

Moonlight on Mahinerangi

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

Team No.

INSTRUCTIONS TO COMPETITORS

Thank you for your entry. **Please ensure all your team members read this document. It contains important information.** The document is emailed to competitors and is also available on the event website, <http://www.rogaine.org.nz/nzchamps2012/>.

See the NZRA 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 must be completed by all members of your team and handed in at registration.

Directions to the Event Center

Allow 1hr 20 minutes from Dunedin and 1hr 10 minutes from Dunedin Airport. Those who know the area may choose alternative routes, but we suggest the following.

From the airport or Dunedin proceed to Mosgiel and take SH87 to Outram and then follow Middlemarch signs (still SH 87). Just over 10 km from Outram at the end of a straight through trees set back from the road (Traquair Stn) turn left onto Mahinerangi Road. Stay on Mahinerangi Road to the lake. The first 2 km are sealed and then 20 km of unsealed road to Mahinerangi Settlement. The road is wide for an unsealed road but beware of deep drifts of loose gravel on some sweeping bends. Past the Settlement (small houses and huts) the road bears left towards the lake which is crossed by a bridge and causeway and it then climbs steeply to meet Waipori Falls Road; turn right onto this and proceed another 1.5km to a junction/crossroads. Turn right into Waipori Station Road downhill to the event centre at the woolshed – about 5 km from the Settlement.

Those travelling from Central Otago may travel via Lawrence or Middlemarch. In the latter case taking Black Rock Road and Lee Flat Road from SH 87 is a shorter route to Mahinerangi Road. Anyone travelling from Lawrence is assumed to know the way. Travelling from the Taieri Plain via Waipori Falls is not recommended.

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 but a swim could be an invigorating option!

There is under-cover shelter in the sheep yards, but no available space inside the woolshed. Chairs and a table could be useful when planning your route but be prepared to do your planning in your tent or vehicle.

During the 24hr event, soup and light food will be available at the HQ/Event centre from 18:00 Saturday to 11:00 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, that is 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	
Friday 23rd November				
	Registration at the event centre	18:00 – 21:00		
Saturday and Sunday				
		Saturday	Sunday	Saturday
	Registration opens	07:30		
	Maps distributed	09:00		
	Registration and map issue			09:30
	Briefing – compulsory for all competitors	11:45		10:15
	Start	12:00		10:30
	Hash-house food begins	18:00		
	Hash-house food closes		11:00	
	Finish		12:00	17:30
	Meal available		12:30	17:30
	Results		13:00	18:00
	Meal finishes		13:30	18:30
	Bus/minibus departs for Dunedin airport and Dunedin city		14:00	14:00 (Sunday)

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 A3 map is oriented to magnetic north and the scale is 1:50,000 with 20m contours. It is pre-marked with the checkpoint positions, and has out-of-bounds areas overprinted. There will be one map per competitor. The map is not waterproof. One A3 plastic zip-loc bag will be provided per map but you may wish to bring additional protective covering.

The terrain is largely open farmland and tussock with intricate streams and drainage patterns. The altitude range is from 350m to 1000m. There are a few woodlots and some pine plantations. The tussock country to the north varies from reasonable walking to slow. Some tracks exist. There are some interesting rock formations and much of the area was mined for gold in the 19th and early 20th centuries. Old, hidden mineshafts are a potential hazard in two areas; one is out-of-bounds, and the other should be crossed only in daylight. You will be advised at the event of where this area is. There are many old water races; some are marked on the map and some are not. These flow no longer but may be quite wet in places. They can provide easier travel through the tussock reserve land.

You may want to cross the Waipori river at some stage. There are good crossing-points, with slow currents and a good bottom, but the water will be from knee deep to mid-thigh. Some good crossing points will be marked on the map.

Streams are drinkable in the higher tussock country and water drops are provided on the lower 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.

The few electric fences are easily crossed. Use your map (in its plastic bag) to hold the wires down while you cross them. Assume all electric fences are on.

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: 16:45 Saturday	Sunset: 21:02 Saturday
Moonset: 03:43 Sunday	Sunrise: 05:48 Sunday

The full moon occurs on Thursday 29th November. The phase of the moon on 24th November will be waxing gibbous with 81% of the moon's visible disk illuminated.

Scoring

There are 60 checkpoints, numbered between 20 and 100. The checkpoint value is the “tens” value of its number, so for example 37 is worth 30 points, 53 is worth 50 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 sites have been tied low down in bushes. As they have been placed in the field up to two 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. The punches are usually protected in a white 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 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.

Some checkpoints may have multiple punches. Just use one punch.

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, A3 plastic bags, flight plans, and any relevant course notes will be issued at 9am for the 24hr event and at registration for the 7hr event. 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

Moonlight on Mahinerangi will be run under the standard competition rules which are available in full at <http://www.rogaine.org.nz/main/CompetitionRules.htm> . A copy of the rules will be available at the event centre.

Important rules include:

- 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 (including those within watches) and GPS receivers 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. 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.
- 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 veters, 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 following landowners who have so willingly allowed us to use their land. Without their cooperation we would not have an event:

Waipori Station (Landcorp) – David Vaughan (manager)
Thornicroft Station (Landcorp) – Lindsay Cunningham (manager)
City Forests
Heritage Forestry
Rayonier Limited
Department of Conservation

We also thank and acknowledge:

Planner – Pete Squires
Landowner liaison – Bob Cunninghame
Course veters – Matt Bixley, Laurie Kennedy
Entry administration – Emma de Lacey
Catering – Hayley Vaughan (Lee Stream School Pre-School Group), Annie Grant
Administration, marshalling, officiating – Dunedin Orienteering Club, Laurie Kennedy

Safety Sheet – Moonlight on Mahinerangi

24 and 7 hour Rogaines, 24th - 25th November 2012

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 due to snow melt, or rain, some parts of the course may be notified on the day as out-of-bounds, or restricted to day-time only crossing. After dark, the Waipori river should be crossed only at the three check-point sites you will be advised of in course notes.

You will be given “course notes” with the maps. It is essential that you read at least the section headed “Important” before you plan, and the section headed “Useful” could be helpful too.

Note that there is NO cellphone coverage on the course, nor at the Hash house/camping area.

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 each (<u>compulsory</u> under rule R14)	Basic first-aid kit for the team
Headlamp or torch and batteries	

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.

Depending on the weather in the lead-up to the event, there may be snow underfoot on some parts of the course. You should pack sunglasses. Gaiters which keep snow out of your shoes are a good precaution; otherwise carry a dry pair of socks if there is snow.

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 a lower wire, may be hot (look for insulators on the post). Treat all as ON. Climb through lower wires, or use parka, pack or map for insulation.

Emergency

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

There is NO cellphone coverage on the course. 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. Some roads will be patrolled at roughly 4 hourly intervals and these will be notified at the event.

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.
- Lamb tailing may be in progress on the day. If you find a large mob of ewes and lambs on your route you must skirt around them by at least 400 metres. **This is extremely important.**
- 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.

Moonlight on Mahinerangi – 24th & 25th November 2012

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.

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.