



SHIFT_the way you move

1. Entrant criteria	
1.1	Should be in good health & reasonably fit
1.2	Must be at least 12 years old to participate NB: If you are registering a child under the age of 18yrs you represent and warrant that you are the parent or legal guardian of that party & have the legal authority to enter into this agreement on their behalf & by proceeding with Event registration you agree that the terms of this Agreement and Waiver shall apply equally to all Registered Parties
2. Team/Entrant Identification	
2.1	During an event stage a minimum of 2 Team Members must display the official Event Number
2.2	Event Numbers must be clearly visible at all times
3. Medical	
3.1	During the event, the Race Organising Committee (ROC) reserves the right to withdraw any participant who is deemed physically incapable of continuing
3.2	A first aid kit as per compulsory equipment list is to be carried by each team during the event
4. Bicycles	
4.1	Mountain Bikes must be in good working order to start the event
4.2	Riders must finish the event on the same bike on which they started
5. Helmets & Clothing	
5.1	Bike helmets are compulsory wear for all cycle stages
5.2	Appropriate attire including upper body clothing must be worn at all times except in water disciplines
6. Separation Time Penalties (STP's)	
6.1	For safety & spirit, Teams are expected to remain together at all times during the event, this will be monitored by ROC Marshals on all stages
6.2	Entrants who are separated from their team member/s at any point in the stage by more than 2 minutes will receive a Separation Time Penalty (STP) of 50 points
6.3	Separation's will be measured at Check Points & the Finish, but can be enforced at any position in the stage
6.4	More than 1 STP per day can be enforced
6.5	3 STP's will result in the disqualification (DQ) of the Team

7. Compulsory Equipment	
These items must be considered the bare minimum, & it is strongly recommended that Entrants ensure that they are fully prepared to deal with emergencies they may encounter. The following items must, however, be carried by the team during the event...	
On the Bike & Hike...	
7.1	1 x GPS per Team plus plenty of spare batteries NB: Ensure you have a Data transfer cable as all Waypoints, Tracks or Routes are downloaded from ROC computer to the GPS There will be no GPS charging facilities therefore ensure your GPS takes removable batteries
7.2	1 x Hand-Held Compass per Team
7.3	1 x Cellphone per Team There will be no charging facilities therefore ensure your phone is fully charged
7.4	First Aid Kit per Team- consisting of a minimum of: 1 x Foil survival blanket 3 x First Aid Dressings (Sizes 2, 3 & 4 recommended) 1 x 10cm & 1 x 15cm Crepe Bandages 2 x Triangular Bandages 5 x Adhesive first aid plasters 2 x Disposable Gloves Sun-block with a minimum SPF factor of 15 NB. Any Entrants on specific personal medications are responsible for supplying & carrying such medication.
7.5	At least 1.5 litres liquid capacity Team Member 2 x Water Bottle +/- 750ml and/or 1 x Hydration Pack
7.6	1 Digital Camera per Team (or Cell Phone that takes pictures is acceptable)
7.7	1 x Whistle per Team Member
7.8	1 x Pencil/ or Pen per Team
7.9	Some cash per Team Member (\$10 in 1's)
On the Bike...	
7.10	2 x Spare Tubes per Team 1 x Tyre Pump per Team 1 x Tyre Patch Kit (be sure the glue is fresh) per Team 1 x Tyre Tools, Allen Keys per Team 1 x Chain Break per Team
7.11	1 x Mountain bike for each Team Member (unless a relay)
7.12	1 x Helmet per Rider
On the Hike...	
7.13	Hat/Cap per Team Member
7.14	All Terrain Track Shoes per Team Member (unless a relay dependant on who is doing what discipline)
2 Day if night out is part of the event - All of the above plus...	
7.15	1 x Small Spade/Trowel per Team
7.16	1 x Cookset- Camping Gas Stove per Team (As NO wood fires are allowed)
7.17	1 x Fuel & Matches per Team ((in Ziploc)
7.18	1 x Lightweight Tent or Bivvy per Team
7.19	1 x Headlamp/Torch plus spare batteries per Team Member
7.20	1 x Set Spoon/Fork/Bowl/Cup per Team Member

