

Georgia O-Fest 2017
Georgia Navigator Cup
Southeast Interscholastic Championships
Mal Harding Extreme-O
January 13th - 16th

Schedule

Friday January 13th, 2017

- 12 noon - Practice course opens
- 1:00 pm - 3:30 pm: Packet Pick-Up at Meet HQ McIntosh Reserve Park
- 2:00 pm: First Start
- 4:00 pm: Last Start
- 5:00 pm: Courses Close / Control pick-up
- 5:30pm - 8:00 pm: Packet Pick-Up at Mountain Creek Inn Callaway Gardens 706-523-3444

Saturday January 14th, 2017

- 9:00-11:00 am: Packet Pick-Up Meet HQ at FDR State Park
- 10:00 am: First Start
- 10:00 am - 1:00 pm - Recreational Map Hike available (white course - west)
- 1:00 pm: Last Start
- 3:00 pm: Hap Hike course closes
- 3:00 pm: Sprint awards at Meet HQ at FDR State Park
- 2:00 pm - 5:00 pm: OUSA Board Meeting Callaway Gardens
- 4:00 pm: Courses Close / Control pick-up
- 6:00 pm - 8:00 pm: Dinner at Whistling Pig Cafe (pre-purchased ticket required)

Sunday January 15th, 2017

- 8:00-10:00 am: Packet Pick-Up at Meet HQ at FDR State Park
- 9:00 am: First Start
- 10:30 am - Noon: Recreational Map Hike available (white course - east)
- 12:00 noon: Last Start
- 2:00 pm: Map Hike course closes
- 2:00 pm: Awards Ceremony for GNC and SEIS
- 3:00 p.m: Courses Close / Control pick-up
- Approx. 2:30 pm: Extreme-O Briefing at Meet HQ right after awards ceremony

Monday January 16th, 2017

- 8:30 am: Check-in Extreme-O
- 9:00 am: First Start Extreme-O
- 12:00 noon: Course Closes Extreme-O

Overview

Georgia Orienteering Club is hosting 4 races, including a sprint-distance National meet, two classic-distance National meets, and the Mal Harding Extreme-O. Georgia Navigator Cup awards will be based on total time for the two classic-distance races. The Southeast Interscholastic Championships will be awarded under OUSA scoring guidelines for the two classic distance races. The competitive races are open to all ages and abilities. We will also offer a non-ranking "map hike" for beginners (white course level) on Saturday and Sunday.

Events

Friday January 13th -- Sprint distance National meet

Race venue is McIntosh Reserve Park
1046 W McIntosh Circle, Whitesburg, GA 30185
GPS coordinates for the park entrance: 33.457566, -84.947578.

Registration & Check in

Packet pick up will be available from 1:00 pm - 3:30 pm at Meet HQ

Parking/Entry Fee

McIntosh Reserve charges a \$5 / vehicle entry fee

Maps

Map is at 1:5,000 scale with 2.5 meter contours, ISSOM standard

Control Descriptions

Will be available at the middle start station.

Restrooms

Restrooms are available in the small building SE of Meet HQ

Warm up / Practice map

A small practice area is located to the west of Meet HQ and will open at noon. Practice maps will be available at Meet HQ. Practice course opens at 12 noon.

Clothing Return

No clothing return is provided because start is close to parking and Meet HQ

Spectator Area

We will be taping off a section of the field so spectators will not interfere with runners
Please be mindful of the taped area

Course Notes

Sprint Mapper Notes:

Special symbols include:

Brown X - Rootstock

Black O - Immoveable Concrete Picnic Table

Black X - Man made object

There are no mapped picnic tables in the course area, but are mentioned for completeness.

