

FINAL INSTRUCTIONS

More Than Three Creeks

24-HOUR STATE CHAMPS or 12-Hour Roving
20-21 July 2024, 12 Noon – 12 Noon

HASH HOUSE LOCATION

The Hash House site (start/finish/admin and camping) is located at 2162 Yednalue Road, Cradock SA - [Google Maps](#)

Directions: From Gepps Cross, drive through the Clare Valley, Spalding, Jamestown, Orroroo and Carrieton. At Cradock turn right on to Yednalue Road (Rogaine sign). Drive approximately 23kms on this un-sealed road and then just after a cattle grid turn right into Three Creeks Station (2162 marker sign).

When driving past Yednalue Homestead please reduce speed to a maximum of 40kms/hr as there may be sheep or other livestock moving across or along the roadway and low speed will also reduce the dust nuisance. (Note the owners are allowing us access to their property so please be respectful.)

Kangaroos and emus are prolific especially from Cradock onwards. Please drive to the conditions and travel more slowly than normal, especially at night.

Please note that the entire course is set on working sheep farms.

CAMPING AND ACCOMMODATION

The camping ground is an open site located around the shearing shed from Friday through to Monday.

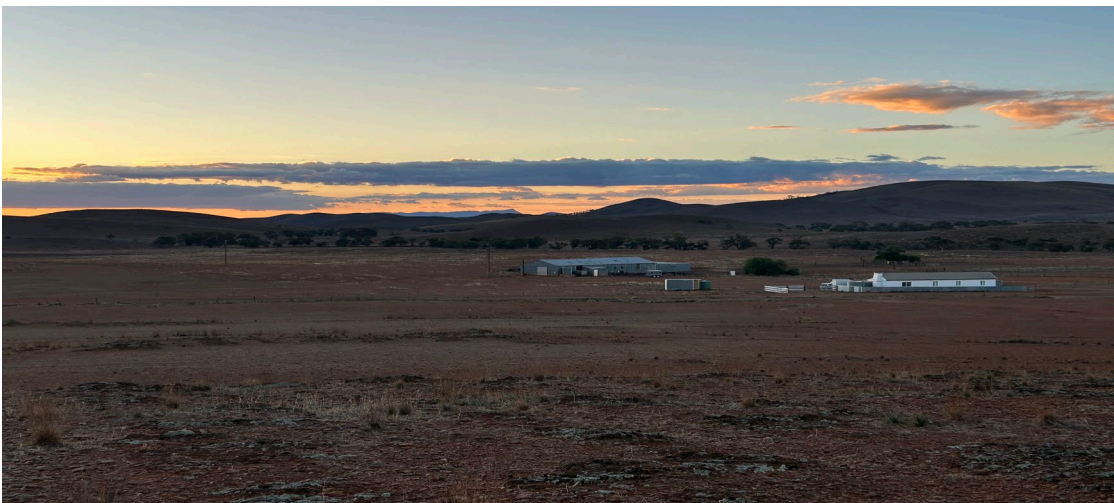
Please try to arrive before 10pm, however, if you arrive later, please respect your fellow campers and choose a spot that will not disrupt the sleep of others. Minimise noise and light - you can always relocate to your "perfect spot" the next morning.

Individual campfires are NOT permitted at any time. Remember no dogs or other pets are allowed, and please take rubbish home after the event.

All noise should cease by 10:30pm (tent erection noise, loud talking around campfire) to allow for a decent nights' sleep for the 24-hour competitors.

Nearby locations that offer accommodation (with showers, etc.) include Holowiliena Station (location of the 2018 State Championships and the 2004 ARC event), Cradock and Hawker.

