



## The 30<sup>TH</sup> LAKE MACQUARIE 6 & 12 Hour EVENT

### *FINAL INSTRUCTIONS*

Welcome to the Lake Macquarie Rogaine held Saturday 26<sup>th</sup> August, 2023. We would like to acknowledge the support of Forestry Corporation and NSW National Parks & Wildlife Service for granting permission to access these forest areas and facilities for the Event. The following information is provided to ensure you and your team gets the most out of the experience. Please pass it on to your team members and ensure they bring all equipment required. Thank you for entering the Event.

#### **Description of Event**

This popular event is an opportunity for Novice competitors to gain experience in Rogaining or night navigation while also providing a challenge for the more experienced Rogainers.

This year's Lake Macquarie Rogaine is a return to The Watagans, right in the middle of the Heaton State Forest and including Watagans National Park. The Hash House will be at Heaton Lookout Picnic Area. The views are immense !!

There will be:

- The option of a **6 HOUR (Starting at midday) or 12 HOUR (Starting at 11am) event.**
- Family Loops around the Hash House, and a recommended Novice Route for 6 HOUR event.
- Longer technical routes incorporating a Tea and Damper stop, some big climbs, wild creeks, and spectacular views, plus plenty of trails to keep you moving. It will take in the Heaton State Forest and Watagans National Park.

The Watagan Mountains are West of Australia's largest coastal salt water lake and only two hours north of Sydney. The area used has beautiful rainforest, pristine creeks, friendly fauna (including leeches and ticks), memorable views and an extensive track network that allows competitors the option of avoiding some of the navigation through dense vegetation.

There will be **NO CAMPING** near the Hash House on either Friday or Saturday night due to insufficient room (Officials excepted). Nearest camping is at Watagan Headquarters Campground (6km West along Watagan Forest Road), or alternatively The Pines Campground (18km South along Watagan Forest Road)

This course will have destinations and route options for the Novice navigator up through to the Superhuman Ultra-veterans. There are many tracks to help guide (and sometimes confuse), but the Course is sure to take you off the beaten track as well.

The Map is very accurate. Hamish Mackie has generated all the contours and other information from LiDAR data for this event. Fieldchecking during Course Planning activities has allowed some updating of this map.

**WHERE:** The event is being held at Heaton State Forest and Watagans National Park, 16 km NW of the township of Cooranbong.

**HOW TO GET THERE:** From *Sydney* travel the M1. Take the Freemans Drive (B82) exit towards Kurri Kurri/Cessnock. Turn right onto Freemans Drive towards Cooranbong. After 4.5km turn right onto Mount Faulk Road (sealed). After 3.5km this road becomes unsealed and climbs steeply up the escarpment. TAKE CARE as Awaba Mountain Bike Park is very active and MTB riders may be on this road. As the road climbs it has some very narrow winding sections, so be observant. After 8.8km from Freemans Drive, turn right onto Heaton Road. Drive 1.6km to the Event at Heaton Picnic Area (just past Heaton Lookout). Travel time is about 20 minutes from Freemans Drive.

From *North or Newcastle* travel the M1. Take the Palmers Road/Toronto exit. Turn right onto Palmers Road towards Freemans Waterhole. After 3.4km, at the roundabout, take the first exit onto Freemans Drive (B82). Travel 8km and turn right onto Mount Faulk Road. Follow directions as above.

**Included in this package are the following documents:**

- ✓ **Final Instructions;** forward these or make copies for all your team members.
- ✓ **Event Rules;** be sure all your team have read these and understand them.
- ✓ **NavLight Usage Instructions;** please familiarize yourself with this system.
- ✓ **Disclaimer/Waiver Forms;** these MUST be read, agreed to & signed by all entrants.

**Available at the Event:**

- ✓ **Saturday Meal;** if you hang around after completing your course from 5.30pm.
- ✓ **Maps;** A3 size and printed on waterproof paper (& Checkpoint descriptions on back).
- ✓ **Course Planner's notes;** these should be read carefully, especially by Novice and first-timers.
- ✓ **Wristbands and Tags;** each team member will be required to wear one and record checkpoint visits.
- ✓ **Team Intensions Map;** each team marks their "Flight Plan" for Administration records.