8. Start-Waiver	
8.1	All starts are seeded & times will be announced 30 minutes before the start
8.2	Clock starts running at designated start time regardless of Team presence
8.3	Waiver...
8.3.1	If you 'Pre-Entered' online or via email on the official ' <i>mes_entry_form</i> ' then by ticking the Accept Check Box on that form all Team Members accept the MiniEco'S Waiver
8.3.2	If entering 'On the Day' ALL team members are required to fill in & sign the Entry/Waiver form 'On the Day' entries close 1 hour prior to Event start
8.4	Any team member NOT signed on in line with aforementioned will result in that team being DQ

9. Route & Stages	
9.1	All stage navigation is via GPS
9.1.1	Tracks, Routes & Waypoints will be downloaded PRIOR to Pre-Event briefing therefore you are to report with your GPS to the Transition ROC desk 60 minutes before Event Start GPS downloading closes 15 minutes prior to Event Start or at start of event briefing
9.1.2	If a GPS Track is to be followed then the FULL track must be completed, no deviation or short cuts are permitted
9.1.3	If a GPS Route's or Waypoint's are to be followed then it is the Teams responsibility to navigate their own course 'in da bush'
9.2	Teams must complete the full designated route & distance of all stages unless otherwise advised by ROC
9.3	Only Teams who complete all event stages will be considered MiniEco'S finishers

10. Team Results	
10.1	At the end of each event only Team finish results will be published
10.2	The Team finish time is determined by the time at which the last team member passes the stage finish line

11. Finish	
11.1	Teams MUST start & cross the finish line AS a TEAM
11.1.1	Please refer to Item 6. Separation Time Penalties (STP's)

12. Traffic Regulations	
12.1	MiniEco'S does not necessarily have exclusive use of any public roads or land during the event
12.1.1	Your courtesy to the Public is paramount and any abuse of this will result the team being DQ
12.1.2	All regular traffic regulations must be observed at all times during the event NB: In Zimbabwe we drive/ride on the LEFT Hand SIDE of the road!

13. Checkpoints (CP's)	
13.1	In each stage, there will be required Checkpoints. STP's will be enforced
13.2	Teams, which do not obtain the CP's will not receive the CP's points
13.3	The exact location of the CP's will not be published prior to Event & hidden checkpoints are not excluded
13.4	The exact locations of watering wells are via waypoints downloaded onto your GPS & are pre-fixed as WP then number