Sprint Course Details

Course	Class	Distance / Climb
Course A	F-10, F-12 M-10, M-12 M- White Open, F- White Open	1.8km / 15 meters
Course B	F-14, M-14 M-Yellow Open, F-Yellow Open	2.1km / 20 meters
Course C	F-18 F55+, F60+, F65+ F70+, F75+ M65+, M70+, M75+ M-Brown Open, F-Brown Open	2.4km / 30 meters
Course D	F-16, M -16 M-Orange Open, F-Orange Open	2.6km / 35 meters
Course E	M -18, F-20, F35+ F40+, F45+, F50+ M50+, M55+, M60+ M-Green Open, F-Green Open	2.7 km / 40 meters
Course F	M-20, F21+ M35+, M40+, M45+ M-Red Open	2.9 km / 40 meters
Course G	M21+, F21+	3.1 km / 45 meters

Sprint Setter Notes:

We will be set up in an open field, with easy access to start and finish.

There are also spectator controls in the field for your enjoyment. Wave when you go by!

There is a one-way loop road that circles past the practice area and the start/finish.

Do not walk to the practice area through the field where the start and finish are located.

McIntosh Reserve: McIntosh was a chief of the Lower Creeks. His mother was a Creek, his father Scotch-Irish. The Creeks occupied most of Middle Georgia and Alabama, and were under pressure to move west from the US settlers. McIntosh negotiated a treaty in 1825 that ceded almost all the creek lands in Georgia in exchange for cash payments. One exception was a small reserve along the Chattahoochee River that was deeded to Chief McIntosh - which we know now as McIntosh Reserve. The Creeks were not happy with McIntosh, and other Creek chiefs seized and executed him in 1825. He is buried in McIntosh Reserve, not far from control #125 on the Sprint A course.

McIntosh Search and Rescue (SAR)

Steve Houghton - 770-330-8172

Awards

Sprint awards for OUSA classes will be presented at 3:00 pm on Saturday at the FDR meet HQ.

Saturday Jan 14th & Sunday Jan 15th
Georgia Navigator Cup Classic Distance National Meet
And
Southeast Interscholastic Championships-SEIS

Race venue is FDR State Park -- Liberty Bell Pool

Parking passes are \$5 per day for passenger cars

Maps will be 1:10,000 for all courses except 1:15,000 for M21+ (Blue) and F21+(Red). Contour interval is 5 meters

Park address is: 3762 GA Hwy 354, Pine Mountain GA 31822

Meet headquarters is located across from Liberty Bell Pool on Hwy 354 approximately 2.2 miles east of the junction with Hwy 27 in Pine Mountain, GA
GPS Coordinates for meet HQ are 32.847309, -84.811910

Walk to Start

Blue vetting tape will mark the route each day.

Saturday walk will take 5 to 10 minutes from Meet HQ

Sunday walk will take 20 to 25 minutes from Meet HQ and will involve approx. 50 meters of climb.

Call up

Be at the Call-up line at least 5 minutes before your Start time. Call-up is 3 minutes before your start time. There will be three one-minute stages at the Call-up, Middle and Map lines. Control descriptions are available at the middle line. At the Map line you will receive your map. Write your bib number on the back of the map with the marker provided. If you finish before the last start, we will collect your map at the finish. You may retrieve your map once all competitors have started. There are only sufficient maps for each person to have one each day, so please do not take anyone else's.

Finish Line

When arriving at the finish line, be sure you punch the "Finish" control at the Finish banner. If all competitors have not started, you will be asked to turn in your map and pick it up later. Proceed immediately to the Download Station to have your Ecard read. You will receive a printout of your results and split times. Once you have finished, you may not re-enter the competition area without permission of the Meet Director. Rental Ecards must be turned in on the last day of your competition at the Download Station.

Course Notes

FDR Course Setter:

Point features are relatively rare in certain areas of the park so features as small as one half meter may be used for control locations. All point feature control descriptions include the height of the feature. Most mapped boulders are fairly small and are mapped with a small boulder symbol; the few larger boulders are mapped with a larger boulder symbol. Boulder clusters are mapped with a scalene triangle symbol as depicted on the map legend. Root stocks are common and mapped as a brown 'x'; only those more than one half meter tall and with dirt on the root ball have been mapped as consistently as possible. Those that no longer have a significant tree trunk or roots but still have at least a half meter of dirt are mapped as a dirt pile/small knoll.

