



NEW ZEALAND SECONDARY SCHOOLS ROGAINING CHAMPIONSHIPS

Tuesday 11 July 2023

3 Hour Foot Rogaine, Blenheim, Marlborough region.

Hosted by the NZ Rogaining Association (NZRA)

Dear Team,

Thank you for your entry. Please enter your team name and Team members in the Indemnity Form along with the other information required and bring it with you to registration.

Please ensure team members are familiar with all information below.

Getting to the Event

The original location for registration and start/finish is unavailable due to sheep shearing. Event registration, map handout and planning will now be at the Omaka Valley & Fairhall Community Hall - [here](#). Opposite Fairhall School.

The START/FINISH is at Brancott Station, 625 Brancott Road. Map [here](#). It is a 10km/10 minute drive.

Getting from the Start/Finish location: Google map [here](#)

Orienteering signs will be in place from the corner of New Renwick and Brancott Roads.

Results and place-getter certificates will be available back at the hall afterwards.

Registration (only 1 person from the team please to reduce congestion and chaos!)

At registration ensure your team is together and that you have your completed **Indemnity and Emergency Contact form** [here](#) with you and that your team number is written on the form.

Each team member will receive:

- A waterproof map with pre-marked controls and orienteering text control descriptions on the front and more descriptive control descriptions on the back. A3 size at scale of 1:15,000. Maps are orientated magnetic North.

Each team will receive:

- Two Navlight per team. Issued at registration. These tags must be fitted using the supplied wrist-band to two team members. For a mixed team one member of each sex must wear a tag. Each of these team members must record their visit at each punch. The last to register is the allocated time. A TEST Punch will be available at Registration for you to try your Tag to see how the system works. It has no effect on your score. If the red light flashes even once, it has worked.

- A single black and white A4 version of the map to be used as your ‘**flight plan**’. Enter your team number and plot your intended route on this map, including direction of travel, and return it to registration. You may subsequently modify your route according to conditions, but the flight plan gives us an idea of where to start looking if you are overdue. **THIS MUST BE HANDED IN PRIOR TO THE BRIEFING.**

Start

All members of your team must attend the event briefing. One or more BRIEF Punches will be available shortly before the event start. You will usually find the BRIEF Punch as you enter the Briefing area; hence the name. Officials may inspect your Tag to ensure it is properly fastened on your wrist so it is important that each Tag is registered on one of these Punches BEFORE you start the event.

Mass start. No Start punch.

Finish

At the Finish there will be Finish punches. FINISH Punch. Several of these will be available at the finish line. ALL team members with Tags MUST use one as you finish, as it records your finish time. For a team, the finish time is taken as the time of the last Tag to finish.

When you have finished proceed to the download area. The NavLight will be removed by an official.

If you have any disagreement with it, see the event organiser, not the scoring team. Scores will be available on the day. Results and the course map will also be uploaded to www.rogaine-results.com as soon as possible afterwards.

The event will close after the 3 hrs has elapsed. Aim to finish on time as you will be penalised 30 points per minute or part minute late and if you are over 30 minutes late you lose all your points.

Due to the change of location for registration and start/finish and recognising that some people participating in the public event will be drivers of vehicles with students the timetable has been amended to reduce any waiting and delays.

TIMETABLE – SCHOOL EVENT

10.00am	Registration and map handout
11.00am	Briefing then depart to Start/Finish
11.30am	Start
2.30pm	Finish
3.00pm	Results

What to bring

Essential clothing and safety equipment are listed under ‘Safety Sheet’. You will also need

- a range of marker pens, pencils and highlighters for planning your route before you start
- optional - folding outdoor seats, and maybe a folding camp table for course planning

Navigation devices such as altimeters or GPS, including altimeters within watches and GPS within cellphones, are **not allowed** to be used however for this event we are permitting people to use GPS tracking devices if they wish to record their routes.

Food and drink.

Carry enough food and drink for your needs. You are the best judge of this. We discourage you from drawing water from streams or ponds due to the livestock drinking from these.

