

# Course Notes

Checkpoint Descriptions			
30	Seat	63	Goal post
31	Seat	64	Creek
32	Creek, N side	65	Track
33	Seat	66	Track
34	Knoll (Trig point)	67	E Footbridge
35	Track end	70	Track (Cliff top)
36	Track, (Fence)	71	Track
37	Clearing (Sign)	72	Jetty
38	Track (Bare Rock)	73	Bare Rock, N edge
40	Seat	74	Track junction
41	Track bend	75	Track
42	Kookaburra	76	Oval, S side (Fence)
43	Seat	77	Track
44	Footbridge	78	Track
45	Pipeline, N side	79	Track
46	Footbridge	80	Track
47	Pipeline, N side	81	Mermaid Pool, S side
50	Creek, N side	82	Footbridge
51	Clearing (Sign)	83	Track
52	Track junction	84	Shoreline / Beach
53	Footbridge	85	Creek junction
54	Track	90	Track bend
55	Track	91	Waterfall, top
56	Track, S of cascades	92	Track SW end
57	Footbridge	93	Track end (Cliff top)
58	Pipeline, NE side	94	Track bend
59	Track junction	100	Shoreline (Seat)
60	Track	101	Waterfall, foot
61	Track	102	Track
62	Track	103	Track end (Sign)
<b>Total: 60 checkpoints, 3600 points</b>			

## The Objective

- The objective is for your Team is to navigate to as many Checkpoints as possible (designated on the map by a circle and number), in any order, and to accumulate the most number of points you can within 6 hours.
- The value of each Checkpoint is calculated by replacing the last digit with a zero. For example, Checkpoint 45 is worth 40 points; 102 is worth 100 points.
- There are 60 Checkpoints, totalling 3,600 points.

## The Map

- The 1:20,000 scale map is reasonably accurate, but no map is perfect.
- Minor tracks are not always shown, some tracks may be overgrown and not every twist and turn is indicated.
- Locations of toilets, water taps and shops are indicated.

## Safety Rules & Tips

- Only travel on foot - no cars, bikes, kayaks, boats, scooters, buses, etc.
- No use of GPS devices to aid navigation.
- Do not enter private property or other out-of-bounds areas.
- **Within bush areas (light green on map) you MUST stay on established tracks.**
- Some indistinct trails (e.g. near 65, 80) have tape to help keep you on track.
- There are several designated mountain bike only trails around Bantry Bay & Manly Dam which are marked out of bounds. On shared riding/walking trails, please keep left where possible and be aware of bike riders.
- Take care on slippery tracks, creek crossings and rocky areas.
- Only cross Warringah Rd & Wakehurst Pkwy at the marked pedestrian crossings, footbridges or underpasses. Take care crossing all other roads.
- A pipeline (marked by a blue line) runs from Allambie Heights in the NE (near 62) to Middle Harbour in the NW (near 60). Only cross over/under the pipeline at marked crossing points.
- Checkpoints 100 & 84 are nice spots for a cool-down swim.
- If you need assistance call the Event Emergency Phone (0435 030 201 or 0405 804 741). In the case of an urgent, life-threatening emergency, call 000 or 112 from a GSM mobile phone.
- If you withdraw, please return to the Hash House. If you cannot make it back, please call the Event Emergency Phone (0435 030 201) - we don't want to be worrying about what happened and arranging search parties needlessly.

## Hash House

- The Hash House (check-in) has been kindly provided by Killarney Heights High School.
- The after-event eats will be provided by 1st Waitara Scouts.

## Navlight Electronic Recorder

- Your NavLight Tag is to be attached to your wrist before starting.
- ALL Team members must “punch” their Tag at Navlight Control Punches to register the Team’s visit.
- The Punch flashes red when placed on your wrist Tag for 2 seconds. The flashing red light may be hard to see in sunlight. Even if you can’t see a flashing light, the Tag should register. There is no beep sound.
- If the Punch is missing, record your presence with a photo &/or note the surroundings. When you Finish, report the problem to have your score adjusted.

## Start & Finish

- This is a 6 hour event with a mass start at **10am**. If your Team leaves after 10am it will still be recorded as starting at 10am.
- The start & finish is at Killarney Heights High School – central quad.
- **To exit & re-enter the school, use the pedestrian gates to the east (Starkey St), south-east (Oval) or south (Melwood Ave). All other school gates are locked.**
- When you return make sure all Team members immediately go to the Finish flag and have their Tags punched and removed.
- If your Team returns after **4pm** a time penalty will be incurred of 10 points for each minute (or part thereof) that you are late.
- If your Team returns after 4:30pm unfortunately the Team will be recorded as LATE, with a score of zero.

## Afterwards

- Please stay and enjoy the company of fellow rogainers.
- BBQ eats and drinks are provided by 1st Waitara Scouts from 3:30pm to 4:30pm.
- Presentations will commence at approx. 4:30pm.

