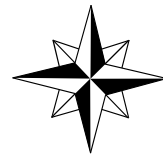
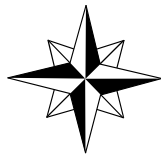


Georgia Navigator Cup 2009
Meet Guide



FDR STATE PARK
Jan 17 - 19, 2009



Meet Director's Welcome

Welcome to the 16th annual Georgia Navigator Cup – a Georgia Orienteering Club tradition. If this is your first trip to Georgia, we hope you enjoy our beautiful parks and have an opportunity to visit our many historical sites in the area. We're delighted to host the Southeast Interscholastic Championships this year as well as our traditional Navigator Cup and Extreme-O. We think you'll find beautiful scenery, great maps, challenging courses and of course, true southern hospitality.

On the following pages, you will find an abundance of information regarding the meet, as well as comments from the course designer. During your stay in the Pine Mountain area, we hope you will avail yourselves of the many local attractions nearby including Callaway Gardens and the Little White House in Warm Springs. We'll conclude GNC 2009 with our awards ceremony on Sunday afternoon near the famous Liberty Bell pool at FDR State Park. For those of you who can stay Monday, we offer an additional treat – Extreme-O, a fun filled orienteering event challenging your physical, mental, and navigation skills, as well as your wits and your half-wits.

Numerous members of GAOC have volunteered their time and energy to make GNC 2009 a success. If there is anything we can do to make your experience even better, we hope you will let us know. Assistance is available at our outdoor shelters during meet hours.

In closing, we'd like to extend a special Thank You to FDR State Park Superintendent Don McGhee for his invaluable assistance in providing these wonderful park facilities to the orienteering community. We'd also like to thank Liz Curcuru and the Stockbridge High School students and parents who have provided great lunches and snacks for us for this and the past several years. And thanks also to the Parkview youngsters who helped the GAOC oldsters load and unload all the equipment. We do hope your orienteering experience at FDR State Park will be a memorable one. If you have some suggestions for improving our meet, again, please let us know and plan to return for GNC 2010.

Sincerely,

Martha Carr
Meet Director
Georgia Navigator Cup 2009

THE EVENTS

Georgia Navigator Cup

The Georgia Navigator Cup is a United States Orienteering Federation (USOF) sanctioned Class “A” Orienteering meet. Competitive participants who are USOF members will earn points toward the annual USOF National Competitive Rankings. This event is being conducted using USOF rules, guidelines and common practices of US “A- meets” with Georgia Orienteering Club (GAOC) enhancements. Participants must provide their own compasses, clothing, and gear. Courses will be pre-printed on maps provided by the organizers. Clue sheets are also printed on the maps.

Southeast Interscholastic Championships

The SE Interscholastic Championships (SEIS) will be based on 2-day total finish times. Competitions will be held in Individual SEIS categories and Team SEIS categories. Medals will be given for the 1st, 2nd, and 3rd in the Individual SEIS classes and for individuals on SEIS teams. Trophies will be given for the 1st team in 4 SEIS team competitions: School Varsity, JROTC, School Junior Varsity, and School Intermediate teams.

Extreme-O

Extreme-O is patterned after a three-day military competition held in a member NATO country each year. Typically, competitors orienteer from several different types of maps, including aerial photographs, quads, and topographical maps. Past events have included rope bridge crossings, canoe legs, culvert controls, memory legs, and other interesting tests. Due to the nature of the event, advance registration is a must and space is limited to approximately 75. (Couples or groups count as one). Cost is \$15. The event begins at 9:00 a.m. on Monday at FDR State Park at the Group Shelter near the Lake Delano dam. All participants must attend a briefing on Sunday, following the GNC Sunday Award ceremony at the enclosed Group Shelter.

Map Hiking

Non-competitive map hiking is offered on Saturday and Sunday from 11 a.m. – 1:00p.m. White, Yellow, and Orange courses will be offered to map hikers. Registration, Start, and Finish for map hikers will be conducted in the vicinity of the meet headquarters site each day: Saturday in the field across from the Liberty Bell Pool Shelter and Sunday at the Liberty Bell Pool Shelter. There is a three hour limit on the course. Map Hikers keep track of their own times, but ALL map hikers will be required to check back in at the Map Hike table whether they finish the course or not. Map Hikers cannot go thru the competitive Finish chute.

