



3 hour
Swans, Sea and Caves Minigaine 2026
Sunday 22 February 2026

FINAL INSTRUCTIONS

Hash House	Swansea High School
Google maps	https://maps.app.goo.gl/HjwbaRUVF3Rt5Fnw7
Lat/Lon	Lat/Long S-33.1095198, E 151.6417286
Contacts	Admin: admin@nswrogaining.org Coordinator: 0400 470 497

Welcome to the **Swans, Sea and Caves** Minigaine.
Team leaders should ensure all team members read these instructions.

Program

Sunday 22 February

- 08:00 Registration & maps opens
- 09:50 Final briefing
- 10:00 Start
- 12:30 Food commences
- 13:00 Finish
- 13:30 Course closes & presentations commence
- 14:00 Event closes & **NSWRA AGM** begins <https://nswrogaining.org/event/2026-agm/>

Getting there

Directions from Sydney CBD (~140 km, ~1h 45m):

Get on Bradfield Hwy/Western Distributor/A4 in Millers Point from Harrington St

4 min (1.0km)

Take M1 and M2 to Cumberland Hwy/Pennant Hills Rd/A28 in Carlingford. Take the exit for Pennant Hills Rd/A28 from M2

18 min (22km)

Get on M1 in Wahroonga from NorthConnex/M11

8 min (9.4 km)

Follow M1 to Doyalson Link Rd/Motorway Link/A43 in Bushells Ridge. Take the exit from M1

45 min (75.8 km)

Follow A43 to your destination in Caves Beach

25 min (29.2 km)

78 Park Ave, Caves Beach NSW 2281

Parking, Toilets and Water

Parking	There is plenty of on street parking near the school for competitors.
Toilets	Toilets will be available on site at the school.
Water	Please bring your own water for all your needs at the Hash House and on the course. There are bubblers and taps at the school if really required – we want to avoid queues in the lead up to the start! There are no water drops on course as there are many public taps.

Coffee and Food

07:15AM to 10:00AM	There will be a mobile coffee cart selling coffee in the School Car Park – a local team from Harmony Beans in Belmont North
12:30PM to 1:30PM	The Hash House will have a food service of sandwiches and snacks at the finish of the event. There will be a range of food options available. For those with dietary requirements, gluten-free, vegetarian, and vegan options will be provided. Please note: if you do not have a specific dietary requirement, we kindly ask that you do not choose the alternative options, as this helps ensure there is enough available for those who need them.

Registration

The Course Setters and experienced Rogainers will be happy to discuss any aspect of the event with you – look for them around the Hash House and Admin area.

Bring:

1. Your team number – available on the [event webpage](#).
2. Indemnity form found at the end of these instruction, completed and signed by all team members.
3. Compulsory safety equipment (1 set per team member): whistle, 1 compression bandage per person.

Receive:

1. Map with course setters' notes on the back and control descriptions printed on the front (1 per team member). It is printed on waterproof polymer (Teslin).
2. NavLight tag and wristband (1 per team member).
3. Flight plan (1 per team). Please indicate your planned route and return it to admin before the start. This could help us locate and assist you should the need arise. This is an intention only and not a final route choice for you, but you must submit it prior to going on-course.

The map

The map is sized A3, scale 1:15,000, printed on waterproof and tear-resistant Teslin.

What to bring to the event

- Indemnity form signed by all members (see last page)
- Pens, scissors, string, sticky tape for map work
- Change of clothes, towel
- Basic first aid kit
- Plenty of water – please try to be self-sufficient at the Hash House

What to take on the course

- Whistle (compulsory per person).
- One compression bandage per person (compulsory).
- 2-3 litre filled drink container – more if it is a hot day.
- Lots of Sunscreen
- Wide brimmed hat – sun protection
- Sunglasses – sun protection
- Trousers and long sleeve shirt are recommended to help protect you from the sun, snakes and the bush – snakes have not been prevalent during setting but they are around.
- Additional clothing to keep you warm and dry depending on the weather forecast.
- Backpack (optional)
- Compass.
- Watch.
- Shoes with good grip and good foot protection.
- Food for on the course (muesli bars, dried fruit, chocolate, power drinks, etc.).

Information for 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>

If you are unsure or unfamiliar with anything to do with the event, our volunteers at the Hash House can help.

Rather than a novice briefing, the course setter will be at the registration desk and will be happy to answer any questions and give any relevant advice that help with navigating and planning your course.