Saturday courses begin about a 5 minute walk from Meet HQ, have climb early in the course, and end on the flatter area of the map. Route choices may include a few small creek crossings, but should not require getting wet. Handrails for the White and Yellow courses will include small streams and ditches in addition to trails. The Yellow course will have blue flagging tape to follow on a few legs. No courses cross any roads; however, if you choose to run along any road, please pay attention to cars traveling on the road and give them right of way. Some of the trails on the Saturday map are open to horse riders; the courses have been designed so that these trails are not optimal route choices. If you do encounter any horse riders on the trails, please give them right of way. Safety Bearings for Day 1: Head South until you reach Highway 190 or Southwest until you reach Highway 354.

The Sunday start will require an uphill walk of approximately 25 minutes from Meet HQ. Sunday's map has several abandoned road beds that are mapped as "rides". The White course uses one of these "rides" as a handrail, along with trails, small streams, and ditches; several legs will have blue flagging tape to follow. Orange and Advanced courses require crossing the road that runs between the park office and Lake Delano. Please use caution when crossing this road and give any cars traveling on the road right of way. Campgrounds and park cabin sites are out of bounds and must be avoided. Safety Bearings for Day 2: Head South until you reach Highway 190 or the road between the park office and Lake Delano or head East until you reach Highway 354.

FDR Mapper:

It would be hard to find a more open forest in the southeast than the north side of Pine Mountain. The mountain itself is steep near the top, with reentrants large enough to hide everyone attending this meet with room left over. On the lower slopes the terrain becomes more gradual and subtle.

There is some mountain laurel, which is rare to find this far south - a leftover from the last time we had climate change. This is mapped in green along the stream beds, but it is easy to get through.

The leaves are deep this time of year and can be slippery on the steep slopes. There is also some loose rock in places hidden beneath the leaves. The hiking trails are easy to see. The horse trails on day one are not, although they are blazed on the trees.

Individual SEIS Categories

- MISV – Varsity Male (Green)
- FISV – Varsity Female (Brown)
- MISJV – Junior Varsity Male (Orange)
- FISJV – Junior Varsity Female (Orange)
- MISI – Intermediate Male (Yellow)
- FISI – Intermediate Female (Yellow)
- MISP – Primary Male (White)
- FISP – Primary Female (White)

Team SEIS Categories

- SEIS School Varsity Team 3-5 students (MISV on Green and/or FISV on Brown)
- SEIS JROTC Team 3-5 students (MISV on Green and/or FISV on Brown)
- SEIS School Junior Varsity Team 3-5 students (MISJV and/or FISJV on Orange)
- SEIS School Intermediate Team 3-5 students (MISI and/or FISI on Yellow)

Georgia Navigator Cup medals will be awarded for 1st, 2nd, and 3rd for all OUSA classes based on total time for the two days.

SEIS awards based on two day times

- Medals for 1st, 2nd, 3rd in Interscholastic classes
- Trophies 1st place in 4 SEIS team competitions
- Medals for individuals on 1st place SEIS teams

Awards ceremony will be at meet HQ at 2 PM Sunday

Navigator Cup / SEIS Course Details

Course	SEIS Classes	OUSA Classes	Sat (km dist/ climb m)	Sun (km dist/ climb m)
White	F-ISP, M-ISP	F-10, F-12 M-10, M-12 M-Open, F-Open, Group Open	2.1 km / 40 m	2.9 km / 85 m
Yellow	F-ISI, M-ISI	F-14, M-14 M-Open, F-Open, Group Open	3.4 km / 100 m	2.7 km / 85 m
Orange X	M-ISJV	M-16	5.1 km / 140 m	4.4 km / 155 m
Orange Y	F-ISJV	F-16	5.0 km / 140 m	4.2km / 145m