The Park

FDR State Park is the largest of all Georgia State parks and covers about 40 sq km. Pine Mountain, a long narrow ridge, runs across the maps and serves as a backdrop for the courses. The region in which the park is located is a part of the land ceded by the Creek Indians under the Treaties of 1825 and 1826. It was in 1924 that Franklin Delano Roosevelt first visited the warm springs located just to the North in search of relief for his Polio affliction. Building his “Little White House” in Warm Springs, President Roosevelt guided the country through the trying times of the great Depression and World War II. His solutions included various work programs, Tennessee Valley Authority (TVA), Works Progress Agency (WPA) and the Civilian Conservation Corps (CCC). It was the CCC that built FDR State Park and the WPA that built highway 190 through the park. Many of the buildings, bridges, lakes and camp areas memorialize the efforts of these agencies and the vision of President Franklin D. Roosevelt.

Parking

Parking is available for Day One and Day Two at the Liberty Bell Pool parking lot. Parking for the Extreme-O is available at the enclosed Group Shelter below the Lake Delano dam. A daily parking pass is required and can be purchased during meet registration. Please ensure your pass is affixed to your rear view mirror or you will run the risk of getting a parking ticket.

Passenger car passes - \$3 Daily: purchase at Meet HQ.
School buses and associated guardians, parents, etc. - Free,
but you MUST stop at the Ranger Station for your Pass .

Meet Headquarters

Meet Headquarters is located at the Liberty Pool Picnic Shelter on both Day 1 and Day 2. A registration table will be staffed for packet/T-shirt pickup. A concession stand will also be located at the outdoor shelter, providing lunch service and snacks after the meet each day.

Rest Rooms

Small indoor restrooms are available at the Meet Headquarters (HQ) Pool Shelter; however, Porta-Toilets will also be available both days, located between the parking area and the shelter. Indoor restrooms will also be available at the Indoor Shelter below Lake Delano Dam for the Extreme-O festivities.

Walk to the Start and Water

The Starts both days are remotely located approximately 500 to 600 meters from the Liberty Bell Pool Meet HQ. No water will be provided at the remote Start. Please hydrate before leaving Meet HQ, or bring a water bottle with you that can be disposed of at the Start or returned to the Finish with your warm-ups (IF you remember to empty it first). Warm ups will be returned periodically from the Start to the Finish area in yellow bags numbered 1 through 4. Remember your number and locate your clothes at the Finish by that same number.

Child Sitting

Child sitting is available only while the parent is competing. Please check in at Meet Headquarters to arrange child sitting. You should provide warm outerwear for your child. If your child is too young for the playground, please provide a playpen or crib if possible. Cost is \$3 / hour / child. Please pickup your child as soon as practicable upon completing your course.

Medical Assistance

First aid kits and assistance will be located near the finish lines. Should you require additional first aid, the nearest medical facilities are located in LaGrange (25 minutes) or Columbus (40 minutes). Directions from the town of Pine Mountain and phone numbers are attached. In case of emergency dial 911. If on a cell phone, ask to be transferred to the Harris County 911 system.

THE COMPETITION

Bib Numbers, Rental Ecards (finger sticks) & Clue Sheets

Your bib number and rental Ecard are in your packet. A copy of the clues for all the courses is included in this Meet Guide. Your clue sheets are printed on your maps. During your competition, you must wear your bib number on top of your clothing on your chest, readable by meet officials. It may be cold, but please don't make the Start personnel have to ask you where you've hidden your number. Do not fold your bib. Be sure to take your Ecard (finger stick) with you to the Start line. You are encouraged to carry a liquid filled compass and an emergency whistle. Whistles should be blown only in the event of serious injury (3 short blasts). Blowing the whistle when not injured will result in Disqualification.

Start Procedures

Remember: Be at the first Start Call-up line at least 3 minutes before your Start time. There is a 3 minute Start window, i.e. at 9:57 a.m. on Saturday the 10:00 a.m. competitors need to be at the first Call-up line. Follow signs and flagging from Meet HQ at the Liberty Bell Pool area each day to the Start.