Holowiliena contact details are: Francis and Luke Frahn (08) 8648 4868 E: holowiliena@active8.net.au



Three Creeks shearing shed with the "White Hut" (SARA Admin centre) in the foreground

EVENT TIMING

Saturday	8.30am	• Registration opens. Each team needs to bring a completed indemnity form
	9am	• Map distribution
	9.15am – 11.45am	• Navlight wrist bands collection and fitting upon “Flight Plan” submission
	11.50am	• Welcome and setters’ final briefing
	12 noon	• Start for both 24-hour and 12-hour roving events
	5.30pm	• Hash House opens for evening meal
Sunday	6.30am	• Breakfast available
	11.30am – 1.00pm	• Lunch
	12 noon	• Finish time for both events
	12.30pm	• Results announced

MAP

The map is SRA3 size (ie a bit bigger than A3), 1:30,000 scale with 10m contour intervals on Teslin waterproof paper. Magnetic north lines are marked on the map at 1km spacing. Control descriptions are provided on a separate sheet and coded “hints” are provided near to where each control is marked on the map. The map is two sided with the western section printed on one side and the eastern section on the reverse side with a 2km overlap.

The map encompasses the Three Creeks Station (to the east) and part of the Yednalue Station (to the west) with the public access road (Yednalue road) from Cradock to Holowiliena running north to south through the middle.

FLIGHT PLAN

For this event, a 1:40,000 SRA3 paper map showing the entire area on one side will be provided, which can be used for course planning. (This saves the official Teslin map from being peppered with holes from those competitors who use drawing pins to work out distances.) This paper map will be the Flight Plan that **MUST** be submitted to Admin prior to the start. This is a safety requirement.

The terrain is basically open rolling hills with elevation between 600m and 800m above sea level. On the eastern side of the map the open hills are generally covered with low, ankle-high spinifex. Major creeks are dotted with significant river gums and there are some areas of mallee scrub and Cyprus pine. Treed areas have been marked with a light green colouring and can be used for rough navigation. There are a significant number of rocky outcrops and cliffs; a number of these have been marked on the map.

SETTERS’ NOTES

Tracks marked on the map have been gps’ed, but note that there are numerous unmarked farm tracks which have not been surveyed.

Fence lines shown on the map have been gps’ed or visualised based on Google Earth images and can be used for rough navigation purposes. Note that there are numerous unmarked internal fences.

Many **watercourses** have been marked on the map using satellite imagery and surveying we have done while setting, however, in some instances you may encounter watercourses that are not marked. Use pace counting and take note of contours. At 1:30,000 scale only well-defined deep gullies will show in the contours, shallower or very narrow gullies may be very subtle in the contours.

Some watercourses have very **steep banks**, please take care when negotiating these. You can usually find a way across that does not require any risky manoeuvres. All watercourses are generally dry, unless there has been significant precipitation in the days leading up to or during the event.

The yellow highlighted track indicates the route the **safety patrol vehicle** will take. Departure time of the safety vehicle from the HH will be marked on the map and advertised at the pre-start briefing and on the Admin notice board. Arrival times at the water drops will be noted in the associated water drop logbook.

GATES AND FENCES

We have generously been granted permission to use private land for this event. We need to respect the people who live here and their businesses. You **must** leave all gates as you found them and cross all fences with care; for yourself and to avoid damage to the fence.

INTENTION SHEETS

If an intention sheet is fitted to a control, these **must** be filled in by all competing teams. Failure to fill the sheet in may result in loss of points for that control. Some controls will be randomly checked after the event. Make sure you have a pen to fill in the intention sheets. (See the information below: The How and Why of the Intention Sheet.)

NAVLIGHT WRISTBANDS

This event will use the electronic Navlight scoring system. Every competitor will be issued a wristband.

The electronic device (tag) on the wristband needs to connect with the electronic 'punch' at a control for the tag in the wristband to receive the score for that control. **Every wristband in the team will need to be punched at a control to receive the score for that control.** No record on a tag = no score for the control for the team.

The key is to hold the punch against the tag until the punch flashes (this takes 1 second). If you don't see the flash, try again. If you are certain the punch is faulty, take a record of the three-letter code on the punch.

There will be practice punches at Admin so you can see how they operate.

The Navlight wristbands will be fitted by Admin volunteers after teams have submitted their flight plan. We will also provide an opaque, tamper proof bag for your GPS tracker at this time.

Please take care not to lose your wristband – these are surprisingly expensive electronic devices, and you will be charged a \$55 replacement fee if one is lost.

Roving teams: Those starting after midday Saturday must check in with Admin before commencing, to have their wristband fitted, be briefed and have their wristbands activated. A special "start" punch is used to indicate the start of your time on the course – otherwise you will be deemed to have commenced at midday Saturday.

