

MOOROOLBARK PONY CLUB NEWSLETTER

JUNE 2010

NEXT RALLY SUNDAY 13th June

Note – we are back on winter start times

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FAMILIES ON DUTY – June RALLY

Please note that rally starts at 9:30, so duty starts at 8:30

Robbins

Russell

Howes

UPCOMING EVENTS and REMINDERS

Mooroolbark PC Rally

13th June

Mooroolbark PC Derby & SJ Day

14th June

Wyena Combined Training & Dressage Day

27th June

Eventing Clinic Pre5/Inexperienced Grade 5 Eltham

30/6 & 1/7

Mooroolbark PC Rally

11th July

St Andrews PC Showjumping Day

19th July

There are MANY more events to consider. Check the PCAV web site for entry forms, and more details on these, and other events.

MOOROOLBARK PONY CLUB

FAMILIES ON DUTY - ROSTER

<i>2009 February</i>	McKinnon	Dalsanto	Tropeano
<i>March</i>	Robbins	Pepper	??
<i>April</i>	Russell	Savini	??
<i>May</i>	Litovkin	Tropeano	Catley
<i>June</i>	Brooks	O'Neill	Wright
<i>July</i>	Fleming	Harper	Winter
<i>August</i>	Drennan	Goss	Laity
<i>September</i>		Romei	(rally at Wandin
<i>October</i>	Moore	Bourke	Howes
<i>November</i>	Clark	McKinnon	Kanen
<i>December</i>	Dalsanto	Russell	Savini
<i>2010 February</i>	Bourke	O'Neill	Catley
<i>March</i>	Brooks	Goss	Harper
<i>April</i>	Tropeano	Moore	Pepper
<i>May</i>	Romei	Winter	Laukart
June	Robbins	Russell	Howes
July	Kanen	Drennan	Wright
August	McKinnon	Dalsanto	O'Neill
September	Savini	Henchley	Goss
October	Catley	Brooks	Winter
November	Harper	Wright	Pepper
December	Bourke	Moore	Laukart

How does the duty roster work?

These are the expectations for families on duty:

- ** One parent to assist in the canteen all day, starting from 8:30 (winter) 7:30 (summer)
- ** One parent to assist outside the canteen all day, starting from 8:30 (winter) 7:30 (summer)
- ** Assistance with clean up of canteen, toilets and club rooms at the end of the day
- ** Roster families also need to take home that day's garbage as we don't have a garbage collection at the club

Changes to the roster?

As we no longer have a specific person organising roster, it is YOUR responsibility to organise a swap if needed, and to let Wendy Wright know so she can change the information in the newsletter/web site. The information that we have published above is to the best of our knowledge - if you don't tell us about changes, we won't know to make the change.

End of day pack up

The pack up of equipment in each ring/arena is to be done by ALL FAMILIES at the rally on the day. This frees up the rostered families to help with the clean up duties.

If everyone pitches in, the ring pack up can be done very quickly - more hands make light work!

2010 Hickstead – 14th June – Parent Duty Roster

Following is the duty roster for **Mooroolbark parents** at the Hickstead on **Monday 14th June**. If you are unable to complete the duty that you've been assigned, please contact Julie Howes 97221920 or Lindy Whitfort on 9722 1548 to organise a swap. We do have a few duties where we are likely to be short of helpers, so if you have an extra parent or non-riding sibling available for any part of the day, please also let Julie or Lindy know.

Setup: All families are asked to assist with setup for the hickstead on the Sunday during the rally (13th June). We will be starting around mid-afternoon. With all hands-on-deck, we're hoping that we can get this done without taking too much extra time. Please bring whipper snippers to help with mowing around the cross-country on Sunday.

Morning setup

Kim Howes
Neil Romei

Car Park: 7.30 Start

Andrew Catley
Stuart Moore

General Organiser Julie Howes

Jim's Assistants Stephen Russell (am)

Gear Check Robbins Whitfort (and canteen)

Canteen-

AM	PM
Romei	Kanen
Brooks	Di Moore
Savini	Bourke

Crash Crew & Ring Marshalls:

AM Henchley Drennan PM O'Neill Jackie Wright

Pencillers;

Harper

Cross Country

Judges:

9.00-12.10	12.45-3.00
Goss Russell Tucker	Winter Wright Pepper

Scoring; Jenny McKinnon

Secretary Fiona Vaughan

Any spare helpers on the day – including riders between their events – please let Jim or Julie know if you are able to offer to help in any way.

