

# The Stoneyard Staggers

24hr and 7hr Rogaines  
(incorporating the New Zealand Championships)

Team No.
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## INSTRUCTIONS TO COMPETITORS

Thank you for your entry. **Please ensure all your team members read [this document](#) which is available on the [event website](http://rogaine.org.nz/nzchamps2016/home.html) (http://rogaine.org.nz/nzchamps2016/home.html). It contains important information.**

See the [event website](#) for a list of competitors and your team number (please remember it and note it above and on your Indemnity Form). The Indemnity and Emergency contact form at the end of this document must be completed by all members of your team and handed in at registration.

### Directions to the Event Center

The event center is at the El Dorado woolshed at the end of El Dorado (Mt Watkin) Road. From just south of Waikouaiti travel west on Ramrock Rd for 3km to Mt Watkin Rd, then north/north-west 14km to the end of El Dorado (Mt Watkin) Rd. Mt Watkin road is mainly unsealed however it is perfectly suitable for a road vehicle. Some distances:

- Dunedin Airport to Waikouaiti: 68km
- Dunedin to Waikouaiti: 40km
- Oamaru to Waikouaiti: 72km
- Waikouaiti to El Dorado woolshed: 17km

### Hash House Facilities

The Event HQ/Hash-house is a woolshed with adjacent camping and parking. Camping is available from 5pm Friday through to Monday 10am.

Toilets and drinking water will be available at the event centre. There are no shower facilities.

There is some under-cover shelter in the sheep yards but be prepared to do your planning in your tent or vehicle. Chairs and a table could be useful when planning your route.

During the 24hr event, soup and light food will be available at the HQ/Event centre from 7.00 pm Saturday to 10.00 am Sunday, and the main meal will be available from 12.30 until 13:30 on Sunday.

Fires, smoking, dogs, and guns are not permitted anywhere at the Rogaine venue: campsite, administration area, or on the course.

Depending on the rainfall leading up to the event, water may be in short supply at the hashhouse. Please use it sparingly for drinking and cooking. It is not to be used for washing gear.

## Event Timetable

		24hr	7hr
<b>Friday 26<sup>th</sup> February</b>			
	Registration at the event centre	18:00 – 20:00	
<b>Saturday and Sunday</b>		<b>Saturday</b>	<b>Sunday</b>
	Registration opens	08:00	
	Maps distributed	09:00	09:00
	Briefing – compulsory for all competitors	11:45	10:45
	Start	12:00	11:00
	Hash-house food begins	19:00	
	Hash-house food closes		10:00
	Finish		12:00
	Meal available		12:30
	Results		13:00
	Meal finishes		13:30

## Registration

At registration your team (one member) must present a completed Indemnity and Emergency Contact Form signed by each team member. Check your team number is on the form. If no money is owing, the team will be issued electronic wrist tags for each team member. Any changes in team composition must be advised at registration.

## Map and Course

The map is printed on two A3 landscape sheets overlapped by 4km. (Bring scissors to cut off the paper margin to align the two sheets). There will be a set of maps per competitor. Map orientation is grid north with magnetic north lines overprinted, scale is 1:40 000, and contour interval 20m. The map is pre-marked with checkpoint locations and out of bounds areas are overprinted. The map will NOT be printed on waterproof paper. A3 ziploc plastic bags will be available but you might like to bring your own map covering.

The terrain is open farmland and tussock country with woodlots and some pine plantation. It is cut by deeply incised valleys with gorges and numerous scrub-filled gullies. There are old volcanic cones (basalt) along with schist country and numerous rock outcrops. Avoiding excessive height gain and loss will be the key to good planning.

Streams are drinkable in the higher tussock country and water drops are provided on the farm country. The water drops are identified on the map and noted on the checkpoint description sheet.

As usual, tracks and fences exist which are not marked on the map, and others are mapped that no longer exist or are discontinuous on the ground. Tracks and fences may serve as useful navigational aids, but you should not assume their detailed accuracy.

There are electric fences on the course. In some areas these are new and very lively!! Cross with care or use gates. Use your map (in its plastic bag) to hold the wires down while you cross them. Assume all electric fences are on.

Two deer-fenced areas are marked as out of bounds. These MUST not be entered.

Remember there is a distinction between “the” and “a” in describing checkpoint locations. For example, “The” lone pine means it is marked as a tree on the map, whereas “A” lone pine means that one exists, but it isn’t marked on the map.

## Moon and Sun

Moonrise: 22:31 Saturday      Sunset: 20:31 Saturday  
Moonset: 12:09 Sunday      Sunrise: 07:11 Sunday

The full moon occurs on Tuesday 23<sup>rd</sup> February. The phase of the moon on 27th February will be waxing gibbous with 87% of the moon's visible disk illuminated.