14. Entries, Registration & Briefing	
14.1	Entry registration can be done as follows... a. Pre - Entry b. On the Day Entry
14.1.1	Pre-Entry Online at http://www.activesports.co.zw/mes
14.1.2	Pre -Entry via e mail by either... a. Visiting aforementioned web address & downloading MiniEco'S Entry Form (mes_entry_form.xls) b. Send an email to activesports@gmail.com with 'Please send me MiniEco'S Entry Form' in the Subject line & we'll email the Entry Form to you NB: In either instance for a valid Pre-Entry the mes_entry_form.xls must be emailed back to the aforementioned email address and to be received 48 hours prior to event start
14.2	Payment of Entry Fees: a. 'Pre-Entry': \$10 per Team Member per day unless otherwise specified & payment can be made as follows... i. Bank Deposit (for bulk payments of Team entry fees) <i>Standard Chartered Bank, Borrowdale Branch 5128 Ironwill Acc. No. 8740212395400</i> NB. Please bring deposit slip to Event & present at Entry desk ii. 'Pre-Entry': Cash \$10 per Team Member unless otherwise specified & payment can be at Entry desk on the day of the Event (please bring exact amount) b. 'On the Day Entries': \$15 per Team Member per day unless otherwise specified & at Entry desk (please bring exact amount) PLEASE NOTE On the Day entry fees will be levied at 50% more than Pre-Entry fees
14.3	Event Registration opens 90mins prior to Event Start Event Registration closes 30mins prior to Event Start
14.4	All GPS's must be brought to Event Registration for downloading by latest 30mins prior to event start
14.5	Event Briefing is held 30 minutes prior to Event Start
15. Energy food & Hydration	
MiniEco'S event stages will take time and may pass through dry hot areas:	
15.1	Entrants retain the ultimate responsibility to carry enough water & energy food with them
16. Seconding, Support, Drafting	
16.1	Entrants may receive assistance from fellow Entrants only
16.2	Outside seconding is not permitted
16.3	Bike repairs and such may be performed on the route but without obstructing other Entrants
16.4	Riders are not allowed to draft behind a cyclist/s not participating in the MiniEco'S or behind vehicles, but may draft their own team partner or other riders taking part in MiniEco'S
17. Withdrawals & Formation of New Teams	
17.1	Teams that cannot continue the event, for whatever reason, must immediately inform the ROC. This can be done at the Event Start, Finish, Transition, Checkpoints or on route to roving ROC member via cellphone, number TBA.
17.2	In the event of a search & rescue operation being initiated for an Entrant or Team which has withdrawn but has not informed ROC, the cost of the search & rescue operation will be to the Entrant or Team
17.3	In the case of Teams with 3 or more people, in the event of a team member/s dropping out on any stage, the Team may still finish as long as 2 team members complete the course
17.4	Single Entrants will not be allowed to begin any stage on their own
17.5	Entrants whose team cannot continue may join another team so long as ROC are notified Normal sign on, start, separation & finish rules apply

18. Ethical & Environmental	
18.1	No littering or unnecessary damage to the environment will be allowed. All litter on the Event is 'carry in - carry out'. Any Team that is found littering will be immediately DQ
19. Protests	
19.1	Any protests must be submitted to ROC by the Team captain in writing within 15 minutes of crossing the Finish line accompanied by a (refundable) \$20 PROTEST FEE, refundable if the protest upheld by the Event Adjudication Committee (EAC) The EAC consists of ROC Chief Marshall and one ROC committee member
20. Disqualification & Penalties	
Teams may be disqualified during an event at the discretion of ROC's EAC for any one or more of the following reasons including but not limited to:	
20.1	Riding at any point on any stage without a helmet
20.2	Environmental abuse e.g. Littering
20.3	3 consecutive Separation Time penalties in an event (refer Item 6)
20.4	Bad sportsmanship, misconduct, disrespect towards other participants, ROC, Sponsors, Landowners & general public
20.5	Traffic Law violations
20.6	Breaking of MiniEco'S Event Rules
20.7	Rule infringements & Penalties are provided in the 'Penalty Table' but are not limited to that Table, see Item 23 below
20.9	Penalties will be applied to Stage results, as well as to Overall Event results or General Classification
21. Basic Adventure Racing Rules & Etiquette	
21.1	Entrants must complete the entire distance of the event, & the responsibility for following the official route lies with the entrant & Team
21.2	Teams on Track are not permitted to take any shortcuts or to omit a circuit, or take other advantage of a similar nature against opponents
21.3	Entrants who exit the route of the course for any reason, must return to the course at the exact same point from which they exited
21.4	An Entrant cannot receive any technical assistance along the course from anybody, other than from other MiniEco'S entrants or ROC
21.5	Entrants must act in a courteous manner at all times including permitting a faster rider/s to overtake
21.6	Entrants must respect and care for the environment on route
21.7	On camp night outs... a. Biodegradable soap is the ONLY permitted soap to be used in rivers/streams b. No toothpaste is allowed in or near rivers/streams c. No waste food is to be washed into rivers/streams d. Wood fires for cooking or warming are not permitted e. All signs of human presence to be removed when breaking camp, grass lifted at sleeping sites & the general area returned to its original state f. Ablutions must be done well away from camp sites g. Faeces are to be buried deep using a trowel & toilet paper must be burnt at the bottom of the dug hole
21.8	General Environmental regulations... a. No slashing or cutting is allowed at any time b. No marking of trees or rocks, no moving of rocks/stones c. No removal or cutting of any Flora & Fauna is permitted d. Should you come across other peoples' litter you are expected, within reason, to collect & carry out as well as yours
21.9	Entrants must not use offensive or abusive language during the event, act in an unsporting manner,