All courses will start at a common "Call Up" area both days. On Day 1 White and Yellow courses are flagged from the Start Triangle to a bend in the trail; continue on your course from the trail. On Day 2 the White course is flagged to their first control; the Yellow competitors can follow the tapes to a trail at the bottom of a reentrant and continue on their course from there.

Competition Maps

Courses are pre-drawn on your maps. Each competitor will be given a map, with the clue sheet printed on it, placed in a plastic bag at the final Start line. When you receive your map, write your bib number on the back of the map (We'll have markers). After you finish, we'll collect your map, then give it back once all competitors have been started. There are only sufficient maps for each person to have one each day, so please do not take extras.

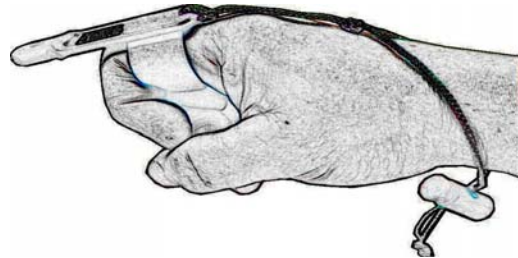
ELECTRONIC PUNCHING

GNC2009 will use Electronic Punching using the Sport-Ident system for the Saturday and Sunday A-meet days. Each participant (except Map Hike & Extreme O) will be required to have an SI Ecard (finger stick). If you do not own an Ecard, you must rent one for \$2/day. Participants who lose or damage a rental Ecard **will be charged a \$40 replacement cost payable in cash before you leave the meet site.** Be sure you use the same Ecard for both Saturday and Sunday.

Please be careful when E-punching. Check the code carefully before you punch. Hold the finger stick in the hole in the Control long enough to hear it beep or see its light flash, or your “punch” will not have been registered in the electronic system and YOU WILL NOT GET CREDIT FOR THAT CONTROL.

School coaches are encouraged to monitor their teams' rental Ecards. Make sure each participant is using the Ecard with the number that is assigned to them. . If you have any problems with your Ecard, report the issue to the Download station near the Finish prior to going to the Start line, if possible.

Rental Ecards will be supplied with an attached lanyard and cord-lock. Rental Ecards must be worn with the lanyard and cord-lock tightened around the wrist as illustrated. The Ecard itself can be worn on either hand on any finger, but not on the thumb. We have found that, if properly secured, the loss of an Ecard on the course is minimized. If you lose or damage a rental Ecard, you must pay \$40 before leaving the event site.



For a primer on Electronic Punching, see http://www.gaorienteeing.org/Local_Events/Epunching.pdf

Finish Line

When arriving at the finish line chute, 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 sheet 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 the last day of your competition at the Download Station.

Absolute Course Time Limit

There is an absolute 3-hour time limit on all courses. You must return to the Finish and Download area within 3 hours after start, whether you complete your course or not. Groups and pairs map hiking must return together, not through the A-Meet Finish chute, but to Kevin Haywood at the same location from which they started.

Results

Results will be posted near the finish line each day and will be available on the GAOC website www.gaorienteeing.org along with Route Gadget.

Search and Rescue

If someone from your group or a companion has not returned within a reasonable time, DO NOT initiate a search. All search activities must be cleared through our SAR coordinator, Mike Ferguson.

Awards

Awards for the GNC and SEIS two day events will be presented on Sunday at the Liberty Pool shelter beginning approximately 3:00 PM, or as soon as final results are calculated.

Bag Pickup

While your significant other is doing the Extreme-O on Monday, why not help with the bag pickup? It's a wonderful way to unwind after a competitive event. Sign up at the Meet HQ Saturday or Sunday.

Entertainment/Restaurants/Sightseeing

A number of restaurants are located in nearby Pine Mountain to include Kentucky Fried Chicken, Huddle house, Carriage and Horses, Chipley Family Restaurant, Foxes Pizza, Mandellas, Subway, and Callaway Gardens. A wide selection of additional restaurants can be found in LaGrange, Warm Springs and Columbus. Pine Mountain and the Warm Springs area are rich in history and sightseeing. FDR's Little White House, Butts Mill Farm, and Callaway Gardens are only minutes away.