## Scoring

There are about 70 checkpoints, numbered between 10 and 104. The value of a checkpoint is the “tens” value of its number, so for example 37 is worth 30 points, 53 is worth 50 points, and 103 is worth 100 points.

All team members must visit each checkpoint that you claim and must punch their tags. The checkpoints are marked with an orange/white flag tied to a bush, post, tree or other object. They are not hidden and most should be visible from at least 10 metres away depending on your approach, but some flags in potentially windy exposed sites have been tied low down in bushes. As they have been placed in the field up to four weeks before the event we cannot be certain that all checkpoints are still intact. If a checkpoint is missing, you must be able to describe its location to the score keepers to be credited with the points.

Navlight electronic punching will be used. At a checkpoint each competitor must place the punch in their wrist tag until a red flashing light is seen. (Less than 3 seconds, and probably half a second). If the punch doesn't flash, write down the 3-letter code visible inside it. Most punches are protected in a plastic pipe about 20 cm long, so look for the white string and replace the punch in the pipe. (See the top right of the homepage of the website [www.rogaine.org.nz](http://www.rogaine.org.nz) for further details on 'NAVLIGHT').

All the wrist tags of a team's members must record a visit to a checkpoint to gain points for that checkpoint. If you suspect that a wrist tag has failed continue to punch it at all checkpoints and notify the official who removes your tag at the finish. Provided we are able to verify that the tag has indeed failed your team will be credited with the points recorded on the tags of other team members.

Do not stop at a checkpoint any longer than necessary to record your visit. If you want to stop for a rest or a discussion you must move at least 100 metres away from the checkpoint so as not to give its location away to another team (it spoils their fun).

There is a late penalty of 10 points per minute or part thereof after the finish time of your event. If you are more than 30 minutes late you are recorded as LATE and your score is zero.

If you return to the headquarters during the event you must use a FINISH punch at the administration desk, even if you intend to go out again. If you do subsequently go out for more checkpoints, use a DEPART punch at the administration desk and use a FINISH punch again when you return.

## Start Procedure

Maps, checkpoint descriptions, flight plans, and any relevant course notes will be issued at 9am. Plan your route and mark it, including the direction of travel, on the flight plan. The event will not start until all flight plans have been lodged in the box provided at the administration desk. You may subsequently modify your route according to conditions as you progress, but the flight plan will give us some idea of where to start looking if you are in trouble. Don't forget to put your team number on the flight plan.

All competitors must attend the compulsory briefing for their event. As you enter the briefing area a team of officials will check the security of your Navlight wrist strap and activate your tag. Make sure your wrist tag is activated as failure to do so will result in a reduced or cancelled score.

Unless advised otherwise at the briefing, if the start of your event is delayed for any reason the finish time will be delayed by the same amount so that the event duration is as advertised.

If you have never been in a Rogaine before novice instruction will be available. Please talk to the people at the registration desk.

## **Finish Procedure**

At the finish, punch your electronic tag with a FINISH punch. The tag will then be cut from your wrist by one of the administration staff. Your entire team must finish together; the finish time will be that of the last team member to use a FINISH punch. Remember, the penalty for finishing late is 10 points per minute.

Wait for your printout as your tag is read and check your results. If there is anything you disagree with see the event organiser, NOT the person reading the tags. The organiser will decide on any adjustments, will write the request on your printout, and return it to the person doing the scoring.

**Extremely Important:** On no account leave the event without handing in your wrist tag. This is our check that you are off the course. If we don't have a tag a search for you will be mounted.

## **Weather and Equipment**

The weather on the east coast of Otago is unpredictable at this time of the year and is subject to rapid changes. Be prepared for anything from hot, dry NW conditions to cold SW weather with squalls of hail and sleet. In some weather conditions rain, low cloud and mist can cover the high ground very rapidly. This is a particularly exposed site with potentially severe wind-chill. Carry an additional thermal layer.

For a list of clothing and equipment see the Safety Sheet below. If you are in any doubt about the suitability of your clothing or equipment please ask an organiser.

## **Other Gear**

You will need a plate, cup, and utensils for eating at the hashhouse. There are minimal rubbish facilities so please bring your own rubbish bag. A tent and sleeping bag are essential if you think you might stop overnight. Consider bringing a small table and chairs for use when planning your route. There will be a limited area available within covered yards, otherwise you should use your tent or car for planning.

## **Safety**

Please carefully read the Safety Sheet below. Also be aware that supplementary safety advisories, either written or verbal at the compulsory briefing, may be issued on the day.

All roads are open to the public and you must obey normal road rules and etiquette. We recommend that you wear a reflective garment for road safety at night.

If you are driving after competing in the 24hr event please have a sleep first.

## **Rules of Competition**

The Stoneyard Stagers will be run under the competition rules which are available at <http://www.rogaine.org.nz/main/CompetitionRules.htm>.

