



# CHRISTMAS IN THE VALLEY!



The Hunter Valley Vaulting Team  
invites you to  
"Christmas in the Valley"  
Official Vaulting Competition  
**Saturday 30th November & Sunday 1st December 2019**

Venue: Tocal Agricultural College  
815 Tocal Road, Paterson  
Conducted by The Hunter Valley Vaulting Team  
Australian Vaulting Rules will apply

- Entries open with Nominate [www.nominate.com.au](http://www.nominate.com.au) Monday 21st October 2019
- Entry fees as listed on Schedule Plus a 5.5% Nominate processing fee
- Entries close Friday 15th November 2019
- Competitor numbers will be limited for this event. Entries will be prioritised by date of receipt if necessary.
- Team managers will be required to send updated Horse and Lunger information, if necessary, to the organising committee at [huntervalleyvaulting@gmail.com](mailto:huntervalleyvaulting@gmail.com) prior to the 21st October 2019. This will enable competitors to select the correct Horse/Lunger combination for their class when entering this event on Nominate.
- Enquiries to Sharna Kirkham - 0249963337. 0407291637. [huntervalleyvaulting@gmail.com](mailto:huntervalleyvaulting@gmail.com)
- All enquiries in regards to submission of entries are to be made with Nominate on 07 3118 9555
- Please read carefully the "Conditions and General Information" It is your responsibility to be aware of all competition details.
- Dogs are permitted on lead and to be managed safely.

Judges  
Ground Jury  
Protests  
Event Director  
Chief Steward  
Marshall  
Scorers  
First Aid Officer  
Risk Management Officer

Ms Robyn Bruderer, Nina Fritzell and Darryn Federick  
as per the EA Vaulting Rules  
as per the EA Vaulting Rules  
Sharna Kirkham  
Mrs Sarah Jones  
TBC  
Mrs Lisbeth Betts & Mrs Karen Fraser  
HVVT  
Martine Fogg & Sharna Kirkham

| <b>CLASS</b> | <b>INDIVIDUAL CLASSES</b>                                | <b>Fee per person</b> |
|--------------|--|-----------------------|
| 01           | Open   | 40                    |
| 02           | Advanced - One round only                                | 30                    |
| 03           | Intermediate   | 30                    |
| 04           | Novice   | 30                    |
| 05           | Pre Novice   | 25                    |
| 06           | Preliminary  | 25                    |
| 07           | Introductory - vaulters not competed prior in individual | 25                    |
| 08           | Development Horse class - 3 minutes                      | 20                    |

| <b>CLASS</b> | <b>PAS DE DEUX CLASSES</b>                       | <b>Fee per person</b> |
|--------------|--|-----------------------|
| 09           | Intermediate canter                              | 15                    |
| 10           | Pas de Deux A- Score of 6.0 previously obtained  | 15                    |
| 11           | Pas de Deux B - Any combination of vaulter grade | 15                    |
| 12           | Pas de Deux Integrated                           | 15                    |

| <b>CLASS</b> | <b>SQUAD CLASSES</b>             | <b>Fee per person</b> |
|--------------|----------------------------------|-----------------------|
| 13           | Advanced Compulsories            | 10                    |
| 14           | Intermediate/Novice Compulsories | 10                    |
| 15           | Preliminary Compulsories         | 10                    |
| 16           | Intermediate Freestyle           | 10                    |
| 17           | Preliminary Freestyle            | 10                    |

| <b>CLASS</b> | <b>BARREL CLASSES</b>  | <b>Fee per person</b> |
|--------------|--|-----------------------|
| 18           | Open/Advanced/Intermediate Individual                        | 15                    |
| 19           | Novice/Pre Novice Individual                                 | 15                    |
| 20           | Preliminary Individual                                       | 15                    |
| 21           | Pas de Deux A - Score of 6.0 previously obtained             | 12                    |
| 22           | Pas de Deux B - Any combination of vaulter levels            | 12                    |
| 23           | Pas de Deux Integrated                                       | 12                    |
| 24           | Christmas Squad Barrel - vaulter numbers not limited - 4mins | 10                    |

## INFORMATION AND CONDITIONS

Scratching's: Prior to closing date, entry fees will be refunded less a \$30.00 administration charge. After closing date, fees will be refunded upon sighting of original Doctors or Vet certificate less a \$30.00 administration charge. Refunds will be posted after the event.

Please ensure you select your classes carefully. Once the final starting order is posted the only changes allowed will be in squad or Pas de Deux classes on sighting of a Doctors certificate. The substitution of a horse on sighting of a Vet certificate will be permitted in all classes. If a horse is deemed unsound during the competition a substitute horse will be permitted for competitors affected.

Open class will consist of 3 tests, compulsories, tech test and freestyle. Advanced, Intermediate, Novice, Pre Novice, Preliminary and Introductory Individual Classes will be run over one round

Males and females compete together in all classes.

AWD vaulters (vaulters with a disability) will enter the individual class at their level, but will receive individual awards; Integrated Pas de Deux must have at least one vaulter with a disability. Please indicate on entry form if AWD.