## Novice Route Suggestions

### **Bantry Bay & Manly Dam (18km, 1050pts):**

32-33-37-54-47-44-38-91-100-74-73-42-76-72-55-94-64-50-40-HH

### **Garaigal National Park (21km, 1260pts):**

71-67-83-77-93-59-84-60-35-102-45-79-56-63-46-37-54-94-64-50-HH

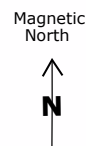
### **Allenby Park, Manly Dam & Bantry Bay (27km, 1590pts)**

32-33-37-54-47-44-38-78-43-62-82-101-75-92-90-52-53-34-73-74-100-42-76-55-94-64-50-40-HH



# The Bantry Bay-gaine

6hr Metrogaine - Sunday 2nd April 2023



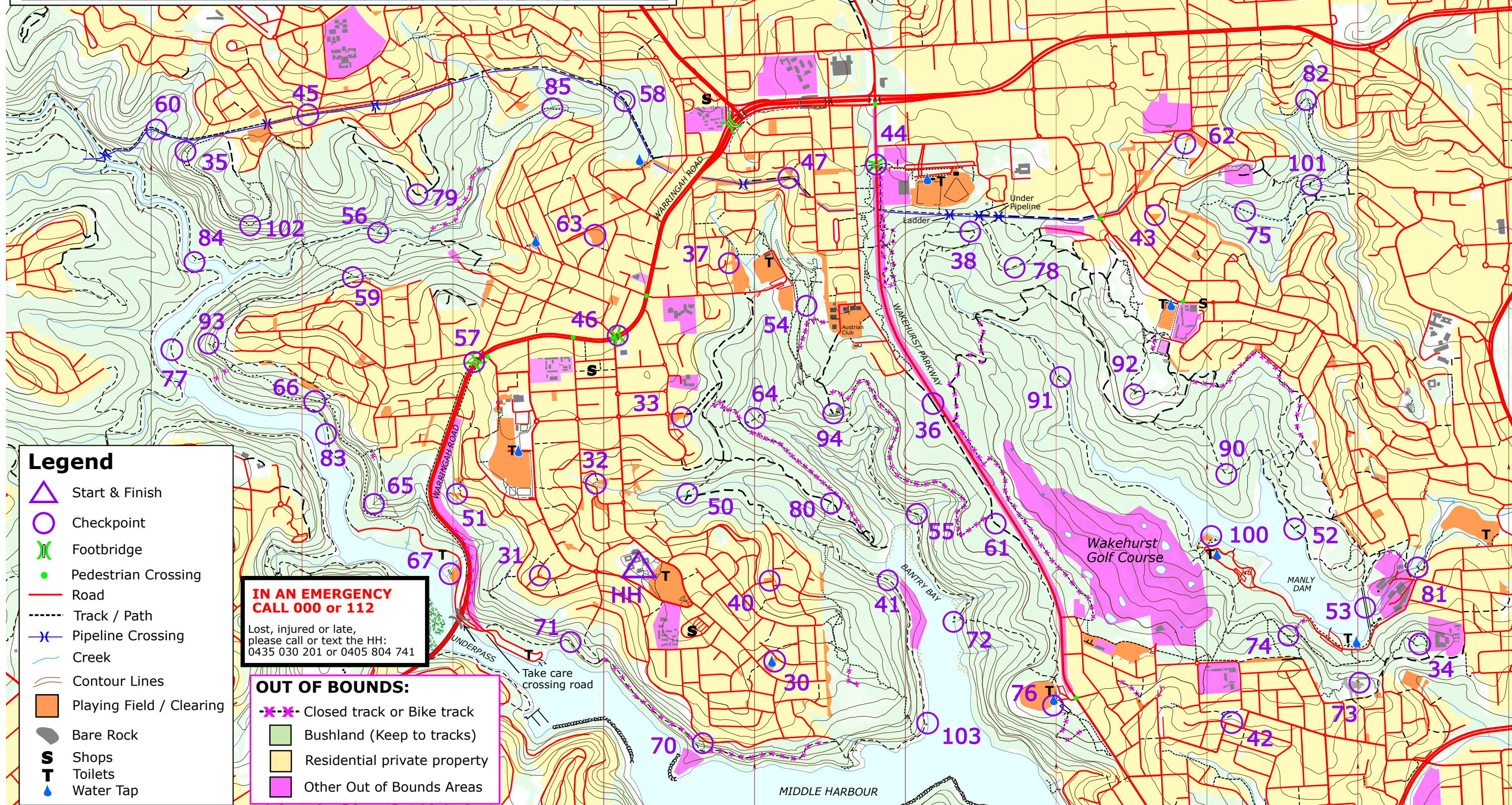
Contour Interval 10m

Scale 1:20,000

0 0.2 0.4 0.6 0.8 1km



Organiser: Steve Ryan  
 Admin: Vivien De Remy de Courcelles  
 Map & Course Setter: Steve Ryan  
 Vetter: Richard Green  
 Hash House: Killarney Heights HS  
 Catering: 1st Waitara Scouts



## Legend

- Start & Finish
- Checkpoint
- Footbridge
- Pedestrian Crossing
- Road
- Track / Path
- Pipeline Crossing
- Creek
- Contour Lines
- Playing Field / Clearing
- Bare Rock
- Shops
- Toilets
- Water Tap

### IN AN EMERGENCY CALL 000 or 112

Lost, injured or late,  
 please call or text the HH:  
 0435 030 201 or 0405 804 741

### OUT OF BOUNDS:

- Closed track or Bike track
- Bushland (Keep to tracks)
- Residential private property
- Other Out of Bounds Areas

Take care crossing road

MIDDLE HARBOUR