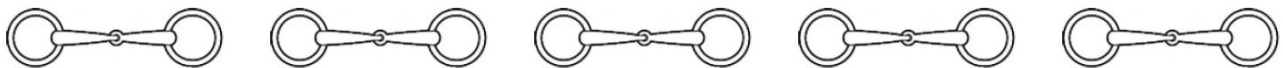
DC'S Bit

Greetings Everybody,

We have come to winter. This charmingly wet, cold and woolly season. Fingers crossed our rally weekend weather will be kind to us. For June rally we have Amy Strapp coming back with more show jumping instruction. Like last time she will be working with longer sessions so we will need to start the first group early. I will be doing a ring around when I know who will be first up. As everybody knows we are running our Derby competition the day after rally (I hope you are all getting your entries in) and therefore the XC is closed. However Jim has told me that there are a few jumps that aren't included in the course so we may be allowed to go out and use them on Sunday.

A vet from the Equine Practice will be visiting us and will be giving a talk on 1st Aid for horses. It is important as many people as possible attend, especially parents. I think there could be some valuable information which I hope you will never need. He will also be available for other procedures after the talk as detailed elsewhere in the newsletter. Kate has asked that all C Group riders bring their books. Can all prelim coaches bring their books along so that Kate and Nicki can go over them before the assessment in July. We will be setting up for the Derby at the end of day so ask that everybody pitch in and help.

Until rally
Cheers
Lindy



AGM

Our Annual General Meeting was held on May 21. Thanks to all members attending, and congratulations to all our riders for another successful year. There will be more about the AGM, committee and all that stuff in the July newsletter, after the committee have had their first meeting for the year.

2010 Mooroolbark PC Calendar
June 13th – Rally (Long weekend)
June 14th – Derby & SJ Day
July 11th – Rally
August 8th – Rally
September 12th – Rally
October 10th – Rally
November 14th – Rally
December Break Up rally , date TBA

Vic Health Grant
We have received a grant from Vic Health that has been used to purchase the new shade tents that you will see at the Derby.

SPECIALIST INSTRUCTORS

At some of our rallies this year, we have specialist instructors coming along to provide instruction in show jumping, dressage and eventing. Instructors include Amy Strapp, a high-level eventer, and well recognised instructor, who will be running show jumping lessons.

Sue Cornish, a very experienced dressage instructor and judge who can help you learn what is needed to get the most from your dressage work.

Edith Kane is an experienced eventer and instructor who will be joining us at upcoming rallies.

To get the most from these lessons, please make sure you arrive on time for the rally and check your group and time. If you have any questions about these sessions, please discuss them with our DC, Lindy.

GROUP PHOTO

We had hoped to do this last rally, but it didn't happen. We are hoping to take a group photo at the next rally – stay tuned and we will let you know on the day.

PARENTS – make sure you bring your cameras along.

Games – Thank You's

Thanks to all who helped with preparation of our Games team and the helpers on the day. Big thanks to Briallen Pepper who gave up her time to help coaching despite not competing on the day.



LESSONS WITH NIKKI

Nikki will be running lessons at PC on Saturday 26th June, time to be confirmed. She can be contacted on 0413 249 729. You must let her know if you plan to go.

Our riders out & about

Congratulations to all our riders who have been out and about recently.

Not everyone can place at every event, thanks to all those of you who send in news of your wins, placings and personal bests. If your name is not here, please don't be shy just send your details to Wendy or put them in the out & about book. Let us know the type of event you entered, the date, horse you were riding, and what class you rode in. AND LOTS OF PHOTOS! For personal bests - tell us what you were particularly pleased to have done on the day!

Thanks to all those who have sent through photos of our riders over the last couple of months – absolutely fantastic – without them, our newsletter and web site would be a much duller place!

NMZ Teams Horse Trials - 16/5/10

This year we had a total of ten riders competing at the Zone Horse Trials at Yeringberg. We fielded two Mooroolbark teams, and had a number of riders competing in composite teams with riders from other clubs. Whilst our teams did not place this year, we heard many riders happy with their results, and describing that the day was a "personal best" for them. This puts us in a good position for this event next year, with ever more riders coming through to be able to compete in the teams.