Important rules, with a few elaborations, include:

- The only navigational aids that may be used on the course are magnetic compasses, watches and copies of the competition map. The use of other navigational aids, including pedometers, altimeters (including those within watches and smartphones) and GPS receivers (including within smartphones), on the course is prohibited. Anyone caught or reported using a phone other than for an emergency will be disqualified. If you wish to carry devices which feature altimeters or GPS receivers, including smartphones for emergency use, they must be presented to the

organisers for secure packaging at registration on Saturday morning. Unless used in an emergency you must present the unopened package at the finish for inspection by the organisers.

- The possession at the event site of maps that provide additional information not shown on the competition map is prohibited. The use of computers for course planning is not allowed.
- Members of a team shall remain within unaided verbal contact of one another at all times. A team shall demonstrate compliance with this requirement to any event official or other team on request.
- No food or 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.
- A team shall not accept assistance from, nor collaborate with, other people and supporters during course planning or on the course, nor deliberately follow another team.
- No fires are to be lit anywhere on the course, including camping and administration areas.
- Competitors shall not discard litter or smoke on the course.

All competitors must agree to abide by the NZRA Code of Conduct which may be viewed at <http://www.rogaine.org.nz/main/CodeofConduct.htm>.

## **Protests**

Reports of breaches of the rules, or protests against the event organisers, will be considered and determined by a three person jury. Such protests must be lodged in writing within 45 minutes of the nominated finish time of the event. The jury panel for the Championships will be selected from members of the NZRA committee, NZRA regional contacts, the NZOF Rogaining committee, or other experienced rogainers. It will exclude the course planners and vetters, who may however be consulted by the jury. The fee for lodging a protest is \$20 which will be refunded if judgement is in your favour.

## **Acknowledgements**

We are indebted to the sixteen landowners who have so willingly allowed us to use their land. Without their cooperation we would not have an event. In particular, we thank Murray and Leslie Eason of El Dorado Station for allowing us to use their woolshed/yards area as the base.

Stephanie Scott has coordinated the catering arrangements on behalf of the Waikouaiti play-centre.

### **We also thank and acknowledge:**

Landowner liaison and planner – Bob Cunninghame

Setters – Laurie Kennedy, Dave Laurie, Andy Buchanan, Pete Squires, and Bob Cunninghame

Vetters – Jim Cotter, Pete Squires, and Laurie Kennedy

Website and Entry administration – Wayne Millow, Emma de Lacey

# Safety Sheet – The Stoneyard Stagers

24 and 7 hour Rogaines, 27<sup>th</sup> - 28<sup>th</sup> February 2016

This event will be cancelled only if conditions are extreme. The organisers reserve the right to shorten or modify the event for safety or other reasons. If streams are high some parts of the course may be notified on the day as out-of-bounds, or restricted to day-time only crossing.

You will be given “course notes” with the maps. Be sure to read these carefully before you plan your route as they may advise you on impassable areas, areas to avoid in the dark, and other useful hints.

Your gear is your own responsibility. There will be no compulsory gear check but the organisers reserve the right to do checks on a random or selective basis. You must be suitably equipped to start.

The **COMPULSORY minimum** equipment and clothing list is:

Thermal top and trousers	Warm hat and mittens
Waterproof and windproof jacket	Thermal fleece or jersey outer top
Long gaiters or leggings	Survival sheet or blanket
Strong footwear with a good grip	Daypack
Water bottle/bladder (2 litres minimum)	Sun hat, sunglasses and sunscreen
Compass, watch and pencil	Food, energy replacement/electrolytes
Whistle <b>each</b> ( <u>compulsory</u> under rule R14)	
Headlamp or torch and batteries	Basic first-aid kit for the team

We **strongly recommend** you also carry:

a fully rainproof parka (may replace the waterproof and windproof jacket above), second layer thermal top, showerproof over trousers, and a high-visibility reflective garment to warn traffic after dusk. You may wish to use walking poles.

Safety is a top priority during this event. Organisers and participants (you) have responsibilities for safety. Your responsibilities include:

- being aware of and meeting all safety requirements specified by event organisers in writing, on the event web site, or at verbal briefings,
- carrying sufficient protective clothing and other safety equipment,
- advising your team member(s) of any medical conditions you have, your general level of fitness and other factors that may affect you adversely during the event,
- staying together as a team at all times, and providing mutual support, and helping any other team you find in difficulties,
- depositing a ‘flight plan’ map showing your intended course at registration before you start,
- recording your team’s visit to a checkpoint with the electronic punch,
- advising organisers and returning your tags if you withdraw from the event or when you finish. This is our safety check that you are no longer on the course and **IS COMPULSORY**,
- being highly conscious of time and avoiding a late return – being late results in a hefty points penalty as well as raising safety concerns,
- being prepared to modify your plans to be more conservative if safety conditions dictate this,
- monitoring team and individual progress and fitness and modifying plans as required,
- looking out for hazards, such as:
  1. **Hypothermia.** Wind, water and cold temperatures can lead to exposure or hypothermia. Early symptoms are subtle (clumsiness, lethargy, slurred speech). Be prepared to seek shelter or to call it a day if conditions are severe, or if any of your team is becoming exhausted. In severe weather keep off high exposed ridges.
  2. **Dehydration.** Drink lots of water, but not too much – we suggest you carry at least 2 litres each.

