

2023 ACTRA Cross-border 6 hour Metrogaine

6 August 2023

Final Instructions

Thank you for entering ACTRA's 2023 Metrogaine, called the Cross-border Metrogaine due to its location in NSW (with a few controls just over the border in the ACT)! Team leaders, make sure that everyone on your team reads this whole document carefully.

Important

Please note that there is another event at the Queanbeyan Showground at the same time as ours. Parking will likely be tight so please carpool if possible.

Indemnity Form

Please bring to the event a printed and completed indemnity form located [here](#). Check the team list for your relevant event on the home page to ensure that all details for your team including category are correct. If incorrect, please contact the Event Contact prior to the event.

- Ensure that all team members sign a separate indemnity form. Parents or guardians must sign for people under 18. Also provide registration number(s) of your car(s) at the Hash House. Be sure to put your team number on the form.
- Present your completed indemnity form at the registration desk.

Medical advice: All competitors should consider advising their partner of any pre-existing medical conditions (such as diabetes, asthma, epilepsy, susceptibility to anaphylaxis) that may require first-aid action on course. This should include a description of the symptoms, the required first-aid action, and the location in their bag of any medication (such as sugar, Ventolin, epi-pen, antihistamines).

COVID-19 Measures

If you have recently returned from overseas, or if you have travelled from a known COVID-19 'hotspot' without a designated period of quarantine/isolation; or if you are awaiting the result of a COVID-19 test; or if you are feeling unwell, or have flu-like symptoms, please stay home.

How to Get There

The Hash House is located at the Queanbeyan Showground, in the Grandstand building.

Google Maps provides reliable directions for getting to the Hash House. If travelling from northern Canberra, you will enter Queanbeyan via either the Airport (along Pialligo Avenue and Yass Road) or from Fyshwick (along Canberra Avenue). Parking is on the southern side of the Queanbeyan Showground off Glebe Avenue, with overflow car parking in the eastern corner off Cooma Street (see map below).

The instructions below are for entering the Showground via Glebe Avenue:

- If coming from Yass Road, turn right onto Monaro Street (Canberra Avenue), continue across the Queanbeyan River, then turn left onto Crawford Street, right onto Rutledge Street, continue onto Cooma Street, and finally turn right onto Glebe Avenue.
- If entering Queanbeyan via Canberra Avenue, continue all the way to the Showground. Turn right onto Cameron Road then left onto Glebe Avenue.

If travelling from southern Canberra, you will enter Queanbeyan from Lanyon Drive (past Hume and Jerrabomberra) and Canberra Avenue. Follow the above instructions to the Hash House.

A Google map is [here](#).



Registration, Map Availability, Start Times

The event will commence by way of a mass start at **10 am sharp** on Sunday 6 August 2023, with a final briefing at **9:45 am**. A beginner's briefing will be held at **9:40 am**. Registration will open at **8:30 am**.

We ask that just one person per team come to register and collect maps. That person will need to:

- Bring first aid kit, so that it can be checked; see below for what it must contain, and
- Bring one completed indemnity form per team member.

Electronic Scoring

As this event is using the Navlight system of scoring, each team member will be issued with a wristband and tag upon registration.

You will also be given pre-marked maps, control descriptions, course setter's notes and a small copy of the map to be used as a flight plan. We recommend that you arrive at least an hour prior to the start of the event to allow enough time for final preparations and route planning. Each team must mark their intended route on the flight plan and hand it in before starting.

Map and Course Details

There will be one A3 map (29.7 x 42 cm), 1:25,000 with 10 m contour interval. Magnetic north lines are marked on the map. Out of bounds areas are marked in pink shading. The course mostly comprises urban areas, but there are several large reserve areas that contain native bush and urban parks with grass. The course setter's notes and control descriptions have been printed on the back of the map. The altitude ranges from approximately 550 to 800 m above sea level.

The map is printed on Teslin paper which is very tough and generally does not need to be covered in contact.

The reserve areas are generally open woodland, but the watercourses can be overgrown and scrubby. Long pants are recommended.

Water

Please bring enough water for Hash House use and for at least **2 hours** on course. There are no water drops on course, however public bubblers are located throughout the course area and water can be taken from the Queanbeyan River but should be treated before drinking it. We do not recommend drinking water from any other watercourses in the area, even if treating it.

Catering

Hartley will provide catering from 3 pm onwards. Please bring your own plate, bowl, cup and cutlery. Some tables and chairs will be provided, but we recommend that you bring your own to guarantee you get one.

Please Bring to the Event

- Completed indemnity form
- Map will be printed on Teslin waterproof paper with control descriptions on reverse side. Contact or map case optional.
- Coloured pens, pencils, scissors, highlighter pens, table and chairs or board for map preparation. An indoor space will be available for route planning and post-event use.
- Some food for before and/or during the event.
- Your own plate, bowl, cup and cutlery for catering after the event.
- Water for your use at the Hash House and to start the event with.
- The Hash House has toilets which can be used. You may like to bring your own hand sanitiser.

Carry on Course

Mandatory Equipment

- Whistle (per person)
- Basic first aid kit (that includes 2 compression bandages and 1 wound dressing) (per team)
- Space blanket (per person).

Other items we recommend that you carry/wear

- Food for the event
- Water for 2 hours
- Compass
- Long pants – recommended for scrub protection
- Watch
- Pen/pencil
- Mobile phone for emergencies
- Sunscreen, sun hat, sunglasses
- Adequate warm clothes for the conditions (noting conditions can change quickly):
 - Raincoat, warm jacket
 - Thermals + a spare if it is wet
 - Gloves
 - Beanie.

Mobile Phone Coverage

Mobile phone coverage is good across the entire course area, with the potential exception of some deep watercourses.

The Hash House number will be 0434 296 779 and is printed on the map.

Restrictions

Summary of Event Rules and Scoring

- The only navigational aids permitted are the maps we provide together with your compasses.
- Participants can enter solo for the metrogaïne. Teams with more than one person can have up to five team members, all of whom must remain within earshot of each other at all times. All members must simultaneously get to within 5 m of each control point.
- All team members must punch their Navlight tags at each control to score points.
- If a Navlight punch has failed, record the three letter code visible inside the end of the punch.
- Competitors must not enter out-of-bounds areas; gates must be left as found; stock must not be disturbed.
- The organisers may disqualify a team if it acts against these rules or against the spirit of the event.
- A team can retire a member at the Hash House. This will finish that team's event. A new team can form but it must start with zero score.
- Late Penalty: 10 points per minute (or part) late. Disqualification if more than 30 minutes late.
- If teams score equal points, then the first team back to the Hash House will have a higher placing.

Presentation and Awards

Food and drinks will be available from 3 pm. Please bring your own plate and utensils.

Certificates will be awarded to the place-getters of most categories. This is dependent on final numbers and will be announced on the day. Presentations will take place around 45 minutes after the end of the event.

Event volunteers

If you have queries contact the Event Contact listed below.

Event Contact	Keira Banks: 0434 296 779, keiradoherty21@gmail.com
Coordinator	Kelvin Meng: kelvin.jh.meng@gmail.com
Setters and Veters	Keira Banks (setting) Tom Banks (map vetting)
Control Hangers	Mary Adams, Jin Kato, Elise Palethorpe, Tom Fitzgerald, Alex Ricks
First Aid	Greg Terrill
General Help	Mandy Leong, Ashley Van de Meulengraaf
Control Collectors	Des Cannon, Ryan Stocks, Jon Glanville, Natali Heil Koerbel, Ashleigh Van de Meulengraaf, Martin Fryer