SCHEDULE OF EVENTS

Competitive Schedule

Fri Jan 16, 5 - 9 p.m.	Check – In and packet pickup at the Park Office on Hwy 190
Sat Jan 17, 7 – 9 a.m.	Check – In and packet pick-up at FDR SP Shelter#1 adjacent to the Liberty Bell Pool parking lot
Sat Jan 17, 10 a.m.	First Start – Day 1 Competitors
Sat Jan 17	Dinner on your own
Sun Jan 18, 9 a.m.	First Start – Day 2 Competitors
Sun Jan 18, 3 p.m.(approx)	Awards Ceremony Liberty Bell Pool
	Notes: Extreme-O Briefing immediately following Sunday awards ceremony.

Non-Competitive Schedule

Sat Jan 17, 11 a.m – 1p.m.	Map Hike registration. Instruction available. Near Day 1 Start/Finish area
Sun Jan 18, 10 a.m. -- noon.	Map Hike registration. Instruction available. Near Day 2 Start/Finish area
Mon Jan 19, 9 a.m.	Extreme-O FDR State Park

A SPECIAL LETTER TO OUR JROTC AND OPEN SEIS COMPETITORS (Borrowed from Frank Campbell)

All school coaches/guardians are asked to please personally review this section with your cadets or students

Welcome cadets and students to the *Southeast Interscholastic Orienteering Championships*.

The Georgia Orienteering Club wishes to provide all our competitors with a wholesome and challenging orienteering environment within the guidelines of the United States Orienteering Federation (USOF) rules. We also want to ensure our meet is consistent with orienteering's long tradition of fair play, honor and respect for the environment. Many of our JROTC or other student competitors may be new to national orienteering competition. I cannot overemphasize the need for our junior competitors to follow the orienteering rules and etiquette contained in this handout explicitly. Many of the competitors (including your fellow school groups) you will meet in the forest over the weekend, have spent hundreds of dollars to participate in this event. Their success this weekend factors into their national USOF ranking which ultimately determines selections to national and world cup competition teams. Any serious breeches of fair play or course etiquette that might nullify a competition course or individual's performance could be extremely costly in many ways.

Some orienteering rules of etiquette you should be familiar with:

- Always check in at the Finish and Download Station, even if you do not complete a course. Checking in can avoid a long and expensive search. There is, of course, a 3 hour time limit on the courses.
- Do not offer or ask for assistance. Orienteering is an individual sport. You should only ask for assistance if you are completely lost or injured and plan to quit the course by returning by the most direct route to the finish.
- Do not shout or make excessive noise in the woods. Shouting "*It's over here*" for instance helps your competitors as much as your friends and it is disturbing to people on other courses, wildlife and other park users. Move away from a control after punching. Do not sit at the control, particularly water stops, and socialize. Again, you are assisting your competition by drawing even more attention to the control.
- Assist an injured competitor. If another competitor is hurt and in need of assistance, help to the best of your ability or go to summon help. Report injured competitors or hazardous conditions to officials at the finish or start.
- Do not tamper with controls. If a control has fallen, return the control to the original height if possible. Tampering, vandalizing any control marker or interfering with another competitor will result in disqualification for you and your team and may result in expulsion from future competitions.
- Whistles: Whistles are ONLY used to summon help in a serious or life threatening emergency. The emergency signal is three short blasts. Whistles are not to be used if you are simply lost. Use your compass to follow the safety bearing of the day to the nearest highway. Always yield to cars and walk well off the road surfaces.
- Respect other park users and the wildlife. If you encounter other hikers or other park users, give them space. Due to shared use of the park with the riding stables, you may encounter riders or horse trails. Avoid them whenever practicable.
- Please don't litter. Water cups at water stops, candy wrappers and other trash should be deposited in the trash bag provided or any park receptacle.
- Visiting the controls in order is required by the rules. The course is designed to be challenging at your ability level if you go in order. You cannot gain an advantage by going out of order, because electronic punching requires that controls are taken in order to be given credit for the course. Don't try to "fool" the E-punch system, because you can't. If you find you have taken a control out of order, just go back to the one you missed, then continue to the next control and repunch, even if you had already visited it.
- Make your own decisions out on the course. Don't just follow another competitor. If you are sure they are on your same course, try to figure a way to out-smart them by taking a faster or easier route choice.
- Water Stops are important to prevent dehydration. Do not deprive other competitors of water by leaving water bottles uncapped to spill over. Take only what you need and move out. Exercise good hygiene by using the cups provided – not drinking directly from the containers.
- Please respect off-limits and out-of-bounds areas marked with magenta (purplish-pink) slash on your maps, including private residences (Ranger residence yards included). We are not allowed to go in or through these areas.
- Dress for Success. Take a look around. Most of the successful sport orienteers are wearing light weight running attire including sneakers or cross country type cleats. Sport orienteering is not a para-military operation. Leave your war paint at home.