Competing on the day were **Lauren Howes, Justine Russell, Tessa Whitfort, Jill Brooks, Amy Tucker, Elisha Laukart, Tahlia Bourke, Millie Romei, Jessica Kanen and Elissa Robbins**. Results are available from the NMZ Web Site.





Upper Yarra Combined Training & Dressage Day - 9/5/10

Tessa Whitfort competed with Andy at the Upper Yarra Combined Training & Dressage Day placing 2nd in the Grade 3 Combined Training and WINNING the Grade 3 Dressage. Well done to you both

Nunawading Dressage & SJ Day 30/5/10

Georgia Goss competed at Nunawading Dressage & SJ day, she rode 3 tests, came 4th out of 10 riders in 5A which was for riders 10yrs and under. Finished mid field in a group of 21 riders for the 5B test (this was her first test for the day). Last test was 5C which she rode really well and I think she would have placed 5th or 6th if they gave ribbons for individual test but they grouped the two test together and used the combined total for placing. Anyway she had a good day out by the end of the day, it was a good effort to remember all 3 tests as well.



Tintern Interschool Horse Trials 8&9/5/10

A number of Mooroolbark riders competed for their respective schools at the Tintern HT's. It was a very competitive field, with 300+ riders in total. Competing on the day were **Elisha Laukart** (with an excellent dressage score in Grade 3), **Sara-Jane Vaughan** (9th in Grade 3), **Millie Romei** (excellent dressage score in Grade 4), Kate Moore (excellent dressage score in Grade 5), **Allie Brooks** (8th in Grade 5)



NMZ Games Competition- 24/4/10

This year we entered one games team in the North Metro Zone competition at Wesburn.

There was stiff competition from "serious" games clubs, but Mooroolbark's team held their heads high and HAD FUN!! As these photos will attest, lots of smiles, lots of cheering and a great sense of fun.

Competing on the day were **Lauren Howes, Tessa Whitfort, Jill Brooks, Kate Moore, Genevieve Savini, Alex Brooks, and Amy Moore**





Thanks to our donors

A number of families organised donations of vouchers to our fundraising auction at the AGM in May.

We would like to thank the following families, and remind you to support the various organisations who donated their vouchers ...

Goss Family - Holiday voucher from Griffiths Racing Stables

Henchley Family - Switchback Hair Studio voucher

O'Neill Family - York on Lilydale vouchers

Tucker Family - Bottle of wine

Wright Family - Wandin Valley Nursery voucher



LILYDALE HORSELAND DERBY & SHOWJUMPING DAY

Cnr MOOROOLBARK & HULL Rds, MOOROOLBARK Melways 38 A9

Queen's Birthday

MONDAY JUNE 14TH 2010

Hi everyone

Hope you have your entries in for the ~~Hickstead~~-Derby competition on June 14 – deadline is Friday June 4th.

A reminder that the Mooroolbark cross country course is closed to all riders from now until after the Derby, as per competition requirements.

Horse fact sheets – How to apply a bandage

HOW TO BANDAGE A HORSE'S LEG

Most horse persons find it necessary at some time to bandage a horse's leg. It is important that you practice the techniques before you need to bandage in an emergency. Like anything we do in life, practice makes perfect. Make sure you have on hand all the supplies needed to adequately bandage the horse before you start.

When bandaging a horse's leg it is wise to have a friend or someone else to help you. Remember even a quiet horse may need restraint to protect you if the horse reacts to pain.

STEP-BY-STEP GUIDE TO BANDAGING YOUR HORSE

1. Clean wound if necessary using antiseptic solution such as Vetadine or Betadine and clean water (avoid Dettol).
2. Apply antiseptic cream either directly to the wound or onto the nonstick wound dressing.
3. Apply the non-stick dressing. The wound dressing will usually adhere to the area while you apply the padding (cotton wool, combine dressing) and the bandage.
4. Apply padding. This should go around the leg and if the cannon is being bandaged, cover from below the knee to the fetlock. A minimum of 2 cm or approximately 1 inch of padding is recommended.
5. Apply the bandage in a spiral pattern down the leg, then up again past the area of the injury, and then down again. Ensure that each successive turn overlaps the previous one by at least half of the width of the bandage. Apply uniform pressure as you bandage. It is unwise to bandage an injured leg without adequate padding as permanent damage to the tendons can occur as a result of too much pressure.
6. Finish the bandage with a small safety pin or a piece of electrician's tape.
7. **Note:** Do not allow electrician's tape to completely encircle the leg.
8. If the leg was swollen prior to bandaging you **MUST** reapply the bandage within 12 hours, as the pressure you apply during bandaging will reduce the swelling over time and the bandage may loosen and slip.
9. Only bandage as often as necessary. If there is a large amount of discharge on the bandage when you remove it, you may have to bandage more often. If there is little discharge, extend the interval between bandaging.