		M-Open, F-Open, Group Open		
Brown	F-ISV	F-18 F55+, F60+, F65+ F70+, F75+ M65+, M70+, M75+ M-Open, F-Open	4.7km / 145m	4.1km / 155m
Green X	M-ISV	M-18	5.4km / 220m	5.8km / 210m
Green Y		F-20, F35+ F40+, F45+, F50+ M50+, M55+, M60+ M-Open, F-Open	5.3km / 215m	5.8km / 230m
Red		M-20, F21+ M35+, M40+, M45+ M-Open	6.7km / 250m	7.1km / 265m
Blue		M21+	9.2km / 340m	9.9km / 370m

Jan 14th and 15th -- Recreational Map Hikes

A limited number of non-competitive Orienteering spaces are available on a beginner's level (White) course. Beginner instruction will be available. The Map Hike will NOT be the same as any competitive course. Register at the Meet HQ Saturday 10:00 am – 1:00 pm, must return by 3pm, Sunday 10:30 am - noon, return by 2pm. \$10 per map, \$3 per extra map. Map Hike will use manual punching.

Monday January 16th -- Mal Harding Extreme-O (FDR State Park)

Extreme-O is patterned after a three-day military competition held in a member NATO country each year. Typically, competitors navigate from several different types of maps, including aerial photographs, quads, and topographical maps. All participants must attend a briefing on Sunday, following the GNC Sunday Award ceremony at Meet HQ. **Actual start times and location will be announced at the briefing**

General Information

Contacts

Steve Houghton, meet director, McIntosh Reserve search and rescue: 770-330-8172

Rick Shane, registrar: 770-820-5361

Steve Shannonhouse, FDR search and rescue (Saturday and Sunday): 404-295-7055

Mountain Creek Inn

Packet pick up Friday 5:30 pm - 8:00 pm

Address: 17800 US-27, Pine Mountain, GA 31822

Phone: 706-523-3444

GPS: 32.829528,-84.8436494

Meet Guide Printing

This guide is only available online. If you need a hardcopy, please print one and bring it with you.

Parking -- McIntosh Reserve

Follow signs to parking after passing through entrance, there is a \$5 entrance fee per vehicle for the park.

Parking -- FDR State Park

Parking passes are required for each day you will be at the park. They may be purchased from the self-serve boxes in the parking lots, or the park office. The park manager will let you pay for multiple days with one envelope, punch out the squares for the days you pay for. Rates are charged based on vehicle capacity, not the number of actual passengers. Cars and vans with 1-12 passenger capacity are \$5/day. School buses will be able to park at no charge.

All passenger cars must have a parking pass or risk getting a ticket.

Some of the Georgia parks have allowed us to sell passes in the past. Unfortunately, we cannot sell passes this year.

A volunteer will be available to help with parking. School buses should park in the Liberty Bell Pool parking lot on the east side of Hwy 354, across the street from Meet HQ. Cars may park in the Liberty Bell Pool lot or in the open field on the west side of Hwy 354. There is a self service parking pass box in the Liberty Bell Pool lot.

FDR Road Crossing

You will need to cross Hwy 354 to get from car parking and Meet HQ to Saturday courses and pre-ordered lunches. We will have volunteers monitoring a marked crossing. Please cross Hwy 354 only at the marked crossing.

Time Limits

Sprint distance course time limit is 1 hour. Classic distance course time limit is 3 hours. You must return to the Finish, punch the Finish Control and Download your Ecard within the time limit, whether you complete your course or not.

Safety

All competitors are encouraged to carry a whistle and to dress appropriately for the weather conditions. Whistles should only be used in the event of an emergency or serious injury (three short blasts). Blowing the whistle otherwise will result in disqualification. If you are lost after the courses close, you are already disqualified and it is an emergency. Please blow your whistle so that we can locate you before it gets dark. Although conditions in Georgia are often mild in January, you should be prepared for chilly and wet conditions. If you see a competitor that is hurt, you should help to the best of your ability or go to summon help. Report the injured competitor's bib number and exact location to officials at the Finish or Start line and the SAR coordinator. In the case of a life-threatening emergency, call 911.

