



# Final Instructions

## 2025 Metrogaine

6hr Event - Sunday, 30th March 2025

## Welcome

Thank you for signing up to the 2025 Metrogaine.

This is an area which has not been rogained before.

If you are a team leader, please ensure this information is available to all of your team members.

If you are new to rogaining, we have good info on our website. Feel free to ask for help and advice. You will receive course setter's notes with your map, please make sure to read them carefully.

## Timeline for the event

This year the event will have to start 30 minutes later than previous years. This is an unfortunate necessity as we are unable to start setting up at the Hash House prior to 0800 (condition of hire).

ACTIVITY	TIME
Maps available	From 0830
Novice briefing	1000 – 1015
General briefing (all teams)	1015
Mass start	1030
Food available	1600 - 1700
Finish	1630
Late Finish (disqualification)	1700

## How to get there:

The Hash House (start and finish, event HQ) will be:

**Jordan Springs Community Centre**

**2/6 Cullen Ave**

**Jordan Springs NSW 2747**

Please enter the facility off Lakeside Parade. Parking will be in the surrounding streets, for example Houston Street, Landsborough Street, Crimson Street. Please don't park in the Woolworths carpark.

**IT IS YOUR RESPONSIBILITY TO PARK LEGALLY IN ACCORDANCE WITH ALL STREET SIGNS.**

As always, to prevent crowding, we encourage participants to catch public transport.

The closest bus stop is serviced by 783 bus running between Penrith and Werrington stations. Please double check the timetable to ensure you get there in time:

<https://transportnsw.info/documents/timetables/11-783-Werrington-to-Penrith-via-Jordan-Springs-20250203.pdf>

# Rules

The Rules of Rogaining are at <https://nswrogaining.org/rules-and-regs> . Only travel on foot - no cars, bikes, planes, taxis, buses, trains etc.

No use of GPS devices to aid navigation.

Do not enter private property or restricted/out of bounds areas.

Wiannamatta Regional Park is both surrounded by, and dissected by tall fences. These have been marked on the map. Please only cross at locations marked as crossing points on the map. This is a condition of approval to run the event from National Parks and Wildlife Services.

It is a National Parks and Wildlife Service requirement on this event that we are NOT PERMITTED to travel off track in the Regional Park. This area will be clearly marked on the map.

## What to bring

NSWRA Disclaimer/Waiver Form: The Disclaimer/Waiver Form at the end of these Instructions be signed by all Team members and presented at Registration.

For the Hash-House:

Pens, pencils, scissors, sticky tape for map work.

Cutlery, mug and plate/bowl.

For the course:

Water, Food/snacks (though shops are located throughout the course)

Hat (wide-brimmed)

Sunscreen

Mobile phone (though GPS is not to be used)

Compass, watch, pencil, whistle

First-aid kit (one per Team)

Comfortable runners, shoes or boots

Wet weather gear if rain is possible

## For novices

This is a great event to get into rogaining. Being a METROgaine, most of the event will be spent in streets and parklands, with the exception of Wiannamatta Regional Park, which is a vast expanse of Cumberland Plain Woodland.

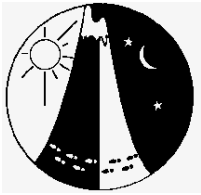
Please note, some controls (not in the Regional Park) are set off tracks (albeit close to them), and are NOT visible from nearby trails!

The aim is to get as high a score as possible, not necessarily the greatest number of controls. Each control is worth the first digit x10. E.g. 54 is 50 points (5x10=50), 43 is 40 point (4x10=40), etc.

It is very important to plan a route prior to setting off, however reassess your progress throughout the event. You may need to add or remove controls depending on how you are going.

Don't be late, as each minute is a 10-point deduction. If you are late by more than 30 minutes, you will be disqualified.

THERE WILL BE A NOVICE BRIEFING 30 MINUTES BEFORE THE START, BUT IF YOU NEED HELP OR HAVE QUESTIONS, JUST ASK ONE OF THE TEAM IN HIGH-VIS AND THEY WILL FIND ONE OF THE EXPERIENCED ROGAINERS ON HAND TO HELP.



# New South Wales Rogaining Association Inc.

ABN 15 314 080 648

## DISCLAIMER / WAIVER

Event : 2025 Metrogaine	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**

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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):**

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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