3. **Streams.** Do not cross streams if they are heavily swollen.
4. **Cliffs, slippery rocks, loose rocks, incised creeks, gullies, slippery grass, hidden obstacles such as logs, loose fencing wire,** etc. may be present throughout the event area.
5. **Collapsed tunnels or ‘under-runners’,** especially on farm tracks
6. **Fog/low cloud.** If in fog, orientate the map and yourself with a compass. If in doubt, don’t climb into cloud but descend out of it as soon as possible.
7. **Road Hazard:** There will be light traffic on roads. No roads are closed during the event. The road code applies at all times; keep to the side of the road and be alert to traffic. We recommend you wear clothing with high visibility from dusk.
8. **Hunters:** We cannot guarantee that hunters will not be present in the area. We recommend teams carry a high-viz garment, and that you keep highly visible, and heard (shout and use your whistle) if you are concerned.
9. **Electric fences.** Usually the top wire, but sometimes lower wires, may be hot (look for insulators on the post). Treat all electric fences as ON. Climb through unlivened wires, look for a gate, or use parka, pack or map for insulation.

## Emergency

**Cellphone coverage on the course is patchy but is often available on higher ground. There is no coverage at the Hash house/camping area.**

Emergency signal – repeated (6 or more) short blasts on your whistle at about 1 second intervals, repeated every 1 to 5 minutes. Repeat if you hear one long blast from responders. Any team hearing the emergency call must respond and render assistance to the team that is in distress.

In the event of **minor** injury or exhaustion proceed to a patrolled road and await pickup. Specific roads will be patrolled at roughly 4 hourly intervals and these will be notified at the event.

In the event of **serious** injury or exhaustion, make the injured person warm and comfortable; if possible arrange to leave someone with the person; note your exact location on the map; seek help via the nearest road. You can request a road pickup by TXT to 027 351 0146 or 021 550 248. These phones will be monitored at roughly 2-hourly intervals by organisers driving to a reception area.

In **EXTREME** emergency dial 111 and ask for Police Search and Rescue. Tell them you are doing the Rogaine near Waikouaiti.

## Environmental and farm care

Rogaining is an environmentally and socially friendly activity. We expect you to reinforce this ethic.

- Respect farm stock, fences and other facilities, and the right of landowners to operate their business, and lifestyle. Respect the privacy and security of houses and property.
- **LEAVE GATES AS FOUND.** If YOUR team opens a gate, YOUR team must close it **SECURELY.** Do NOT rely on people in another team to close it.
- Cross fences at a strainer post, or climb through. Do not spring off the top wire. Climb gates at the hinge end.
- Report any damage or distress to stock to the organisers. Do not spook or cramp stock into fence corners.
- Remove rubbish – more importantly, don’t create it in the first place
- Bury toilet waste – better still, don’t create it in the field. Use the toilets provided at the event centre where possible.
- Keep streams clean. Protect plants and animals

*Possession of the map does not imply right of access at any time other than for this event. If you wish to visit a property at some other time then please contact the landowners for their permission.*

# The Stoneyard Staggers – 27<sup>th</sup> & 28<sup>th</sup> February 2016

## Indemnity and Emergency Contact

Teams will not be registered until the following form has been completed and presented at the administration desk.

### Indemnity (signed by each team member)

We, the undersigned, hereby acknowledge that the New Zealand Rogaining Association, the Event Organisers, and the owners of the land used for this event, accept no liability for any loss, damage or injury to ourselves (including vehicles at the event venue) resulting from our participation in this event. We enter this event at our own risk and acknowledge that there may be risks associated with the sport of Rogaining. We understand the safety requirements set out by the organisers and agree to abide by the New Zealand Rogaining Association Code of Conduct as on the website, [www.rogaine.org.nz](http://www.rogaine.org.nz).

Print Name	Signature	Date	Date of birth

### Emergency Contact for each member of your team

Your Name and Car Registration Number	Emergency Contact (not a competitor) Name, Full Address, Phone No.	Allergies or Medical Condition

### NOTE:

1. A parent or guardian must sign the indemnity form on behalf of a competitor under the age of 18
2. Supply the name, address and telephone number of a person to contact in the event of an emergency. This person must not be a competitor in the event.
3. Supply details of any medical conditions or allergies that might be of assistance to First Aid staff in the event of an accident or emergency.