be disrespectful to the officials or ignore the event regulations

23. Discretion of the ROC

Where any additional rule interpretation is required, or where specific provision for any incident has not been made in these rules, the decision of the ROC be final

24. Security

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|------|---|
| 24.1 | Entrants retain the ultimate responsibility for their personal security and that of their equipment & belongings. |
| 24.2 | ROC is will not be held liable for loss of any Entrants property |

CATEGORIES

Category	Team Members #	Distance	Level
Social	2 to 4 people Minimum age 12yr	Per Day... Bike 20 to 40Km Hike 1 to 2 Hrs Other disciplines will vary	Not sure if you're ready to bite off a full MINIECO'S course? This is your category! All Team Members are on course at all times
Schools			'Hoo Ha' Put the bets down-come on Schools take up the Challenge! All Team Members are on course at all times.
Competitive			All Team Members are on course at all times. For the 'serious' athletes
Relay	2 to 6 people Open to ALL ages	Per Day... Bike 20 to 40Km Hike 1 to 2 Hrs Other disciplines will vary	Great for team building and those who could use a breather during the event (a minimum of 2 team members must complete each leg of the course)

Points Table

1.	A Team's FINISH result in each event will be represented as POINTS derived from:
1.1	CHECK POINTS (CP's) CORRECTLY OBTAINED
1.2	POSITION BONUSES
1.2.1	Position bonuses only apply to teams completing the course i.e. presenting at finish with all CP's
1.2.2	Where teams finish with all CP points, their Finish time will determine position and thus position bonus
1.2.3	Where a Team does not Finish before the designated CUTOFF in an event, their points score will reflect their CP points only; no finish time nor position bonus will apply
1.3	In a 2 day event the clock time will run consecutively for the 2 days giving an accumulated finish time for the 2 days
1.4	Penalty points deductions will apply to event points total and thus to series points total
1.5	A disqualification (DQ) will result in a Team receiving zero = 0 points for that event
1.6	All events in the MiniEco'S will count towards Series points resulting in a Series Winner for each category
1.7	For a Team name to carry Series points from one event to another, that team must have one consistent team member (i.e. from original Team in their first event)

Points List	
Category	CP Total Points
One Day Event	250
Two Day Event	300
Position Bonus	Points
1 st	20
2 st	18
3 rd	16
4 th	14
5 th	12
6 th	10
7 th	8
8 th	6
9 th	4
10 th	2
11 th	1

Penalty Table			
Rule &/or Offence	First Offence	Second Offence	Third Offence
Bicycles and/or Equipment	Disqualification (DQ)	N/A	N/A
Not wearing helmet	DQ	N/A	N/A
Separation Time Penalties	50 points	Additional 50 points	DQ
Rider Identification	Verbal Warning	10 points	20 points
Compulsory Equipment	DQ	DQ	DQ
Route & Stages	DQ	N/A	N/A
Traffic Regulations	Verbal Warning	20 points	DQ
Seconding & Support	DQ		
Ethical & Environmental	50 points or Serious first offence can result in Team DQ	Additional 50 points	DQ