Vaulters are eligible to compete in: – Horse: Individual, Pas de Deux, Squad.

Barrel: Individual, Pas de Deux, Squad. Horses in official classes must be EA registered

Horse points as per the current Australian Vaulting rules. Points for additional classes as follows:

Class 7 Development Horse Class = 1 horse point

All vaulters and lungers must be members of EA for the financial year 2018-2019 as per the <http://www.equestrian.org.au/Membership-structure>. Arm numbers will be available for collection from the Secretaries office from 12pm on the Friday. A deposit of \$20 per vaulter to be paid at time of collection. Deposit will be refunded when numbers are returned to the Secretaries office. Clubs are to supply their own Squad numbers. The Scorer, Judges, Chief Steward and organising committee are the only persons permitted in the scoring room.

Score sheets will be available after class scores have been posted.

Presentations will take place on Saturday and Sunday at the completion of the day's events. Ribbons for Individual, Pas de Deux and Squad horse class winners. Placings to 6<sup>th</sup> for all events (except development horse).

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### **GENERAL INFORMATION**

Helpers: Clubs are asked to provide volunteer helpers to ensure the smooth running of the competition.

### **Coffee, Canteen & Meals:**

A canteen and coffee van will be in operation throughout the competition.

Admin Levy \$50 per vaulter (Admin levy includes 2 course dinner Saturday night)

Saturday night meal supplied by Coast to Coast the Golden Roast

Meat Selections: Lamb, Pork, Chicken

Salad Selections: roast pumpkin, baby carrots, green beans, mixed veg Bread: French sticks cut and buttered  
Standard: Tossed salad, hot jacket potatoes, pineapple, beetroot Condiments: Seeded mustard, hot English mustard, mint jelly, sour cream, gravy, salt, pepper Desserts: mud cake, fruit salad, carrot cake, apple Danish & custard.

Dietary needs also accommodated for - GF & Vegetarian

Please make your meal selection on Nominate

### **Accommodation Nearby (All approximately 10-15 mins from Tocal):**

- Glendarra on site at Tocal - contact Denise Presland on 49398846
- CBC Bed & Breakfast Cafe - 19 King St, Paterson - 02 49385767
  - Court House Hotel - 23 King st, Paterson - 02 49385122
  - Belmore Hotel - 476 High st, Maitland - 02 49336351
- La Lagoon B&B - 49 Turnbull Dr, East Maitland - 02 49348682
- Maddies at Bolwarra B&B - 35 Paterson Rd, Bolwarra - 02 49301801

### **Camping:**

\$15/person (to cover portaloos and waste removal)

Campers need to be listed on Nominate. No power or hot showers provided at this event (Go swimming!)  
Generators are permitted between the hours of 6am and 10pm. There will be a 10.00pm curfew on the Saturday evening. The camp is to be quiet after this time.

### **Pool:**

We are lucky enough to have the use of the college pool. Children **MUST** be supervised by a responsible adult.  
Please respect the facilities and leave them in the same condition you found them.

**Horse Yards:**

\$30 per horse per night (Includes bedding) size approx 6m x 3m

Please bring your own water & feed buckets. Please bring your own yard cleaning equipment. Please ensure yards are cleaned and emptied prior to leaving. A cleaning deposit of \$50.00 will be paid at time of entry for yards. Refund will be deposited by Nominate after the event if yards are emptied completely.

**Music:**

Please share all music to Sabine Osmotherly, one Dropbox folder per team or individual, to [huntermvalleyvaulting@gmail.com](mailto:huntermvalleyvaulting@gmail.com) Closing date for submission of music will be Friday 15th November. Any enquires to [huntermvalleyvaulting@gmail.com](mailto:huntermvalleyvaulting@gmail.com)

Please bring a USB containing your music to the competition as back up. If music is not received by the due date, music operator will select music for the competitor.

ESSENTIAL SERVICES

Greencross Veterinary Clinic -Maitland 49343044 Farrier – TBC

Doctors – Maitland Hospital 49392000

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Vaulters and officials must observe the EA Code of Conduct.

Competition etiquette should be observed at all times.

Officials, Coaches, Lungers and spectators to set their mobile phones to silent mode during competition.

All children must be under the supervision of an adult.

Competitors must comply with any instruction given by officials and/or organisers of the event.

All individuals are responsible for ensuring that the property of 'Tocal Agricultural College' and other parties is respected and are liable for any damage caused. Please leave the venue as you found it.



### Christmas In The Valley - Bio-Security

This event is being conducted within an area where there has not been a Hendra case.