Event procedure

We recommend you optimise the time available planning your route. There is strategy involved to consider your route to maximise collection of controls and the routes between them.

You should plan your route carefully, aiming to challenge your map reading and navigation skills but staying within the safe limits set by the terrain and weather, and your experience and fitness. If your team is relatively new to rogaines then you might confine your route to the more easily accessible check points and 'lower' areas of the course.

Your team may visit any number of check points and in any order. Your aim is to maximise your 'score'. The checkpoints each have a unique number and the score value is the first digit followed by a zero. Thus checkpoint number 23 has a score of 20 points and 91 a score of 90 points. Checkpoints numbered 100 or above are worth 100 points.

All teams start together. Concentrate on your own team plan. On the course do not try to follow other teams or get distracted by them as they may have set a different route.

Keep out of the areas marked as out of bounds. These are houses and also some paddocks with crops in them. One Out of Bounds on Aschworth you can use the track going through the middle or around the outside. **Any team found or reported crossing these areas will be disqualified.**

Team members **must** always stay within verbal contact of each other on the course and **must** simultaneously approach to within 10 metres of each checkpoint visited. At each checkpoint there is an orange/white flag tied to a bush or post etc. (usually at knee to shoulder height) and an electronic punch. These should be visible from at least 10 meters away, depending on your approach. If a checkpoint is missing, you must be able to describe its presumed location to the score keepers to be credited with the points. A photo of the location may aid in convincing the score keepers that you were at the correct location.

When you visit a checkpoint you record your visit by inserting the Punch of **both** team members into the Tag; a process which typically takes half a second. A red light flashes regularly to indicate that your visit has been recorded.

If you encounter a Punch which fails to operate, write down its internal 3-letter Code as evidence that you have visited the checkpoint. This 3-letter code is visible through the transparent plastic cover. However, your team will be credited with the visit only if it can be verified that the Punch has indeed failed.

There is a possibility that the punch has temporarily lost its power. If so, you may have to wait for up to three seconds for a response.

TAG FAILURE

Again, you can only record the internal 3-letter Code inside each Punch you visit. You can rely on the other Tags in your team to record your visit, but tell the organizers when you finish. Your team will be credited with the visit only if it can be verified that your Tag did indeed fail.

Control descriptions: there are control descriptions printed on the front of the map that are typical orienteering descriptions. On the back of the map are another type of control description that are a bit more descriptive.

Safety Sheet

Cancellation

This event will be cancelled only if conditions are extreme. The organisers reserve the right to shorten the event by time or geography for safety or other reasons.

Compulsory clothes and equipment as a minimum if weather conditions are mild and dry.

Per team member:

Thermal top, hat and gloves

Shower proof/windproof coat

Whistle, food and water

Any medicine (please inform your team members where it will be and any details)

A pack to carry the above

Suitable, robust, well-fitting footwear with well-treaded soles

Per team:

First aid kit (plasters, pain relief, bandages, strapping tape) At least one compass

Survival sheet/blanket

Watch (to keep a track of the time!)

Mobile phone

Pencil to record the 'punch' code if it isn't working

Optional per team: Camera, A Personal Locator Beacon

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.

If conditions are cold and wet, we **strongly recommend** you also carry:

A rainproof coat

A second layer thermal top

Cell phone coverage is excellent over the whole course. The organisers can be reached on the mobile phones numbers printed on the map.

Course/Terrain

The terrain is mostly hill country with some long ridges and valleys with streams in the gullies.

There are lots of good stock tracks that contour across the hill slopes.

Prior to the rain some slopes were slippery with the fresh green growth underfoot. The rain will make it more slippery in places.

Elevation ranges from 120m to 400m.

There are 39 controls with a total points value of 2180 points. There are plenty of controls close together so you should be able to collect them regularly.

Take care crossing fences. Assist your team mates getting through the fences rather than trying to climb over which poses more of a risk.

Safety is a top priority. Organisers and participants (you) have responsibilities for safety for yourself and others, including:

- being aware of and meeting all safety requirements specified by event organisers in writing, on the event web site, or at verbal briefings,
- paying attention at the race briefing,
- carrying all compulsory protective clothing and other safety equipment,
- advising your team member(s) of any medical conditions you have 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 each checkpoint with the electronic punch,
- advising organisers and returning your Navlight 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 (shivering, impaired alertness, 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 – we suggest you carry at least 2 litres per person. (We recommend you don't drink from local streams). There will be no water refill stations. If you choose to refill from one of the many creeks, filtration, UV treatment or chlorine tablets or drops are recommended as almost all areas are grazed by farm animals.

3. Streams. Do not cross streams if they are heavily swollen.

4. Gullies, slippery grass, hidden obstacles such as logs, loose fencing wire, etc. may be present throughout the event area.

Fences are not electric but some do have a barbed top wire.

5. Fog/low cloud. If in fog, orientate the map and yourself with a compass. If in doubt, don't climb into cloud and descend out of it as soon as possible.

6. Road Hazard: Be alert and aware of vehicles using the road and/or farm tracks.

7. Electric fences. None on this course except on the crop paddocks on Brancott which is OUT OF BOUNDS.

9. Stock. Generally, not a hazard, but be alert and avoid crowding any stock.

In the event of significant injury or exhaustion, make the injured person warm and comfortable; arrange, if possible, to leave someone with the person; note your exact location on the map and the closest control point; seek help via the nearest road. Emergency signal – repeated (6 or more) short blasts on whistle at about 1 second intervals, repeated each 1 to 5 minutes. Repeat if you hear one long blast. If you become totally disorientated, travel down slope to sheltered ground, preferably to a road. In an extreme emergency you may call 111 or trigger a personal PLB.

This event is on Private land and we gratefully thank the landowners who have welcomed us for this event. Please ensure the trust they have placed in us is justified.

BASIC INFORMATION

Appendix 1: Rules in brief

- Use rogain event map and compass only. GPS or altimeters are not permitted.
- Your team may visit any number of controls and in any order.
- Team members to stay within verbal contact of each other at all times. All members must approach within 10 metres of each checkpoint. (Your fellow competitors will be watching)
- If a punch fails to function (no light or beep), inform the team at the finish.
- If in the unlikely event that a control is missing be able to describe the local setting or take a photo.
- If a competitor wishes to withdraw, the entire team must return to START/FINISH and notify organisers. (Team retains current points score.)
- When your team finishes, all members must be together when the finish punches are tagged.

Procedure at each control

Each control comprises an orange/white flag, and coded punch with control number.

When you visit a checkpoint you record your visit by inserting the Punch into the Tag; a process which typically takes half a second. A red light flashes regularly to indicate that your visit has been recorded.

Points value, penalty points, protest

Points 20-29 are worth 20 points, points 30-39 are worth 30, etc., with 101-103 worth 100 points – this information will also be on the back of your map

30 points penalty for each minute late. **30 minutes late - all points lost.**

If you disagree with scores, see the event organiser.

Appendix 2: Environmental and farm care

Environmental and farm care

Rogaining is an environmentally & socially friendly activity – please reinforce this ethic.

- Respect farm stock, fences and other facilities, and the right of landowners to operate their business, and lifestyle.
- Keep clear of buildings, machinery.
- Gates to be left as found - usually closed. If your team opens a gate, then your team closes it.
- If a gate cannot be opened, please climb over at the hinged end.
- Cross fences, where you must, at a strainer post, or climb through. Do not spring off the top wire.
- Report any damage or distress to stock to the organisers.
- Do not litter. If you so any out on the course, please pick it up.
- No **rubbish**, no dogs (not even in vehicles at Registration).
- Bury toilet waste - better still, don't create it in the field - use the toilets provided at the event centre where possible.
- Out of bounds means **OUT OF BOUNDS.**