Event Timing's	
Time of Day	Action
Midnight 48 Hours before event day	Pre-Event Entries Close
06:30 - 07:30	On the Day Entries Team Captain fills in the Official MiniEco'S Entry Form & submits with FULL payment at Registration desk
06:45 - 07:30	Pre-Entries Team Captain checks in at Registration desk If prior payment has not be made then FULL payment is submitted
07:00 - 07:30	GPS Downloads Team Captains reports to ROC desk to have GPS downloaded NB: Please ensure the GPS: 1. Has its own download cable 2. All Waypoints, Routes, Tracks & Active Tracks are cleared off GPS prior to reporting for download
07:30	Pre-Event Briefing All Teams Members report to Transition Area for briefing
10 mins before TEAM START TIME	Pre-Event Start All Teams report to Start Line for Compulsory Kit Check
08:00	Event Start THE FIRST TEAM starts - the rest in seeded order

Safety & Emergency Procedures
<ol style="list-style-type: none"> 1. Never sacrifice safety for speed 2. Where & if necessary a safety rope will be rigged, we suggest that your rope [compulsory equipment] is used if necessary 3. In the event of an INJURY... <ol style="list-style-type: none"> a. Render first aid & if possible continue assisting the injured member to the next Control Point where Medical Assistance will be called in b. If the patient is immovable, render first aid, ensure patient is comfortable & sheltered from exposure. Ensure you are on the Route/Track & wait for assistance from Teams behind you 4. In the event that you are off Route/Track and/or missed other Teams, then one will have to go for help, in this instance... <ol style="list-style-type: none"> a. Ensure patient is left with liquid & food plus survival essentials b. The remaining member/patient must then adopt the procedure for being lost Clause 4. 5. In the event of becoming irrevocably LOST... <ol style="list-style-type: none"> a. Conserve liquid & food supplies b. Where possible remain together c. Avoid exposure to sun, rain & cold d. In these instances fire's are permitted e. Use your foil space blanket [compulsory equipment] for warmth, also as a reflector if necessary f. Give 6 blasts on the whistle [compulsory equipment] or torch flashes every 60 seconds, repeat till located 6. On the Bike... <ol style="list-style-type: none"> a. Helmets to be worn at all times b. All bikes to be road worthy 7. All Compulsory Kit List & First Aid to be carried

General Notes

1. Dehydration- On all stages, attention to sufficient fluid intake which should be planned regularly (small quantities recommend every 15mins). We suggest you carry adequate fluid to see through that stage. Projected Stage lengths / time will be confirmed at Stage Briefing's
2. Energy- Endurance events demand a regular supply of energy. Ensure hourly energy replacement using easy to carry 'High Energy' foods such as- Energy Drink, Energy Bars, Nuts & Raisins, Chocolate, Bananas etc. Prior to the start also ensure that you have hydrated & fuelled adequately. Also at the end ensure you re-fuel within the first hour with carbs etc.
3. Sunburn- High risk on the bike & hike stages: Ensure hats, body clothing & high factor (15+) sunscreens are worn
4. Malaria- in high risk areas: prevention of bites by a repellent & prophylaxis is highly recommended
5. Ticks- may be prevalent so do regular daily/nightly body search & remove from body or clothing
6. Snakes- They generally move off long before you pass, however keep a look out on foot paths especially in sunlit warming conditions & avoid putting your hand over unseen rock ledges. In the unlikely event that you are bitten...
 - a. Do not panic
 - b. Immobilise & bandage the limb
 - c. NO tourniquets to be applied
 - d. Adopt the procedure for an immovable injury- 'Safety & Emergency Procedures' clause 3b

Recommended Kit List

On the Bike

Tube Slime or Tubeless Tyres
1 x Deraillieur Hangar
1 x Spare Tyre
1 x Spare Chain
Sunblock (Body + Lips)

On the Hike

Walking Stick
Backpack- Men 37-65 litre - Women 37-55 litre pack NB: Pack as light as possible
Recommended Backpack weight when packed- Men max 14 Kgs - Women/Juniors max 10 Kgs