Pressure Points

Bandaging the more prominent joints of the horse, especially the knee and the hock, requires special consideration, with particular reference to pressure points.

Prior to bandaging, stand back and mentally make a note of where the pressure points are likely to be. For instance, the knee has two important pressure points - the one on the back and to the inside. Adhesive bandages are usually essential for bandaging the knee and the hock. The most useful technique involves a figure of 8 configuration. Take care when bandaging near the pressure points. Do not allow the bandage to completely cover the pressure points.

If you use adhesive bandages, the horse may become irritable as you remove the bandage as it will pull at the hair. Your pharmacist can supply you with a compound that will aid in dissolving the adhesive, making it easier to remove the bandage.

WARNING SIGNS

Warning signs that the bandage may be too tight include:-

The horse finds the bandage irritating and this gets worse with time.

The horse may chew the bandage.

The area above the bandage swells and continues to swell.

The area below the bandage swells indicating the bandage may be restricting the circulation.
(too tight)

Horse fact sheets – How to apply a Bandage (continued)



BE OBSERVANT

Each time you see your horse, run your eyes quickly over his body. Walk around the horse and visually check every leg and over his upper body including both eyes. If you do this on a regular basis, you will spot subtle signs of trouble before they have a chance to become serious.

You can check your horse's heart rate by placing your hand or a stethoscope head over the heart, just behind the elbow. Check the pulse by feeling the back of the fetlock or behind the knee. If you are not sure, ask your veterinarian.

Check respiration rate and abnormal breathing patterns.

Does your horse react in a normal way to your presence?

Check for unusual swellings and discharge from eyes, nostrils, and other orifices.

The normal heart rate in the horse varies greatly. On average it should be between 30-40 beats per minute at rest. Normal respiration rate is 8-10 breaths per minute but this is highly dependent on the surrounding temperature and humidity. These rates may be higher in ponies and foals. If in doubt, consult your veterinarian.

Take note of your horse's posture, e.g. pointing a front leg may indicate a problem.

Are his nostrils flared (dilated)? If so he may be in severe pain.

Check that your horse walks normally.

With a little practice this quick assessment will take no more than a minute. After all, you know your horse better than anyone! If a specific area troubles you, check more carefully.

ROAD ACCIDENT REFERENCE AND USEFUL RULES



For all injuries consult your veterinary surgeon at the earliest opportunity.

When a road accident has occurred, check there is no danger to the injured horse, yourself, and bystanders from oncoming cars.

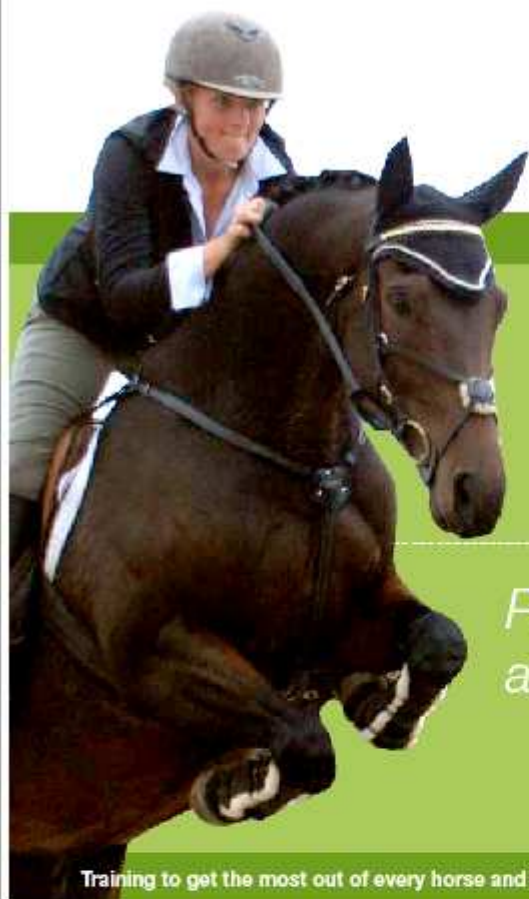
Where blood is present, protect against any cross infection to yourself or the animal by wearing clean latex gloves..

