

### 3M3D EVENT RULES, 18-20 JULY 2025

- You must complete the marked course on foot under your own power. Trekking poles are permitted.
- You must stay on the marked course. Short cuts are not permitted. If you think you have gone the wrong way, check your map, wait for another competitor, or go back.
- Your race bib must be visible at all times on the **front** of your body.
- You must get your name ticked off at each checkpoint.
- You must carry the Mandatory Gear for the entirety of the event – you must produce the gear on request from a race official.
- The use of earphones is **NOT recommended**. You must remain aware of your surroundings at all times. Actively listen for calls from other competitors, or other sounds (like pigs or cassowaries).
- If you need First Aid help on the course you must attract the attention of another runner, track user, motorist or go to the finish line.
- If you withdraw from the event, inform the race director via text message or in person at the finish line.
- If another competitor is in trouble, you must stop to help them.
- You must obey all directions of race officials.
- Race officials can and will withdraw competitors from the course, as required.
- Use of profanity or aggression towards race officials or other competitors will result in immediate disqualification from the event. The volunteers/marshals on the course are NOT the people to talk to or abuse if you have a problem. Speak directly to the race director.
- Obey all road rules and give way to vehicles, trail bikes, mountain/road bikes, horses, pigs and cassowaries.
- **Do Not Litter** – Carry your rubbish and place it in the bins provided at the finish line.
- Pets/Dogs anywhere along the course are prohibited – this applies to competitors, volunteers and support crew.
- If you need to go to the toilet, get well off the track and use 'leave no trace' principles.
- Leave gates as you find them.
- Support crews must follow the instructions of race officials.
- The event organiser is not responsible for the safety or whereabouts of support crew.
- For safety reasons, and due to the terrain, wheelchairs are unable to compete in this event.

All decisions of the race director are final. The race director is the sole judge of fact, there is no right of appeal regarding any decision made by the race director.

*Breaking any of the rules may incur a time penalty or disqualification. Any such penalties are at the race director's discretion and are final.*