On a Camp Out Night

Sleeping Bag + Plastic bag to pack it in
Mattress or Ground mat or Thermo-rest
Extra Sunblock (Body + Lips)
Mozzie Repellent
Waterproof Windsheater or Lightweight Poncho
Tracksuit (sleeping)
Shirts (one walking, one sleeping)
Walking Shorts (lightweight/quick-drying)
Underwear
Socks
Wide Brimmed Hat
Plastic Bag/ZipLoc for dry & wet kit
Footwear- All Terrain Shoes or Walking Boots (well worn in)
Rafters/Slops-Optional for kloofing/tubing & good for walking around camp
Cook/Meal
Pocket Knife

Food

Light weight, high energy foods such as:-
Muesli & Powdered Milk (mixed together), Vitamins, Power Bars, Nuts & Raisins, Dried Fruit, Biltong, Jelly Babies, Rice/Noodles, Tea/Coffee, Sugar & Milk, Dehydrated Meals, Sachets of Energy Drink etc.
Note- Portion exact meal requirements into Ziploc's

**Carefully calculate Teams Compulsory, Recommended & Other kit requirements, especially for the HIKE!
THEN DISTRIBUTE THE LOAD - DO NOT ALL BRING EVERYTHING**

GPS Operation

All Category's are run on GPS navigation so the knowledge & use of is **COMPLUSORY**

First check that the GPS Position Format & Map datum is correct...

1. The default position format for most GPS's is longitude & latitude in degree's & minutes (hddd^omm.mmm), change this to **UTM** [Universal Transverse Mercator]

Footnote: Normally found under Settings-Units or Position Format on most GPS's

2. The default datum for most GPS receivers is WGS84 [World Geodetic System of 1984] this needs to be changed to **ARC 1950** [AR Clarke]

Footnote: A mismatch between datum's on your map & GPS receiver can cause errors of several hundred meters

3. That the Unit of Measure is **METRIC**

Footnote: Normally found under Settings-Units or Position Format on most GPS's

4. That the Grid Zone Designation is stated as e.g. **36K or 35K etc.**

Footnote: This normally is only set when Marking or Inputting Waypoints & can be found from the map that you are using

You will be given all relevant GPS co-ordinates prior to Event Start

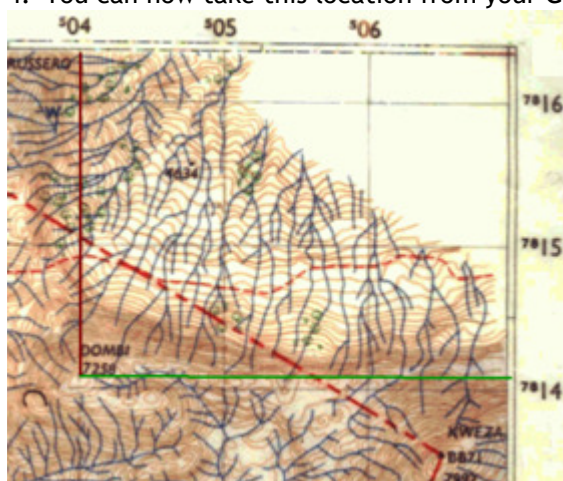
Maps & other relevant data will be supplied as & when required during the event



Locating Your Position On Map

Unfortunately GPS's have a different menu formats so the locality of 'Data Field Option-Location' may differ!

1. Scroll through 'display screens' to the Navigation/Compass page
2. Once there under the compass it shows a 'data field' that normally defaults to 'Speed'
3. Using your 'up/down' buttons scroll through the 'data field' until you see Location & screen display will look like...
36 K 050400 7814020
4. You can now take this location from your GPS & pin point it on your map...



We first need to read off our Easting, these represent a measurement of East-West position, within the zone, in meters... therefore 050400

Secondly we need to read our Northing, these represent a measurement of North-South position, within the zone, in meters... therefore 7814020