Control bleeding by pressure with your hand or pad on the wound. Place a firm bandage over the wound as soon as possible.

Irrigate contaminated wounds with sterile saline or boiled tepid water and antiseptic solution such as Betadine, Minidine or Savlon. DO NOT use commercial household disinfectants. Solutions containing detergents (soaps, shampoos) can be very damaging to your eyes. Do not allow soaps, Savlon or other antiseptic solutions to come into contact with your eyes. Immediately wash eye liberally with water or sterile saline solution if this occurs.

DISCLAIMER:

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anytime for more information.*

0400 810 262



Based in Beconsfield.

Email – amy@michellestrapp.com.au

PONY CLUB PRICE LIST – THE EQUINE PRACTICE

Microchip \$ 68-

Vaccinate \$ 30-

Dental \$ 90-

Basic Health Check \$ 60-

We are an experienced and comprehensive equine veterinary practice servicing the Yarra Valley and surrounds.

We are offering microchipping, vaccinations and dental work to local clubs at a special rate, for members horses and ponies. We will be in attendance at your June rally day.

With winter approaching, keeping weight on your horse may be a concern. One area of equine management that often gets over looked is oral care. Regular dental work is important so your horse can eat and be ridden without discomfort.

Microchipping is a permanent form of identification which cannot be modified and can assist in the recovery of an animal, if it is lost or stolen anywhere in Australia, 24hrs a day. Microchipped horses can be registered with Central Animal Records and/or the EFA, breed societies etc.

An annual vaccination injection is important to maintain a good level of immunity against tetanus and strangles which are significant diseases in the horse.

Looking forward to seeing you at your June rally.

Regards

Dr Arnold Hennel

The Equine Practice

1300 762 224

theequinepractice@gmail.com

MOOROOLBARK PONY CLUB

UNIFORM / APPARELL

ORDER FORM

Name: _____

Contact No. _____

<u>ITEM</u>	<u>SIZE (Please circle)</u>	<u>PRICE</u>	<u>QTY</u>	<u>TOTAL</u>
Club T-Shirt (New)	8 10 12 14 16	\$30.00		\$
Club Jacket	S M L XL	\$ 65.00		\$
Club Saddle Blanket	Wool	\$ 60.00		\$
Club Jumper	10 12 14 16	\$ 60.00		\$
Club Tie		\$ 20.00		\$
Medical Armband		\$ 18.00		\$
		\$		\$

A copy of this form is available on the web site, in the “About the club” section.

Please fill out form and hand to the Uniform Coordinator (or any member of the committee to be passed on).

Horse fact sheets – Helping at Events

One of the important functions of pony club is to run events and competitions to enable riders to get experience and fun from doing more than just attending rallies. These events are run by various clubs within a zone, or by the zone itself. The zone and clubs rely heavily on volunteers to make the events run smoothly. This is no different for our club – if everyone volunteers to do a job, no one person has to carry a huge load.

For those new to pony club, getting involved in volunteering at your club's events is a great way to learn more about what goes on at competitions and this can be a great help to your own children in their enjoyment of riding. We also encourage riders to volunteer – not only because it can be fun – but it can be instructional watching how other riders prepare and participate in an event. However it can be a bit daunting if you are assigned a job that you haven't done before, and we have put these notes together to help you.

Following are a number of jobs that might be typically assigned at a competition or event, and the basic requirements for fulfilling those jobs. Of course, different types of events may be run slightly differently, sometimes some roles are combined or split and you should take note of any specific instructions you are given by the club. But if you are ever assigned a job that you are uncertain about, don't be afraid to speak to the organiser – they are usually more than willing to help you.

Event Organiser

This is the person who has been designated to run the event – they are often very busy in both the lead up and on the day as they need to ensure that all runs smoothly, and are very reliant on getting as much help as they can. It is out of scope to outline the details of this role here, but two points to note:

1. There are some basic guidelines for running a competition on the pcav web site in the Resources section
2. If you are volunteering at an event, this is your go-to when you don't know who else to ask!

Crash crew

The crash crew are normally required for showjumping events to rebuild jumps that have been knocked down. Usually this will be for BOTH the main ring, and the warm up ring or areas.