Search and Rescue Coordinator (SAR):

McIntosh Reserve: Steve Houghton 770-330-8172

FDR State Park (Saturday and Sunday): Steve Shannonhouse 404-295-7055

Weather and Daylight

In Pine Mountain, GA, normal highs on January 14 are 53 F (13 C) and normal lows 30 F (-1 C). Records for the period range from highs of 75 F (27 C) to lows of 14 F (-11 C). Sunrise is 7:43 am and sunset is 5:55 pm. Civil Twilight ends at 7:16am and begins at 6:22pm.

Clothing Return

There will not be clothing return at the McIntosh Reserve sprint.

GNC / SEIS : Warm-up clothing may be left in the bags provided at the start waiting area and will be returned to Meet HQ. Please ensure that you can identify your warm-ups and pick them up promptly after your run.

Search and Rescue

The SAR coordinator for McIntosh Reserve sprint is Steve Houghton, cell number is 770-330-8172.

The SAR coordinator for the FDR classic courses is Steve Shannonhouse and his cell phone number is (404) 295-7055. You MUST coordinate the search and rescue of all missing or injured persons through the SAR coordinator. DO NOT INITIATE SEARCH AND RESCUE OPERATIONS ON YOUR OWN

Embargoed Areas

All areas of McIntosh Reserve and FDR State Park are embargoed except for the immediate area surrounding Meet HQ and the Model Course Map. Those staying in the cottages or campground are not to explore beyond those immediate areas as courses will encroach on those areas

Protests

Complaints shall be made in writing to the organizers, within one hour of the previously announced time of closure of the finish, or of the actual closure of the finish, whichever is later. Complaints received after this time limit shall only be considered if there are valid exceptional circumstances, which must be explained in the complaint.

Model Course / Practice Maps

Sprint model course maps will be available at Sprint HQ on Friday at 12 noon.

FDR model maps will be available online during the week of Jan. 9th and will open at 8AM Friday. The website will be updated with a link as soon as a map is available. Model maps will also be available at packet pick-up. Model start/finish is on Hwy 190 (GPS 32.846966, -84.796822). From Meet HQ, travel south on Hwy 354 for .5 miles to Hwy 190. Note that there is a ramp on the right to get to Hwy 190. Do not go under the stone arch, that is Hwy 190 on top. Turn left onto Hwy 190 and travel approximately .9 miles to parking area on the left.

Child Care

While we do not offer child care, we will be as accommodating as possible for couples who requested split start times during their registrations. If you are interested in cooperating with other entrants who are in need of child care, please indicate on your entry that you give the Registrar permission to share your email address with other entrants who also have given permission for the purposes of arranging cooperative child care.

Town of Pine Mountain

Pine Mountain has convenience stores, gas stations, and restaurants. Please see the "Tourism" link on the event website.

Lunches

Lunches on Saturday and Sunday are provided by the Henry County High School and Stockbridge High School Navy JROTC Booster Club at Picnic Shelter located across Hwy 354 from meet HQ. Pre-ordered lunch tickets are printed on your meet packet envelope. You must present the packet envelope to get your lunch. Additional snacks and beverages will be for sale. Free hot chocolate and coffee will be provided at the picnic shelter for everyone.

Dinner

For registrants who pre-ordered, will be at Whistling Pig Cafe at 6 PM on Saturday. 572 S Main Ave, Pine Mountain, GA 31822. As with lunches, you must bring your meet packet envelope as it is your dinner ticket.

Cell Phones

Cell phone coverage at the park is relatively good. Verizon seems to be the best. Competitors may take their cell phones on the courses with them; however, they may not use the phone as a navigational aid.

Medical Assistance

In the case of a life-threatening emergency, call 911.

First aid kits and assistance will be located at Meet HQ.

Should you require additional medical aid, the nearest urgent care facilities are:

<p>McIntosh Peachtree Immediate Care 371 Newnan Crossing Bypass #103, Newnan, GA 30265 Phone: 770-400-8410</p>	<p>FDR Peachtree Immediate Care 1495 Lafayette Pkwy, LaGrange GA 30241 Phone: 706-884-7822</p>
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The nearest hospital emergency room is:

Piedmont Hospital
1741 Newnan Crossing Blvd, Newnan, GA 30265
Phone: 678-633-3500