**TIMETABLE:** FRIDAY, 25<sup>th</sup> AUGUST, 2023

12 noon	Hash House setup. NO CAMPING FOR COMPETITORS!
Friday afternoon and evening	Camping available at HQ Campground (6km West) or The Pines

SATURDAY, 26<sup>th</sup> AUGUST, 2023

8.30am	Registration opens, Maps and NavLight bands available
10.30am	Novice and first-timer briefing
10.45am	FINAL Briefing 12HR competitors
11.00am	12 HOUR Rogaine starts.
11.30am	Tea and Damper Café opens
11.45am	FINAL Briefing 6HR competitors

12.00 Noon	6 HOUR Rogaine starts
5.30pm	Hash House food opens
6.00pm	6 Hour Rogaine closes
6.30pm	6 Hour Event Presentation
11.15pm	Tea & Damper Café closes
11.00pm	12 Hour Rogaine closes
11.30pm	12 Hour Event Presentation

### Registration:

Registration is at the Administration marquee. When you come to registration, can you please make sure:

- You know your **Team Number**. It is a number less than 300. Printed lists of entrants are available for you to look it up, although it is available on the NSW Rogaining website under team lists.
- You have an **Indemnity Form** completed with Team Number, car registration and signed by every adult team member.
- If you have any Entry changes, contact the admin, Anita Bickle 0434 36 94 93.

The following will be issued from 8.30am on Saturday:

- One **NavLight Tag and wrist band** for each team member over 4 years of age. NavLight Tags are optional for 5 and 6 year olds.
- One **Intention Map** to mark on your “Flight Plan”
- **Control descriptions** and **Course Planner's notes** for all team members
- You will receive **one map** for each team member.

### Preparation Time:

After registering your team, you should now:

- **Plan** your Course;
- **Complete your Intention Map** “flight plan” and return it to a collection box. Remember to write your Team Number on it as Your Team will be **awarded 10 bonus points** if returned.
- **Attach your NavLight Tags** with the wrist bands provided. Note that once closed, you cannot undo them. Wrist bands must be intact on your wrist when you return to the Finish.

Test punches are available so you can see how a punch operates. You can do this at any time. Test punches are just that! They do not affect your score and do not activate your Tag. They are NOT “Brief” punches.

### Novice Instruction:

A special briefing is provided at 10.30am for those who are new to Rogaining. We will also be happy to give you some individual advice after the start to help you on your way. The Planner’s notes give some suggested checkpoints to visit in 6 hours and advice to Novices. If you are new to Rogaining and would like to know more about our sport before the event, you can find a lot of useful information on the NSW Rogaining Association website. Go to: <http://nswrogaining.org/AboutRogaining/Novices/Novices.htm>

### Pre-Start Briefing:

Ready to go or not, **you MUST attend the pre-start briefing** that will be held at 10:45am (12 HOUR Event), or 11.45am (6 HOUR Event).

### On the Course:

At each checkpoint **each team member must punch their NavLight Tag**. The NavLight punches will be attached to the flag or next to it. At controls closest to the Hash house, there may be more than one punch. Each person can use whatever punch is available. If the NavLight punch fails to function, look inside the back and

record of the electronic “punch” human readable backup codes (EG. KOR) on any single sheet. The organisers will accept this single sheet from the team. If it is missing, you could take a photograph of the Checkpoint with your mobile phone.

### The Finish:

When you return from the Course, *the entire team must report to Administration*. Your team’s finish time will be the time that the last Tag is punched with the “stop” punch. *Each team member must. . . .*

1. Show that the NavLight Tag is still attached to your wrist.
2. Have it punched with a “Stop” punch.
3. Cut it off and hand it to one of the collectors.
4. You should then leave the area.

### Scoring:

- Points for each checkpoint *are worth ten times the value of the first number* of the checkpoint. eg Checkpoint 49 is worth 40.
- Penalty for late finish will be *10 points per minute or part thereof*. Teams finishing more than thirty minutes late shall be deemed ineligible for a placing and their result will be recorded as “LATE”.
- Each team member *must punch their NavLight Tag at a checkpoint* for the team to be awarded the points.
- NavLight will be the primary scoring system.

### Results:

At the conclusion of the event, every team's score will be displayed (IF POSSIBLE) as it becomes available. Once all NavLight Tags have been read, results by category will be displayed. Full results will be published on the web site.