Roving teams are responsible for keeping track of their time on course. Admin won't tell you how long you have left. Keeping track of your time is part of the challenge!

All teams: Every time you enter or leave the Hash House area, you must report to Admin. For the roving 12-hour teams, failing to do this will cause your time to accumulate while not on the course; for the 24-hour teams this is an important safety requirement.

WHAT YOU NEED TO BRING

Here is a summary of suggested items to bring. See the list at: <https://sarogaining.com.au/event/sa-state-champs-24-hour-2024/#what-to-bring>

On course

- 1 x compression bandage per person (mandatory)
- 1 x whistle per person (mandatory)
- 1 x foil blanket per person (mandatory)
- Pen for signing intention sheets at each control (mandatory)
- Small day pack/bum bag/running vest
- Compass
- Head torch
- Small first aid kit
- Water bottles / bladder with capacity for 1.5L minimum
- Energy snacks
- Sun protection (e.g. hat, sunnies, sunburn cream)
- Thermals/warm jumper and beanie/gloves
- Hiking boots/trail shoes
- Gaiters – preferably heavy-duty ones for protection against spinifex
- Rain jacket/pants - as determined by weather reports

Note: It is the responsibility of each team member to carry the mandatory safety items while out on course. Event officials can request inspection of items at any time during the event with disqualification for non-compliance.

Hash House

- Eating utensils (plate, bowl, cup & cutlery) and tea towel
- Camping chairs and table are very helpful for route planning and enjoying the campfire
- You need to bring enough water for your personal camping needs

Camping gear

Bring a groundsheet to put under your tent (a tent 'footprint') if you plan to stay in the HH campground because of the rough ground surface. Some steel tent pegs and hammer might also be a good idea. And while one of the setters said there were no prickles in the camping area, another setter disagrees and suggests that you leave your uggboots and thongs at home. (Those two words in one sentence paint an unintended picture!)

WATER DROPS

These are shown on the map as a blue 'W'. Water drops may have a co-located control so don't forget to punch.

NOVICE TRAINING & TIPS AND TRICKS

For those newbies or teams that want a bit of assistance with their planning, the setters can provide some assistance and advice and will be available from 9.15am onwards on Saturday morning.

If you are competing in the roving event or otherwise at the hash house on Saturday night, the evening campfire is also a great opportunity to pick up tips from other competitors.

GPS DEVICES

GPS devices are not to be accessible while on course. All smart watches and other GPS devices, with the exception of phones, **MUST** be sealed in a tamper proof bag.

Each competitor will be provided a security bag with their map – these bags are to be returned empty or be shown to have been sealed with devices before the collection of the Navlight wristbands. A "GPS bagging return form" will be provided to each team to advise what GPS devices are being taken on course.

Phones will be allowed to remain unbagged for the sole purpose of taking photos or to use in an emergency. Each participant who takes an unbagged phone on course will be asked to state this on their form and agree that they will not use it as a navigational tool.

Competitors may have their smart watches unbagged at the HH/camping area for the purpose of re-charging, but it is requested that competitors do not refer to their device until the end of the event. These devices will need to be re-bagged before re-entering the course area.

TOILETS / SHOWERS

There are four portable chemical toilet units at the HH site. No showers are available.