Course setter's hints for navigating

Navigating direction: Locate your current position and the control (checkpoint) on the map you wish to visit. Place the compass on the map, aligning the long edge of the compass between your location (e.g., track junction) and the centre of the checkpoint. Rotate the compass bezel until the orienting arrow aligns with black grid lines which are orientated on the map to magnetic north. Hold the compass level and rotate it until the compass needle (the red-tipped needle) aligns with the orienting arrow. The compass now points towards the desired location. Use the compass to follow the bearing, ensuring the compass needle remains aligned with the orienting arrow (north). Hint: Look ahead to identify a feature (e.g., a specific tree) you can walk to that is in the direction you need to travel. If you navigate accurately from point to point you can chart a surprisingly accurate course.

Knowing distance: Calculate the distance on the map between your location and the control. Most compasses have scales in cm and some have calibrated distances such as 1:15,000. Your map shows a calibration bar. Note that the distance between vertical N-S grid lines is 1 km. To estimate the distance you have travelled you can count paces (paces/100 m) and/or measure the time you have been walking (walking time/100 m). To estimate this before you head off, use the 100 m length that is marked out near the HH (ask if you cannot find where it is located). Note that when walking through bush your pacing and speed will be somewhat less than what you have just calculated, but it will provide a useful guide. Needless to say, the more experience you gain by trying, the more reliable these methods will become.

Route progress: After deciding on your course and heading off, monitor how many controls you visited in the first half, assess the distance to go and the terrain for the remainder of your course plan, and adjust your circuit accordingly. Take into account that you will probably have less energy for the second half of the rogaine.

Oops!: If you find yourself disorientated and just want to get out of the bush, don't panic, consider roughly where you are on the map and determine the direction you would need to travel to get to one of the more major tracks. Importantly, before you head off, set your compass to point you in the right direction and then head off until you reach the track. For those of you who know the Hitch Hikers Guide to the Galaxy, remember the sage words of Douglas Adams



Start procedure

The pre-start briefing will be held 10 minutes before the start of each event for all competitors. See program above for times. Attendance is compulsory. All NavLight tags will be pre-punched with a start punch so no pre-start punching will be necessary by competitors.

During the event

At each checkpoint, each team member must register their NavLight tag. The Navlight punch will be secured to a branch and you should not need to touch it – just hold your wrist up to it. If it doesn't work (i.e. its red light doesn't flash) then make a note of the code letters written on the checkpoint flag, and alert admin to the problem at the finish.

Please bring all rubbish back and take it home with you. Bury all personal waste.



Finish procedure

At the finish, all competitors must register their NavLight tag at Admin with the "finish" punch. Your finish time will be calculated when the last team member's tag is punched.

Scoring

The point value of a checkpoint is the first digit of the checkpoint number, that is numbers 40 to 49 are worth 40 points, numbers 50 to 59 are worth 50 points and so on. The penalty for a late finish is 10 points per minute or part thereof. Zero score will occur if a team arrives more than 30 minutes late.

Rules of Rogaining

There's a bunch of rules for the sport of rogaining, which you can read at:

<http://www.nswrogaining.org/Resources/Forms/index2.pdf>

Take particular note of Rule 7: *"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 (including GPS watches) 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"*

However, you are encouraged to carry your phone on the course, for use in an emergency only, or to report problems to the organisers (e.g. if returning late). Any use of your phone as a navigation aid will result in disqualification.

The Course and Safety

The course is situated in a suburban area. A lot of the course is quite flat. There are a few hills, which will reward you with some good views. Being summer there will be snakes in the scrub. In the bush areas, please use the tracks to access controls. There are no controls in the National Park. The course borders the ocean, channel and Lake Macquarie, with views of and access to the water.

The Pacific Highway runs through the course. There are pedestrian tunnels underneath and traffic lights for crossing the road. The other roads on the course can be quite busy – being a summer Sunday, so take great care – please. Swansea/Caves Beach also has a large number of e-bike riders of variable skill. Watch out.

The main hazards on the course are:

- vehicular traffic when crossing roads and e-bike riders
- water crossings or swimming
- Sun exposure and heat stroke

Emergencies

Have you installed the [Emergency Plus](https://www.emergencyplus.com.au/) app on your smartphone? It's free from any App Store and could be useful in an emergency situation. More info is at <https://www.emergencyplus.com.au/>



Event brought to you by...

Course Setters: Margaret Cook, Rob Cook

Event coordinator: Jack Hawkes

Map: Graham Field

Vetter: David Richards

Administration: Anita Bickle

Council Liaison: Anita Bickle

Flag Hangers: Margaret Cook, Rob Cook, Maria Orr, Peter Orr, Mardi Barnes, John Barnes

First Aid and Safety: Charles Kuan

Volunteer Coordinator: Robin Cameron

Treasurer: Mike Hotchkis

General Event Management: Events Group





New South Wales Rogaining Association Inc.

ABN 15 314 080 648

DISCLAIMER / WAIVER

Event :	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 rogaie 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
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____
_____	_____	_____

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
_____	_____	_____

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