### The Map:

The map has a Scale of 1:25,000 with contours at 10 metre intervals. It has pre-marked checkpoints and is printed on one A3 sheet. The map is printed on waterproof paper, but you may prefer to put it in a Map Protector for use in the Event. Checkpoint descriptions will be printed on the back of the map. Be sure to familiarize yourself with the legend to understand some of the unique symbols. EG. Taped route

### Equipment:

If you are *camping on Saturday night at Watagan Headquarters Campground (6km West of Hash House)*

- Tent
- Sleeping bag
- Sleeping mat
- Lots of warm clothes
- Water and food

### *At the Hash House:*

- **Completed Indemnity Form**, signed by each adult member of your team
- Pens, pencils, tape, scissors, measuring string, map bag etc. for course planning work and preparation
- Cutlery, mug, dessert and dinner plates
- Portable chairs and table
- Change of clothes
- Your own additional food for Saturday lunch and snacks out on the course
- At least 10 litres of “city” water for personal use

### ***On the Course:***

We have found ***good mobile phone coverage across the area***, due to the close vicinity of the receiver towers. Compulsory equipment that ***each adult Rogaine entrant must carry*** includes a basic first aid kit.

- Heavy-weight Crepe bandage, whistle, space blanket, bandaids, field dressing

### ***Recommended Equipment:***

- Compass, watch, pencil, small backpack
- Hat and sun cream, Insect Repellant
- Suitable shoes or boots
- Gloves (garden-style protection), and eye protection
- Full leg and arm cover, gaiters
- Warm jacket/jumper, mits, beanie and wet weather gear (as required)
- Water bottle/bladder – at least 2 litres per person (water points are on the Course)
- Food to keep you going while out there
- Mobile Phone
- Strong torch or headlamp (spare batteries?)
- Safety lights – can attach to team mates backpacks to easily track each other after sunset.

### ***What we Provide:***

- Competition Map, NavLight Tag & wrist band
- Water resupply points are on the Course.
- Dinner on Saturday night at Hash House from 5.30pm to 12 Midnight, Tea & Damper Café on Course 1130am-11.15pm .
- Hot food and drinks will be available after the event, from 5.30pm on Saturday thanks to Stuart Warren & NSW Scouts.

### **Further Information**

**Registration and Administration:** [admin@nswrogaining.org](mailto:admin@nswrogaining.org)  
Anita Bickle Phone: 0434 369 493 (at a reasonable hour)

## **E V E N T R U L E S :**

A complete set of the Rules can be found on the NSW Rogaining website.

### **IMPORTANT RULES TO REMEMBER. . . . .**

- We ask teams to carry the mandatory equipment of a whistle, space blanket & compression bandage.
- We also recommend each team carries a small first aid kit.
- Team members must be within earshot of each other at ALL TIMES. No splitting up is permitted.
- All team members must get to each checkpoint visited and insert the “punch” into their “tag”.
- Teams must not rest within sight of a checkpoint or reveal the location of the flag to others (including Public)
- Checkpoint flags and punch units should not be interfered with by entrants.
- The use of any navigational aids other than the map provided, a magnetic compass, and a watch is prohibited.
- Teams finishing early must report to Administration. A team can retire a member at the Hash House, finishing that team’s event. A new team can form but they start with a zero score.
- Late finish penalties are severe, 10 points per minute or part thereof. Teams finishing 30 minutes overdue will be recorded as “LATE” with no score.
- If another team has an emergency situation you should cease your event and render assistance, call 0434369493 or 0409245031, the Event Administration contacts, or phone 000. DOWNLOAD the Emergency Plus App on to your phone beforehand.
- Areas on the map marked with purple line screening are deemed “OUT OF BOUNDS” and no entry is permitted

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**As always, careful route planning, navigational skills, and understanding of your team's physical strengths will be required to maintain safety and enjoyment.**

**..... in The Watagans little things count !!**



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## ***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.



# New South Wales Rogaining Association Inc.

ABN 15 314 080 648



Event: <b>30<sup>th</sup> Lake Macquarie Rogaine – 26/8/23</b>	Team No.:	Car Rego.:
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## DISCLAIMER / WAIVER

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 regaining 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

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 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:** \_\_\_\_\_

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**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