DPI – Tocal Agricultural College Horse Events:

#### Biosecurity guidelines for organisers and competitors

- All event participants have a responsibility to maintain good biosecurity, and not put the health of other people's horses at risk.
- Horses at events have the potential to spread infectious disease. Horse events act as multipliers for the spread of infectious diseases should an outbreak occur.
- Horses that are suspected of suffering from infectious or contagious diseases or have been in contact with other animals suffering from such diseases **MUST NOT** be brought to horse events.
- It is each owner's responsibility to ensure that they manage their own biosecurity risks. Visitors to the event should not touch any horses but their own. Clubs must limit the vaulters who have access to the stable to a minimum.
- A horse Health Declaration must be filled out for each horse and presented upon arrival at the venue. This declaration will be made available through Nominate.
- Hendra vaccinated horses must present a current Hendra Vaccination Certificate.
- Also remember that if your horse is not vaccinated against Hendra and becomes ill with any signs that suggest Hendra, the treatments available to that horse may be limited until Hendra has been ruled out.

# Vaulting in hot weather!

As mentioned in the schedule, we will implement the EA Hot Weather Policy if needed. But all things going well, we will run our event without complications. Please find below some hints for competing in summer weather.

## **For the horses:**

- There will be eskies of ice in the wash bay for you to add to your buckets for sponging horses down as needed. Please use your own bucket and sponge and scoop the ice out, add water and use to minimise cross infection.
- Use electrolytes for your horses - double their usual intake if needed. Add "drink Up" carrots, apples or molasses to their drinking water if they're fussy.
- More demanding canter classes will take priority to avoid the heat of the middle of the day.
- If we have to start early each morning we will. I'm sure we all agree that our horses are our most important athlete so we will manage their work load as best we can.
- Use Kelato cool wraps or ice boots after their classes.
- Bring fly veils and insect repellent.

## **For the people:**

- For vaulters there will again be the "Hydration Station" at the back of the arena. This is a large water container filled with icy water. For economical purposes, this year there will be a limited number of plastic cups used here. We ask that vaulters bring their own drink bottle to fill up and leave at the station in a tub of ice. PLEASE LABEL!! If you notice the water level getting low, please notify the first aid officer and they will refill it.
- Like the horses, use electrolytes if you struggle in the heat. Research what suits you best. You can buy it in liquid, tablet or powder form.
- Swim in the pool when you get a break. Rest when you can.
- If you feel unwell or dehydrated, TELL your parent, Coach or Official. We don't want it left too late if someone is dehydrated.
- The canteen will have water to purchase too.

Nutrition and hydration affect performance – it helps you focus, maintain fast reactions and make good decisions

## Be organised

- ☐ Plan your meals including your travel days – have a shopping list and pack your food along with your equipment
- ☐ Ensure you have extra snacks on hand that are available for when you are hungry
- ☐ Don't try anything new on competition day – experiment in training to find food you like before riding

## Hydration

- ☐ Hydration is important, regardless of the temperature
- ☐ Drink fluids with meals or snacks for better fluid retention
- ☐ Sip cool water throughout the day to maintain hydration

Carry a drink bottle with you to improve access to fluids

Eventers - take fluids with you on every course walk



## When to eat around competition



### Less than 1 hour until competition / between events

Sports drink, juice, cordial, water, fresh fruit, dried fruit, jelly lollies



### 1-2 hours until competition / between events

Fluid + light snack e.g. fruit, yoghurt, plain sandwich, muesli bar, milk, Up & Go, smoothie



### >2 hours until competition / between events

Fluid + salad roll/sandwich, pasta, noodles, soup, breakfast cereal, liquid meal (Up & Go/Sustagen), smoothie

Note: If you struggle to eat before competition or when nervous, choose a liquid option e.g. juice, milk, Up & Go or a smoothie.

## What to eat

| Breakfast ideas  | Lunch / dinner quick cooking ideas   | Lunch / dinner non-cooking ideas  | Snack ideas   |
|--|--|---|---|
|  <ul style="list-style-type: none"> <li>* Cereal, oats, fruit, yoghurt</li> <li>* Toast, eggs, baked beans</li> <li>* Pancakes (packet mix or pre-made) with fruit &amp; yoghurt</li> </ul> |  <ul style="list-style-type: none"> <li>* Meat e.g. steak/oven baked fish with fresh or frozen veg/pre-made salad + baked potato</li> <li>* Toast with eggs/baked beans/omelette</li> <li>* Curry or stir-fry with lean meat, vegetables + rice/noodles</li> <li>* Pasta dish e.g. spaghetti bolognese with vegetables or side salad</li> <li>* Burritos / tacos with lean mince + salad</li> </ul> |  <ul style="list-style-type: none"> <li>* Sandwiches, rolls and wraps</li> <li>* Pouches of rice / pasta with tuna</li> <li>* Frozen or readymade refrigerated meals consisting of vegetables, carbohydrate and protein.</li> <li>* Balanced pub meal e.g. steak &amp; veg</li> <li>* Frozen leftovers / homemade meals</li> <li>* Pre-made salad with tuna</li> <li>* Premade/tinned soups with bread</li> </ul> |  <ul style="list-style-type: none"> <li>* Dried/fresh fruit + fruit pots</li> <li>* Nuts, trail mix, muesli bars</li> <li>* Smoothies, liquid meal (Up &amp; Go/Sustagen), yoghurt</li> <li>* Crackers/rice cakes</li> <li>* Sandwiches, rolls</li> <li>* Pikelets, creamed rice, popcorn</li> </ul> |