- Crash crew should wait outside the main jumping area until they are needed.
- It may be possible for the crew to go into the ring to start repairing a jump before the rider and horse have left the arena, HOWEVER you should look to the judge or instructor for direction on this – safety of everyone is the first priority.
- When a jump is badly crashed, it may be necessary for the judge or instructor to re-check the heights and safety after it is rebuilt. Check with them if you are not sure.
- The same applies to the warm up area – often this is overlooked and may become a safety hazard because bystanders inadvertently rebuild the jump without keeping safety in mind.
- The crash crew may assist the judge with changing jumps between classes – but the judge will always re-check jumps as they are responsible for ensuring the safe structure and height.
- It is good practice to make sure that spare poles and other parts are stored safely out of the way until they are needed

Horse fact sheets – Helping at Events (continued)

Ring Marshall

Most events have one or more “rings” where a competition (or instruction) takes place, along with an area that has been set aside for riders to warm up. Basically, the ring marshall keeps a record of which riders have presented for their session, ensures that riders ride in the pre-allotted sequence, and that the area is kept orderly, with not too many horses and riders congregating in one area.

- Usually you will be given a running sheet to tick off riders as they go through
- Riders should go into the warm up area in sequence, following your direction.
- Keep an eye on proceedings in the main ring and let the next rider know when they should be preparing to go in. The judge or instructor may let you know if they want this “sped up” or slowed down.
- If there is a gate your job is to open and close that as needed. Gates should be kept closed where possible for safety.
- You may need to call up riders who have not presented to you as yet, sometimes you may need to be in contact with the organiser to find out if a rider has actually scratched.
- The judge or instructor must give their approval if a rider wishes to ride out of sequence
- For safety (and fairness to riders) you may need to limit the number of riders in the warm up area. Check with the judge/instructor / organiser if you are unsure what a reasonable limit should be – but don’t be afraid to use your judgement to ensure safety.
- Similarly, you should discourage too many horses waiting around to go into the warm up area. If a ring is running late, provide that feedback to the riders.
- The organiser may want you to be in touch with them periodically regarding progress of the ring you are marshalling (eg running ahead, behind) so they can make announcements

Gear Check

Gear check is a very important role in terms of checking the safety and compliance of gear that a horse is presented with. It’s probably not the best job for someone new to pony club to do on their own, but a great job to learn alongside a more experienced person, to be able to help your child in future competitions.

- The gear checker is required to check that the rider’s gear is compliant with pony club rules, and not unsafe (eg worn).
- There are very comprehensive gear check guidelines on the pcav web site, as well as a checklist for competitions. You need to be familiar with the latest version of these (they do change).
- If gear is not compliant, or safe, the rider needs to correct it before they can be given the ok to ride. If there is a parent or helper with them, get them involved in the discussion.
- Be aware that questioning a person’s gear can become a very “hot” topic and if you want a second opinion, just ask the organiser or another club adult.
- Usually you will be given a running sheet to tick off riders as they have presented for gear check. You will also be given a sticker or some other method of giving the rider confirmation that they presented for that gear check.
- The check list and the sticker together are a cross-check that the rider presented for gear check – it is very important to get this right because a rider may be eliminated for failure to gear check.
- When the rider presents, you should cross-check their number and name with the information on the sheet.
- Gear check is normally required to be repeated for each phase of competition, and this is usually stated in the competition rules

Horse fact sheets – Helping at Events (continued)

General Guidelines

At many events, there are briefing sessions that are held to give instructions around what is required. Listen out for these, or check with the organiser.

At some events you may be given a walky-talky or similar for communication purposes. These should be used for valid reasons only, and over-use is discouraged. They should be used in an emergency, eg to seek medical assistance.

Don't be afraid to speak up if you feel something is unsafe. The organiser may not have noticed something that has been missed.

Be cautious in giving advice to riders if you are not qualified to do so – they may rely upon your answer when they should have checked out something themselves. A common question going into a dressage ring, is “am I allowed to carry a whip in this test?” – unless you are sure, you are better to direct the rider to get the right answer rather than risk them being disqualified by wrong advice.

Note that there are many more jobs that are required at an event ... for example, Penciller, Cross Country Judge, Secretary – these will be covered in later editions – but if you are looking for answers earlier, the pcav web site has some excellent information, particularly regarding Cross Country Judging.