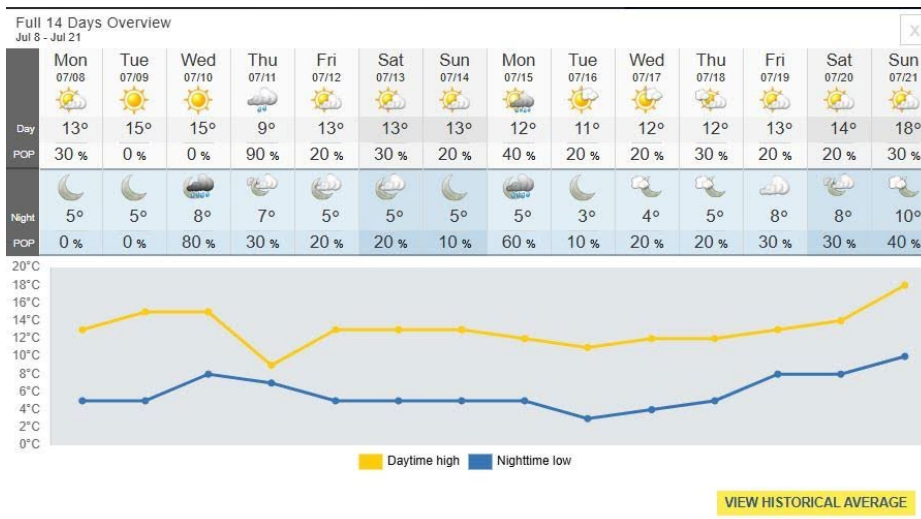
TEMPERATURE, SUN & MOON TIMES

The average temperature range for Cradock during July is 4°C to 16°C, however, both very cold nights and warm sunny days are possible. Rainfall is difficult to predict - typically 7 days of rain can be expected during July.

Moonrise	15.53pm
Sunset	17.25pm
Civil twilight ends	17.53pm
Civil twilight starts	06.50am
Sunrise	07.17am
Moonset	07.17am

Leave the dog at home and bag the GPS unit





The long-range forecast of Cradock looks great. Let's hope it stays that way!

HASH HOUSE FOOD

Saturday dinner 5.30pm to 11pm, with limited service overnight until 6.30am
 Sunday breakfast 6.30am – 8.00am
 Sunday lunch 11.30am to 1.00pm

Only Saturday night dinner, Sunday breakfast and Sunday lunch are included as part of the event (only available at the Hash House location). All other meals must be self-catered.

Many thanks to the SARA volunteers who are catering and serving.

Saturday dinner and Sunday lunch

- Pumpkin soup
- Laksa
- Haloumi stew
- Roast vegetable stew
- Beef Bolognaise with spaghetti
- Butter Chicken
- Rice and/or pasta
- Fruit salad with cream
- Sara Lee cakes

Breakfast

- Cheese toasties
- Cereal

AFTER THE EVENT

Any help collecting controls would be greatly appreciated.

For those able to have a couple of days off from work, we recommend travelling to the event on Friday during daylight and returning on Monday to maximise the enjoyment of the event and not be too rushed. For those teams planning on competing for the full 24-hour period, travelling back to Adelaide on Sunday afternoon is not recommended unless you have a non-competing support driver.

MOBILE PHONE COVERAGE

There is **NO** mobile phone reception at the Hash House. There is patchy mobile phone reception on the low hills adjacent the HH and on the major hills in the middle of the map. It is recommended that competitors carry their phones as it **might** be possible to dial 000 on the course (all carriers) or send an SMS (Telstra).

Reaching higher ground **may** assist in making contact.

The setting team trusts that you will have a truly enjoyable weekend! We would like to hear your stories and see your photos after the event, so please get in touch through the website or Facebook.

ROGAINING - THE "WHY" AND "HOW" OF THE INTENTION SHEET

Rogaining is a relatively simple sport with a few basic rules which have evolved since its inception. One of these rules relates to the Intention Sheet which is attached to each control. The Rules of Rogaining state:

R19. Teams shall fill in any intention sheet at the checkpoint with the time of arrival, the team number and the number of the checkpoint that they intend to next visit.

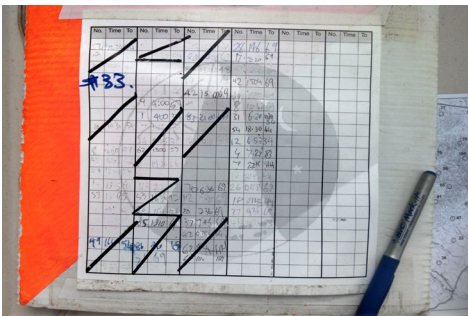
How to fill the intention sheet is pretty simple:

- In the column under **No.**, write your team number
- In the column under **Time**, write the time you arrived at that control site
- In the column under **To**, write which control you are heading to.

Why fill in the Intention sheet?

