the trail. You can camp anywhere along the landing strip (or, in fact, anywhere you like in the area!).

See: http://www.gmap-pedometer.com/?r=3208170 for the route.

To get to the HH from Goulburn
1. Drive NE on the Taralga Rd through Taralga.
2. Continue N on this road for another 54.5 km. Turn right onto Cosgrove Rd (not sure if it is labeled).
3. Drive E for ~4.3 km. Turn right at a T junction onto Mt Werong Rd.
4. After ~7.7 km, turn right onto Mt Werong Fire Trail.
5. In 1.3 km, turn left onto a smaller trail.

6. Continue on this trail to the hash house site, which is a cleared area ~1 km along. The Hash House will be on the right hand side of the trail. You can camp anywhere along the landing strip (or, in fact, anywhere you like in the area!).

See: http://www.gmap-pedometer.com/?r=3208165 for the route.
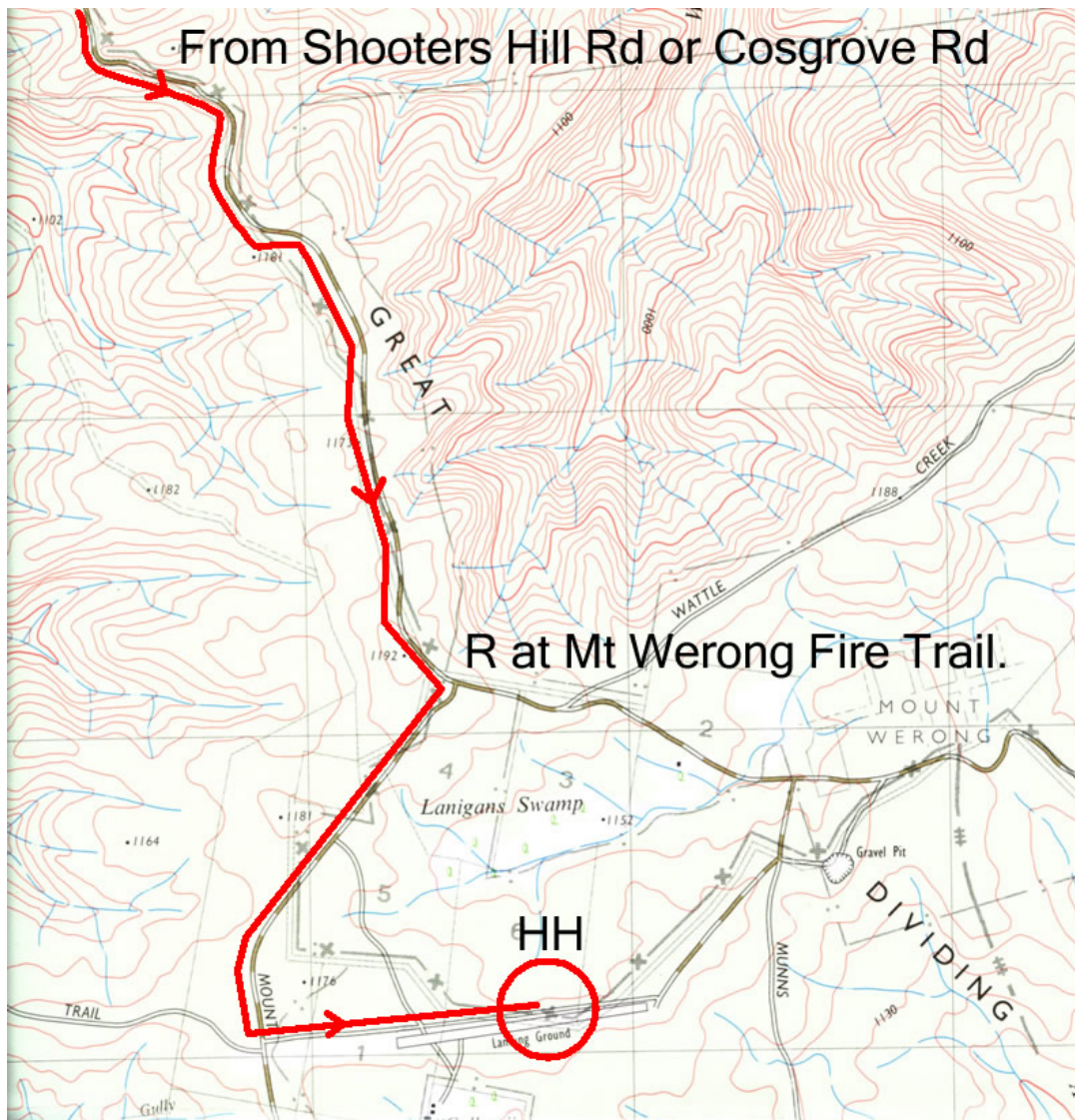
Getting home:

Driving home straight after competing in a 24-h rogaine is a pretty risky endeavour if you have been collecting checkpoints through the night. Consider bringing along a driver or staying an extra night (camping is free!).

Facilities:

There are no pre-existing facilities at the hash-house site (other than the shade of the trees). The organizers will be providing a tent with some tables and chairs (not enough for everyone!) for course planning and dining. We will also be providing some water, but you are advised to bring some of your own (~10 L per person) as well.

The course and its hazards:

The course presents the usual range of hazards that one might expect in a 24-h rogaine. The temperatures for this time of year in Oberon are:

Mean max.: 17

Mean min.: 5

Highest max.: 30

Lowest min.: -3

It is worth noting that the flag hangers were hanging flags in the snow on the weekend – so bring plenty of warm clothes! The forecast seems to be a touch warmer for this coming weekend, but we don't advise doing the event in your speedos…

There is quite a bit of water in the major creeks on the course (especially with the melting snow!), and, given that this is the top of the Great Dividing Range, it should be pretty safe to drink.

Ticks, leeches, and the like are always a possibility in the Australian bush – DEET-type repellents are generally useful.

Note that there is no mobile phone coverage anywhere on the course (including at the hash house).

The map:

The map has a scale of 1:25000 with 10-m contours. It has been lovingly hand crafted by Graeme Cooper using the Gurnang and Mt Armstrong topographic maps, together with satellite images from Google and SIX. When you look at the contours during the event, remember that Graeme drew every one of them by hand. It has premarked controls and is 48x560 mm. It will have a modicum of water resistance, thanks to a layer of celloglaze on both sides, but you will probably want to still use a map case or contact to be extra safe...

What to bring:

For the hash-house:

- Water (~10 L per person)
- Pens, pencils etc for map work
- Scissors, sticky tape
- Map case or plastic contact to protect your map
- Cutlery, mug and plate/bowl
- Camping gear, incl. a chair (and a table, if you have one)
- Change of clothes
- Your own food for periods outside hash-house hours and when you are on the course
- Water if you want your own flavour

For the course:

- Compass, watch, pencil and a whistle
- Torch and spare batteries/globe
- Enough clothes to be warm and protected from the sun for the whole event. Recommended minimum: long sleeved thermal top, insulating layer (fleece or similar), waterproof jacket, hat with brim, warm hat, gloves, long legs (eg long johns or tights).
- Gaiters. There is relatively little undergrowth on the course, but still a good idea…
- Sensible shoes or boots.
- Water container – 3 L capacity is recommended.
- Your own food for out on the course, during the event
- Mug, plate and cutlery if you intend to drop into the All Night Café for a spell.

What we provide:

- A continuous hot food service from 5 pm on Saturday till after the event on Sunday. The menu will change during this period (see website for menu!). Assorted cold food will also

- An All Night Café located about 12 km from the hash house. This will provide hot food and drinks between 5 pm Sat and 6 am Sun.

Registration:
Registration will be open between 6 pm and 9 pm on Friday evening. It will re-open at 7:30 am on Sat morning.
Before you come to registration, please make sure:

1. You know your team number. This is available on the web site or on a printout at the admin tent.
2. You have your signed indemnity form – signed by all team members.
3. You have any outstanding fees. Please bring either a cheque or the exact cash amount. There are no credit card facilities!