We are glad to see the more than 300 competitors at Georgia Navigator Cup 2009. We know you will find the competition fun and exciting. Best of luck in the woods!

Martha Carr
Meet Director

COURSE DESIGNER NOTES GNC 2009

A long line of hills with highway GA 190 running on top naturally splits the FDR map into two parts. Both Day 1 and Day 2 of the 2009 Georgia Navigator Cup will take place on the north side of these hills. The original map is at 1:15,000 scale. For the A-meet, all courses except Blue and Red will run on a blown-up map at 1:10,000 scale. Blue and Red will have 1:15,000 maps. Maps for all courses both days are 8 ½ X 11 inches.

Safety Bearings on Day 1: Head South (top of hill, Georgia Highway 190) or East for the central park road leading to Lake Delano, or farther East for GA Highway 354.

On Day 1 we'll be on the north of the ridge, but west of GA Hwy. 354. Everyone must cross Highway 354 ONLY at the Crossing Guard location, then proceed approximately 600 meters to the Start on Day 1; however, none of the courses crosses either GA354 again or GA190. All courses above White and Yellow do cross the central park road that leads to Lake Delano, so **please pay attention to cars if you cross or run along this road!**

Safety Bearings for Day 2: Head South (top of hill, GA190) or West for the road (Hwy 354).

On Day 2, we'll also be on the north of the ridge, but on the east side of GA Hwy. 354. No road crossing is necessary for the walk to the Start on Day 2. Leaving the Liberty Bell Pool Parking Lot, the walk to the Start is approximately 600 meters. None of the courses cross any roads; however, if you find it necessary to run along any road during the course **please pay attention to cars! Cars have the right of way.**

The Courses are generally intermediate-length to slightly on the shorter side by USOF standards; but by the time you combine length and climb, the courses are, as the baby bear says: "not too short, not too long, but JUUUUST RIGHT!"

Enjoy! And Welcome to the Georgia Navigator Cup 2009.

Steve Shannonhouse

ADDITIONAL COURSE SETTER'S NOTES GNC 2009

Both days of GNC 2009 will be on the north slopes of Pine Mountain, neither major Georgia highway (354 or 190) need be crossed for any course, and campgrounds and out-of-bounds areas will not impinge on optimum route choices.

The walk to the start area for both days will be about 500-600 meters with very little climb on a flagged route, so plan your walk to leave plenty of time for the standard call up routine.

The forest is generally open with some areas just coming out of the green and no recent "blow downs" to hinder progress. Courses are mostly on the lower, flatter slopes of the mountain and take advantage of the more well-defined reentrants to present a challenge to the contour runner. Rocky ground is marked when most of the rocks are at least 30 cm high. Rootstocks abound and are a common control feature since they are an easily identified feature. Those having diminished to one-half meter have been removed as consistently as possible.

White course runners will have flagged routes between some controls to facilitate getting back to the trail system.

Day 1 map has a property boundary that is well marked on the ground but is NOT to be treated as an out-of-bounds area. It's OK to pass through. Camp grounds are out-of-bounds and must be avoided. The same advice goes for horse riders if you should come upon any, though none are expected on this side of the mountain.

Have a good run!

Bill Cheatum

GNC 2009 Course Lengths & Climb

Course	Day 1		Day 2	
	Distance (Km)	Climb (m)	Distance (Km)	Climb (m)
Blue	9.8	210	9.3	380
Red	7.8	215	7.5	305
Green	5.1	135	5.9	175
Brown	3.8	120	4.5	165
Orange X	4.6	150	4.7	160
Orange Y	4.8	150	4.6	160
Yellow X	3.0	110	3.4	135
Yellow Y	3.0	125	3.4	115
White	2.3	100	2.8	90

GNC09 v1				
Age Classes				
White2	2.8 km	90 m		
				Start: spur and path crossing (manned)
	180 m			Follow tapes 180 m between controls
1 103				Root stock, N side
	390 m			Follow tapes 390 m between controls
2 112				Path, bend
3 113				Path junction
4 114				Stony ground
5 121				Boulder, S side (water)
6 119				Stream, bend
7 131				Road junction
8 116				Hill
9 128				Clearing, S edge
10 117				E gully, upper part
11 156				Spur
	70 m			Navigate 70 m to finish (no tapes)

GNC09 v1				
Age Classes				
White1	2.3 km	100 m		
				Start: spur
	120 m			Follow tapes 120 m between controls
1 33				Path, bend
2 46				Hill
	60 m			Follow tapes 60 m away from control
3 40				Hill, top (water)
4 80				Path junction
5 67				Spur, low
6 43				Narrow marsh and path junction
7 55				Path, bend
8 56				Path, NE end
	140 m			Follow tapes 140 m to finish

GNC09 v1				
Interscholastic				
Yellow1 X	3.0 km	110 m		
				Start: spur
	120 m			Follow tapes 120 m away from control
1 46				Hill
2 32				Spur, upper part
3 40				Hill, top (water)
4 66				Earth bank, foot
5 87				Spur
6 42				Gully junction, lower part
7 47				Knoll, S side
8 48				Reentrant, upper part
9 51				Saddle
10 56				Path, NE end
	140 m			Follow tapes 140 m to finish

GNC09 v1				
Age Classes				
Yellow1 Y	3.0 km	125 m		
				Start: spur
	120 m			Follow tapes 120 m away from control
1 49				Reentrant
2 32				Spur, upper part
3 40				Hill, top (water)
4 65				Root stock, E side
5 96				Stony ground, NE edge
6 42				Gully junction, lower part
7 50				Hill
8 53				Narrow marsh, upper part
9 56				Path, NE end
	140 m			Follow tapes 140 m to finish

GNC09 v1				
Age Classes				
Yellow2 Y	3.4 km	115 m		
▷	⌂	⌂	⌂	Start: spur and path crossing (manned)
1 125	⌂	⌂		Reentrant, lower part
2 102 ↓	▲	○		S boulder, N side
3 111	⊗			Root stock
4 110	⌂	<		Small gully, bend
5 124	⌂	⌂		Spur, W end
6 121	▲	○	☑	Boulder, S side (water)
7 157 ↓	⊙	○		S cairn, E side
8 126	∇			Pit
9 155	⌂	Y		Stream junction
10 156	⌂			Spur
○			70 m	○
Navigate 70 m to finish (no tapes)				

GNC09 v1				
Interscholastic				
Yellow2 X	3.4 km	135 m		
▷	⌂	⌂	⌂	Start: spur and path crossing (manned)
1 118 ←	⌂	○		W cliff, W foot
2 101	⌂	Y		Reentrant junction
3 123	⌂	⌂		Reentrant, upper part
4 115	⌂	⌂		Reentrant, upper part
5 121	▲	○	☑	Boulder, S side (water)
6 119	⌂	<		Stream, bend
7 131	⌂	Y		Road junction
8 130	○	○		Hill, NE part
9 122	⊗	⊗	⌂	Between root stocks
10 156	⌂			Spur
○			70 m	○
Navigate 70 m to finish (no tapes)				

GNC09 v1				
Blue2	9.3 km	380 m		
▷	⌂	⌂	⌂	Start: spur and path crossing (manned)
1 162	⌂			
2 150	⊗			
3 146	⌂			
4 143 ↓	⌂	⌂		
5 148	⌂	Y		
6 153	⌂	⌂	☑	
7 120 ←	⌂	⌂	⌂	
8 151	▲			
9 107	⊗		○	
10 137	⊙		○	☑
11 138	⊙		○	
12 129	▲		○	
13 108	⌂	Y	⌂	
14 139	∧		⌂	
15 156	⌂			
○			70 m	○
Navigate 70 m to finish (no tapes)				

GNC09 v1				
Red2	7.5 km	305 m		
▷	⌂	⌂	⌂	Start: spur and path crossing (manned)
1 145	⊗	⊗	⌂	
2 146	⌂			
3 143 ↓	⌂		⌂	
4 154	⌂	⌂	⌂	
5 153	⌂	⌂	⌂	☑
6 151	▲			
7 147 ↓	⌂			
8 149	⌂		⌂	
9 142	⌂		⌂	
10 137	⊙		○	☑
11 140	⌂		⌂	
12 139	∧		⌂	
13 156	⌂			
○			70 m	○
Navigate 70 m to finish (no tapes)				

GNC09 v1				
Blue1	9.8 km	210 m		
▷	⌂	⌂	⌂	Start: spur and path crossing (manned)
1 93	⌂		⌂	
2 72	⊗		○	
3 76 ↖	⊗		○	
4 71	∧		⌂	
5 70	∧	Y		
6 77	•			☑
7 73 ↑	⌂		<	
8 75	⊗		○	
9 74	⊗		○	
10 63	⌂			☑
11 34	⌂	⌂	⌂	
12 91	⌂	⌂	⌂	
13 56	⌂		⌂	
○			140 m	○
Navigate 140 m to finish (no tapes)				

GNC09 v1				
Interscholastic				
Orange2 X	4.7 km	160 m		
▷	⌂	⌂	⌂	Start: spur and path crossing (manned)
1 158	⌂			
2 105 →	▲			
3 132	⌂		⌂	
4 134	⌂			
5 137	⊙		○	☑
6 138	⊙		○	
7 141	⌂		⌂	
8 152	⌂			
9 144	▲		○	
10 136	⌂			
11 156	⌂			
○			70 m	○
Navigate 70 m to finish (no tapes)				

GNC09 v1			
Age Classes			
Orange2 Y	4.6 km	160 m	
▷		↘	⊗
1	160	∩	∥
2	104	⊗	○
3	127	∩	
4	133	○	∩
5	137	⊙	♀
6	135	○	♀
7	140	∩	∥
8	152	↘	
9	144	▲	○
10	155	∩	Y
11	156	↘	
⊗		70 m	⊗

GNC09 v1			
Combined			
Green2	5.9 km	175 m	
▷		↘	⊗
1	161	∥	∩
2	109	▲	○
3	153	∩	∩
4	107	⊗	○
5	148	∩	Y
6	142	∩	∥
7	137	⊙	♀
8	140	∩	∥
9	139	∩	∥
10	156	↘	
⊗		70 m	⊗

GNC09 v1			
Combined			
Brown2	4.5 km	165 m	
▷		↘	⊗
1	159	∩	∩
2	107	⊗	○
3	149	∩	∩
4	142	∩	∥
5	137	⊙	♀
6	138	⊙	○
7	143	∩	∥
8	136	∩	
9	156	↘	
⊗		70 m	⊗

GNC09 v1			
Age Classes			
Red1	7.8 km	215 m	
▷		↘	
1	38	∩	
2	78	∩	∩
3	75	⊗	○
4	71	∩	∥
5	77	•	♀
6	74	⊗	○
7	63	↘	♀
8	97	○	
9	59	∩	Y
10	61	∩	∥
11	56	↘	↘
⊗		140 m	⊗

GNC09 v1			
Combined			
Green1	5.1 km	135 m	
▷		↘	
1	39	▲	○
2	86	∩	○
3	85	↘	∩
4	76	∩	○
5	78	∩	∩
6	63	↘	♀
7	97	○	
8	59	∩	Y
9	56	↘	↘
⊗		140 m	⊗

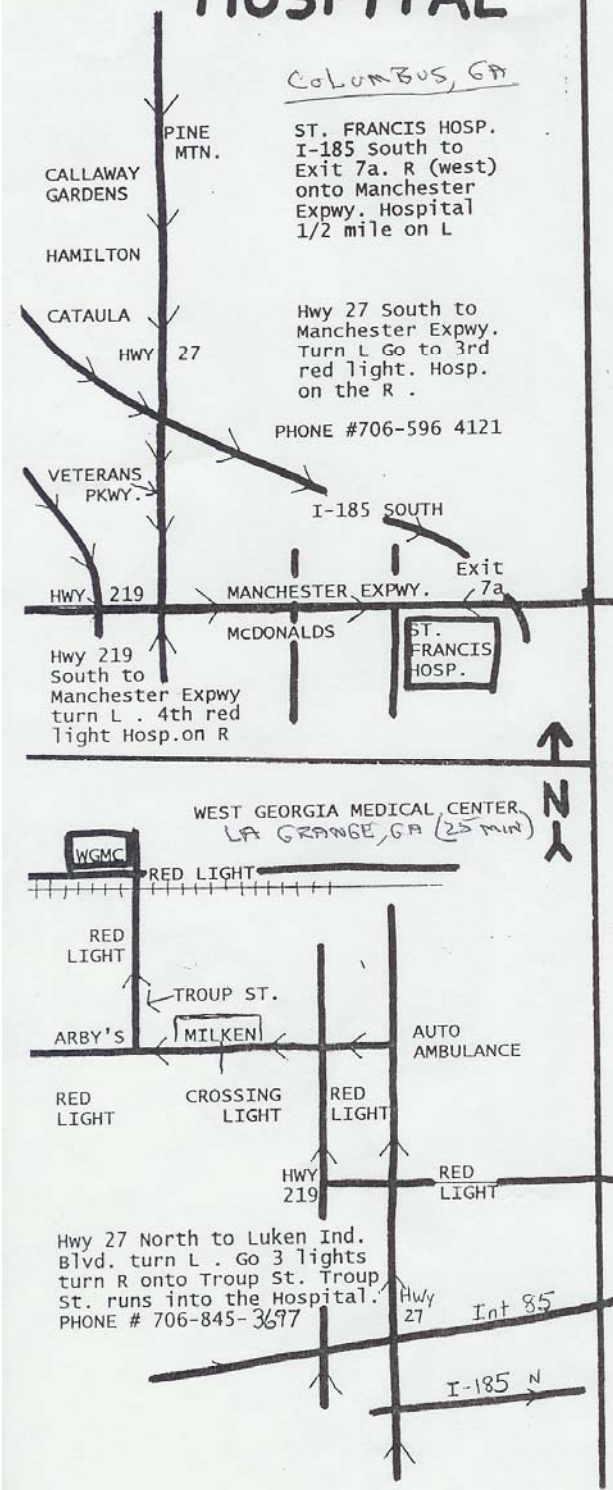
GNC09 v1			
Combined			
Brown1	3.8 km	120 m	
▷		↘	
1	69	∩	
2	95	∩	∩
3	78	↘	∩
4	63	↘	♀
5	35	∩	∥
6	59	∩	Y
7	61	∩	∥
8	56	↘	↘
⊗		140 m	⊗

GNC09 v1			
Interscholastic			
Orange1 X	4.6 km	150 m	
▷		↘	
1	96	∩	○
2	64	∩	∥
3	93	∩	∥
4	77	•	♀
5	79	∩	○
6	68	∩	∥
7	57	○	○
8	56	↘	↘
⊗		140 m	⊗

GNC09 v1			
Age Classes			
Orange1 Y	4.8 km	150 m	
▷		↘	
1	31	∩	∩
2	92	∩	∩
3	77	•	♀
4	60	∩	∩
5	44	∩	∩
6	54	⊗	○
7	56	↘	↘
⊗		140 m	⊗

HOSPITAL

MAPS



In case of emergency dial 911. If on a cell phone and Meriwether, or other County 911-System answers, ask them to transfer you to the HARRIS COUNTY 911 Operator.

With Grateful Acknowledgement from Martha Carr, Meet Director

Course Designer: Steve Shannonhouse

Course Setter: Bill Cheatum

Course Vetter: Mike Ferguson

Meet Registrar: Dave Leach

Map Coordinator: Kevin Haywood

Facilities/Construction: Steve Shannonhouse/Bill Farrell

Extreme – O: Chuck Ferguson & Mal Harding, supported by Linda Ferguson

Lunch & Concessions: Liz Curcuru & Stockbridge High School

Download: Robin Shannonhouse and Joey Ciza

Results: Guido Nordmann and Rick Shane

Start Line: Sam Smith, Laurie Searle, and George Wood

Finish Line: Mischelle Curtin

“Floating” Volunteers: Ed Carroll, Anne Mathews, James Pilman, Robb Stanek, Mike Ferguson, and all those listed above who did multiple jobs

...and a host of GAOC, Stockbridge NJROTC, and Parkview High School
volunteers