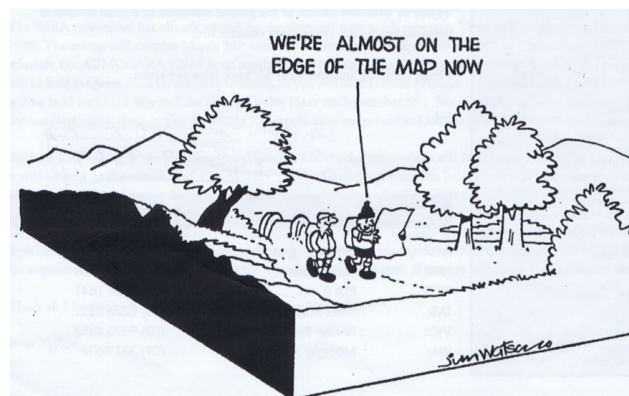
1. For safety reasons. Admin uses the intention sheets to reduce the search area if a search and rescue is undertaken and the location of the missing team is not known.
2. It adds to the excitement of the rogaine - seeing which teams arrived ahead of you and in which direction they all went.
3. Because it is one of the rules.

Note: The penalty for not completing the intention sheet is loss of points for the checkpoint under consideration. **(R26 Penalty is loss of points for the checkpoint under consideration.)**



For short duration events such as our 3 and 4-hour events and some local 6-hour rogaines, intention sheets are generally not used as there is good mobile phone coverage where participants can call the organisers if a problem occurs or 000 direct in an emergency.

However, the intention sheets are an integral part of the overall safety management plan for our major events (where there is limited mobile phone coverage) and are used to improve the response time and reduce exposure of volunteers to additional risk should a search be needed.





SOUTH AUSTRALIAN ROGAINING ASSOCIATION, INC.

ADULT INDEMNITY AGREEMENT

All adult members of a rogaining team must read and sign this agreement in order to enter this event. Maps will only be given out once all adult members have completed their details and signed.

ACKNOWLEDGEMENT OF RISK AND RELEASE FROM LIABILITY

RISK WARNING: Competing in a rogaining event is subject to risks. These include death, serious injury or illness due to: rough terrain and obstacles, especially at night-time; overexertion; heat, cold or other adverse weather conditions; plant and animal life; and accidents with vehicles, other competitors, landowners or members of the public.

There are also risks that access to medical, evacuation or search services might be slow; and that your personal property might be damaged or lost.

MEDICAL COSTS: I agree that if I am injured or require medical assistance, South Australian Rogaining Association, Inc, any of its members, officers, volunteers, or any other party associated with organising the event (together, the Event Organisers) may, at my cost, arrange medical treatment and emergency evacuation as deemed necessary by the Event Organisers. I agree that I am responsible for my own medical and ambulance insurance cover.

RELEASE AND INDEMNITY: I have read the risk warning above. I have listened to and understood, or will ensure I do listen to and understand, the risk warning given by the organisers of this event prior to its commencement. I am aware that rogaining is a recreational activity that can be dangerous. I accept there is a degree of risk. I acknowledge that I participate in this event at my own risk. I agree to release and indemnify the Event Organisers from and against any claims, demands, rights or causes of actions, expenses, and costs whatsoever that I or other parties may have or that may be made by me or on my behalf or by other parties for or in respect of or arising out of any injury, loss, damage, or death caused to me or my property as a result of my presence at, or participation in, this event, whether by negligence, breach of contract or in any way whatsoever.

EXCLUSION OF RIGHTS UNDER THE AUSTRALIAN CONSUMER LAW

YOUR RIGHTS: Under sections 60 and 61 of the Australian Consumer Law (SA), if a person in trade or commerce supplies you with services (including recreational services¹), there is —

- a statutory guarantee that those services will be rendered with due care and skill; and
- a statutory guarantee that those services, and any product resulting from those services, will be reasonably fit for the purpose for which the services are being acquired (as long as that purpose is made known to the supplier); and
- a statutory guarantee that those services, and any product resulting from those services, will be of such a nature, and quality, state or condition, that they might reasonably be expected to achieve the result that the consumer wishes to achieve (as long as that wish is made known to the supplier or a person with whom negotiations have been conducted in relation to the acquisition of the services).

Excluding, restricting or modifying your rights: Under section 42 of the Fair Trading Act 1987, the supplier of recreational services is entitled to ask you to agree to exclude, restrict or modify his or her liability for any personal injury suffered by you or another person for whom or on whose behalf you are acquiring the services (a third party consumer).