You will be issued with:
1.   One Navlight tag and wristband per team member.
2.   2. One set of Course Setters Notes and Control Descriptions for each team member.
3.   4. A Maps Token
4.
The maps will be available after 9:00 am on Sat morning. Bring your map tokens to the map handout desk.

Pre-Start Briefings:
Collective briefings will be held at 11.30am for novices, and 11.50am for all competitors. We require everyone taking part in the event to attend the final briefing. If you or any of your team is unsure of any aspect of how the sport works, please do not hesitate to ask one of the event staff. We will be happy to give you some advice for a few minutes after the start of the event to get you on your way.
At the Final Briefing, commencing at 11:50am, a check will be made that your NavLight tag is correctly fastened. It will then be punched with a "Brief" punch. You must have your tag punched with a **Brief Punch** before you go out on the course. If you don't punch your NavLight tag during the briefing session, then you will need to do so at the administration desk after the Rogaine start. Note that "Test" punches are NOT Brief punches!

During the event:
At each checkpoint remember to punch your NavLight tag. You are only required to punch your control card if the NavLight punch fails to function or is missing. When ever you return to the Hash House, your whole team must present themselves at Administration. Your NavLight tag will be punched with a "Stop" punch and read. If you don't intend to go back out on the course, you should hand in your tag and card. Your "Score Sheet" will be printed. Check this and report any disagreements. When you are ready to go back out on the course, you must return to the administration area and have your tag punched with a "Depart" punch and read. If you don't do this, any extra controls you visit will be disallowed.

The Finish:
About 30 minutes before the finish of the event, a marshalling area will be set up. When you return, officials will check that your whole team is present, punch your tag with a "Stop" punch and collect your tag and card. Your team should then leave the area. During this busy period there will be a delay of up to ten minutes before individual 'Score Sheets' become available. They will be printed on demand. Teams will be deducted 10 points per minute that they are late. Any team more than 30 minutes late will be recorded as Late and have all points taken.

The 15-in-24 event:

If you are competing in the 15-in-24 h event, you are allowed to spend a MAXIMUM of 15 hours out on the course – you must spend at least 9 h at the hash house. If you choose to do your 15 hours in two (or more) separate sessions, you must go to the admin tent and check in when you return to the hash house and check out when you leave again, where your navlight tags will be punched to show that you are at the hash house. Don't forget to do this, otherwise you will be in all sorts of trouble…

If you have any questions or problems, please contact:
 Joel Mackay
Mob: 0421 841543
Email: joelpetermackay@gmail.com

Use of NavLight

Scoring

This event will use both NavLight electronic punching and traditional control cards. The NavLight tag will be the primary scoring device. Your traditional control card should only be used as a backup if there is a problem with the NavLight system.

NavLight has two main components, the punches and the tags. The tag is strapped to the wrist of one of your team. A punch hangs from a cord at each control.

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.

As well as the control punches, there are a number of "Status" punches located in the Administration area that are used to record your departures and arrivals from the hash house.

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.: _____

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 Association 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 Association 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 New South Wales Rogaining Association, 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 or whether the Association or its employees or agents may have been negligent.

In particular, the participant agrees to indemnify the Association 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 Association, 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 Association 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.

Australian Rogaining Association Technical Regulations

Competition Rules:
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. 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.
R8. The use of computers for course planning 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 recoding 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 simultaneously 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 shall finish by all of the members reporting together to the designated finish administration area and surrendering their recording device.
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. Within forty-five minutes of the nominated finish time, 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.

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.

Australian Rogaining Association Technical Regulations

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.

2009 NSW Rogaining Championships. 24 hour and 15-in-24 durations. 3-4 October, 2009										
20	21	22	23	24	25	26	27		100	Team No
30	31	32	33	34	35	36	37		101	
40	41	42	43	44	45	47	48	49	102	Finish Time
50	51	52	53	54	55	56	57	58	94	
60	61	62	63	64	65	66	67	68	69	Points
70	71	72	73	74	75	76	77	78	79	Late Pen.
80	81	82	83	84	85	90	91	92	93	Score