

## INSTRUCTIONS – AROC Championships 8 April 2006

### GENERAL RULES – THESE APPLY TO ALL LEGS

1. All three team members must go to every Transition Area (TA). You must insert your Sport Ident Stick into the timing box for the relevant TA to record your time. There is a penalty of 30 minutes for not dipping your stick!
2. You must check in with officials at each Kayak Drop.
3. Stay together (within 100m from each other and go to within 20m of each CP) unless otherwise instructed.
4. You must wear your PFD when kayaking or swimming.
5. Collect all CPs in numerical order unless otherwise instructed.
6. Use caution on roads, **obey all road rules**, ride in single file and keep left. **Roads are not closed to traffic during this event.** Be especially careful to give way to vehicles when crossing roads.
7. Use caution on dirt tracks, footpaths and shared cycle/walk paths. Watch out for and give way to other cyclists, walkers, horses and other users. Keep left and ride in single file. Tracks, paths etc are not closed to other users during this event.
8. There are roads and areas marked on the maps as OOB (out of bounds). You are not permitted on these roads or in these areas. Your team will be disqualified if caught riding on any of the out of bounds roads. You may use any paths and cycle ways including those adjacent to the OOB roads. You must use an underpass or overpass to cross an out of bounds road unless otherwise permitted.
9. Race vests must be worn at all times during the event. You must wear your race vest over the top of your PFD.

### GENERAL INFORMATION

**Maps etc:** Don't lose your maps or control card. Protect your maps and instructions from getting wet. The control card will be already laminated for you. It is a good idea to contact your maps prior to the start. You will get extra maps along the way. Make sure you have a map bag or some way of protecting them.

**Kayaking / Swimming:** You must wear a life jacket (PFD) at all times when in or on the water. When launching and landing your kayak please be careful not to run into rocks or to drag it over rocks. When moving your kayak to and from the water please carry it, don't drag it. You must wear your racing bib over the top of your PFD.

**Cycling:** There are lots of other users such as tourists, cars, trucks, cyclists, joggers and children using the different routes of travel. No cycle paths, tracks or roads are closed to other users in this event. You must obey all road rules, ride in single file, keep to the left, be cautious and watch out for cars, other bikes and pedestrians. **Safety is your responsibility.** Please be especially careful at road intersections and road crossings. Ride within your skill ability and walk your bike if you need to.

**Running:** No tracks or roads are closed to other users in this event. Be careful of vehicles, bikes and pedestrians using the roads and tracks. Be careful not to sprain your ankles. **Safety is your responsibility.**

**Checkpoints (CPs):** Unless otherwise specified you must go to all CPs in numerical order (There may be random checks during the event and penalties may apply). CPs are a combination of a CP marker with a punch, a code you must write on your control card or a question to answer. You must punch your control card/write the code or answer in the spot correlating to the CP number. If you miss a CP, don't worry you will still be an official finisher however you will receive a 15 minute time penalty for each missed CP.

**Transition Areas (TAs):** A TA is where there is a change of discipline and where your time is recorded. Each team will be issued with a Sport Ident electronic timing stick. During the race briefing and prior to the start you will need to clear and check your stick. At each TA (Transition Area) and at the finish you will be required to insert your stick into a timing box. After you insert your stick into the finish timing box you will then proceed to the finish tent to hand in your stick. We will then download the times from it. Do not lose your Sport Ident stick. If you lose your stick you will be disqualified and charged a replacement fee of \$40.

It is your responsibility to ensure your team has checked in to the TA and recorded your time. Failure to log your time at a TA will result in a 15-30 minute time penalty. Note that two different TAs can have the exact same location (eg TA3/TA4). For this you must check in on your arrival time at TA3 and then again at TA4

**Emergencies:** In case of a life threatening emergency use your mobile phone to dial '000' or '112' for an ambulance. Then phone Tom or Alina. For minor injuries where you need help call Tom 0401 908 623 or Alina 0401 564 462.