If you sign this form, you will be agreeing to exclude, restrict or modify the supplier's liability with the result that compensation may not be payable if you or the third party consumer suffer personal injury².



TEAM NUMBER

IMPORTANT: You do not have to agree to exclude, restrict or modify your rights by signing this form. The supplier may refuse to provide you with the services if you do not agree to exclude, restrict or modify your rights by signing this form. Even if you sign this form, you may still have further legal rights against the supplier. A child under the age of 18 cannot legally agree to exclude, restrict or modify his or her rights. A parent or guardian of a child who acquires recreational services for the child cannot legally agree to exclude, restrict or modify the child’s rights.

AGREEMENT TO EXCLUDE, RESTRICT OR MODIFY YOUR RIGHTS: I agree that the liability of the South Australian Rogaining Association, Inc for any personal injury that may result from the supply of the recreational services that may be suffered by me (or a person for whom or on whose behalf I am acquiring the services) is excluded.

Name:	Mobile number:
Signature:	Emergency contact number of a non-competitor:
Date:	
Signature of witness:	
Name and address of witness:	

Name:	Mobile:
Signature:	Emergency contact number of a non-competitor:
Date:	
Signature of witness:	
Name and address of witness:	

Name:	Mobile:
Signature:	Emergency contact number of a non-competitor:
Date:	
Signature of witness:	
Name and address of witness:	

Name:	Mobile:
Signature:	Emergency contact number of a non-competitor:
Date:	
Signature of witness:	
Name and address of witness:	

Name:	Mobile:
Signature:	Emergency contact number of a non-competitor:
Date:	
Signature of witness:	
Name and address of witness:	

DEFINITIONS

- 1 Recreational services are services that consist of participation in—
 - a sporting activity or similar leisure-time pursuit; or
 - any other activity that involves a significant degree of physical exertion or risk and is undertaken for the purposes of recreation, enjoyment or leisure.
- 2 Personal injury is bodily injury and includes mental and nervous shock and death.

Further information: Further information about your rights can be found at www.ocba.sa.gov.au.



SOUTH AUSTRALIAN ROGAINING ASSOCIATION, INC.

CHILD INDEMNITY AGREEMENT

A parent or guardian of each child member of a rogaining team must read and sign this agreement in order to enter this event. Maps will only be given out once a parent or guardian of each child member has completed their details and signed.

RISK WARNING: Competing in a rogaining event is subject to risks. These include death, serious injury or illness due to: rough terrain and obstacles, especially at night-time; overexertion; heat, cold or other adverse weather conditions; plant and animal life; and accidents with vehicles, other competitors, landowners or members of the public. There are also risks that access to medical, evacuation or search services might be slow; and that your personal property might be damaged or lost.

MEDICAL COSTS: I agree that if my child is injured or requires medical assistance, South Australian Rogaining Association, Inc, any of its members, officers, volunteers, or any other party associated with organising the event (together, the Event Organisers) may, at my cost, arrange medical treatment and emergency evacuation as deemed necessary by the Event Organisers. I agree that I am responsible for my child's medical and ambulance insurance cover.

RELEASE AND INDEMNITY: I have read the risk warning above, and ensured my child has read the warning, or explained it to him or her. I will ensure my child listens to and understands the risk warning given by the organisers of this event prior to its commencement. I am aware that rogaining is a recreational activity that can be dangerous. I accept there is a degree of risk. I acknowledge that my child participate in this event at his or her own risk. I agree to release and indemnify the Event Organisers from and against any claims, demands, rights or causes of actions, expenses, and costs whatsoever that my child, I, or other parties may have or that may be made by my child or me or other parties on my child's or on my behalf or by other parties in their own right, for or in respect of or arising out of any injury, loss, damage, or death caused to my child or my child's property as a result of my child's presence at, or participation in, this event, whether by negligence, breach of contract or in any way whatsoever.

Name of child #1:

Name of parent/guardian:

Signature:

Date:

Name of child #2:

Name of parent/guardian:

Signature:

Date:

Name of child #3:

Name of parent/guardian:

Signature:

Date:

Name of child #4:

Name of parent/guardian:

Signature:

Date:
