

Georgia Navigator Cup 2011

January 15-17, 2011

Richard B. Russell State Park

GNC 2011 is a 2-day total time nationally sanctioned open orienteering event, also featuring the SouthEast Interscholastic Orienteering Championship and Monday Extreme O competitions.

Meet Director's Welcome

Welcome to the 18th annual Georgia Navigator Cup at Richard B. Russell State Park near Elberton, Georgia. 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 mapper/course designer. 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 2011 a success. Please express your appreciation to them for their time and efforts. If there is anything we can do to make your experience even better, please let me know.

On behalf of GAOC, I'd like to extend a special thank you to Richard B. Russell State Park Superintendent Keith Whitaker 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 this event.

We do hope your orienteering experience at Russell 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 next year's Georgia Navigator Cup, April 13-15, 2011, when we will be hosting the U. S. Sprint, Middle and Long Championships.

Sincerely,

Stephen L. Shannonhouse
Meet Director
Georgia Navigator Cup 2011

THE EVENTS

Georgia Navigator Cup

The Georgia Navigator Cup is a United States Orienteering Federation (Orienteering USA) sanctioned Class "A" Orienteering event in USOF Classic format hosted by the Georgia Orienteering Club. Competitive participants who are USOF/OUA members will earn points toward the annual USOF/OUA National Competitive Rankings. This event is being conducted using USOF/OUA rules, guidelines and common practices of US A-meets with GAOC enhancements. Participants must provide their own compasses, clothing, and gear. Courses will be pre-printed on maps provided by the organizers. Control Descriptions will be printed on the maps as well as included in the meet packet.

Southeast Interscholastic Championships

The Southeast Interscholastic Orienteering Championships (SEIS) will be based on 2-day total finish times. Competitions will be held in Individual SEIS categories and Team SEIS categories.

1. Individual SEIS categories:

- M ISV – Varsity Male (Green)
- F ISV – Varsity Female (Brown)
- M ISJV – Jr Varsity Male (Orange)
- F ISJV – Jr Varsity Female (Orange)
- M ISI – Intermediate Male (Yellow)
- F ISI – Intermediate Female (Yellow)
- M ISG – Primary Male (White)
- F ISG – Primary Female (White)

2. Team SEIS categories:

- SEIS School Varsity Team 3-5 students (M-ISV on Green and/or F-ISV on Brown)
- SEIS JROTC Team 3-5 students (M-ISV on Green and/or F-ISV on Brown)
- SEIS School Junior Varsity Team 3-5 students (M-ISJV and/or F-ISJV on Orange)
- SEIS School Intermediate Team 3-5 students (M-ISI and/or F-ISI on Yellow)

Awards

- Medals for 1st, 2nd, 3rd in USOF standard classes
- Medals for 1st, 2nd, 3rd in Interscholastic classes
- Trophies 1st place in 4 SEIS team competitions
- Medals for individuals on 1st SEIS 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. There will be a short course and a long course. 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). The event begins at 9:00a.m. on Monday at Russell State Park at the main HQ Group Shelter. All participants must attend a briefing on Sunday, following the GNC Sunday Award ceremony at meet HQ.

Map Hiking

Non-competitive map hiking is offered on Saturday and Sunday from 11 a.m. – 1:00 p.m. White and Yellow 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. 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

Russell State Park consists of approx. 2,500 acres and is located on a peninsula surrounded by Lake Russell. The park, lake and dam were named after Richard B. Russell, former Georgia Governor and U.S. Senator. Several Indian sites were excavated near the park in 1980 before the lake was filled, indicating that Paleo-Indians lived in the area more than 10,000 years ago. The majority of the park is forests of oak, hickory, sweetgum, flowering dogwood, and black gum. Dense stands of red cedar have grown up in what were once cotton and tobacco fields.

Park website <http://www.gastateparks.org/RichardBRussell>

Park office phone 706-213-2045

Park emergency phone 706-213-2045

Directions

From the intersection of GA Hwy 77 & GA Hwy 72 in Elberton, Georgia, go 1.2 miles north on GA Hwy 77 and turn right onto Ruckersville Rd., go 8 miles to Park on right. Elberton is 35 miles East of Athens, GA via GA Hwy 72 and 30 miles South of I-85 exit 177 (first GA exit) via GA Hwy 77. Allow 2.5 hours to drive from Atlanta airport. Follow signs in the Park to meet HQ at the Lakeside Pavilion.

Accommodations & Restaurants

There are motels and restaurants in Elberton, approx. 8 miles South of the park.

Restaurants:

<http://www.elbertga.com/localbusiness/restaurants.htm>

Motels:

Econolodge 706-283-8811

Days Inn 706-283-2300

Budget Inn 706-283-0100

Day Night Inn 706-283-4221

Jolise Inn 706-283-7711

Lazy L Cabins 706-283-8163

Rainbow Manor B&B 706-213-0314

Shade Tree Cabins 706-283-3306

Motel 6 in Commerce GA (53 miles from park) 706-336-5561

Campgrounds:

Richard B. Russell State Park campground 706-213-2045

Bobby Brown State Park campground 706-213-2046

Pine-der-Rosa campground 706-213-1708

Parking

Georgia DNR Parking Passes are required and may be purchased at packet pickup, from the self-serve boxes in the parking lots, or the park office. 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 on official school trips may park free. 13+ passenger vehicles MUST stop by the Park Office to pay for their parking. Please ensure your pass is affixed to your rear view mirror or you will run the risk of getting a parking ticket.

Buses and overflow parking will be in the large parking lot at the beach area.

Telephone

There is a public phone for local calls only in front of the park office. Cell reception is limited within the park, but is best at the park office.

Meet Headquarters

Meet Headquarters is located at the enclosed and heated Lakeside Pavillion in Russell State Park. Follow the orienteering signs once you are in the park.

Packets

Packets may be picked up Friday after 12 noon or Saturday morning at meet HQ. Included in your packet will be a meet guide, bib & pins, rental Ecards, & lunch tickets. If you have questions about your packet, please inquire at meet HQ.

T-Shirts

Pick up your pre-ordered T-Shirts when you check in at meet HQ.

Child Sitting

Child sitting will be on a cooperative basis in meet HQ.

Walk to the Start

The walk to the Start is flagged from meet HQ each day. Saturday is 10-minute walk from HQ, Sunday is a 5-minute walk from HQ. Warm ups will be returned periodically from the Start to meet HQ. Please be sure you can identify your warm-ups and pick them up promptly after your run.

Medical Assistance

First aid kits and assistance will be located at meet HQ. Should you require additional medical aid, the nearest medical facility is in downtown Elberton, Elbert County Memorial Hospital. Directions: From the intersection of GA Hwy 72 and GA Hwy 77, go west 1 miles and turn left on Laurel Dr. The hospital will be ½ mile on your left on Medical drive. Hospital phone 706-283-3153. Park emergency phone 706-213-2045. Emergency medical assistance 911.

Search and Rescue

There will be an SAR person at meet HQ. Please coordinate any missing or injured persons thru our SAR coordinator.

Lunches & Hot Drinks

Lunches on Saturday and Sunday are provided by the Stockbridge High School Navy JROTC at meet HQ. Pre-ordered lunch tickets are in your meet packet.

Free hot chocolate and coffee will be provided at the meet HQ for everyone.

Recreation

The park has an 18-hole golf course, Arrowhead Pointe 706-283-6000

<http://www.arrowheadpointegc.com/golf/proto/arrowheadpointegc/>

There is also a 27-basket disc golf course, pay \$2/day at the park office. Bring your own Frisbees or buy one at the park office.

THE COMPETITION

Bib Numbers, Rental Ecards(finger sticks) & Control Descriptions

Your bib number and rental Ecard are in your packet. A copy of the control descriptions for all the courses is included in this Meet Guide. Your control descriptions 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

Be at the Start Call-up line 5 minutes before your Start time. Follow streamers from meet HQ. There will be one-minute stages at the Call-up, Middle and Map lines. You must beep the Start box with your Ecard before leaving the Start line.

Competition Maps

Courses and control descriptions are pre-drawn on your maps. Each competitor will be given a map, placed in a plastic bag at the Start's Map line. The Richard B. Russell State Park Map is Piedmont, Ridge and Reentrant old cropland with numerous gully systems, mixed pine and oak forest. The scale is 1:10,000 for White through Green and 1:15,000 for Red and Blue. The contour interval is 3 meters and size is: 7 km².

When you receive your map, write your bib number on the back of the map with a marker provided. 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 anyone else's.

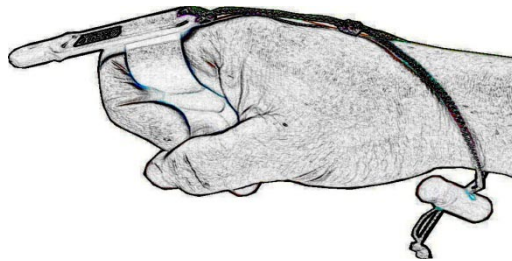
Absolute Course Time Limit

There is an absolute 3-hour time limit on all courses. You must return to the Finish punch the Finish station and download your Ecard within 3 hours after you 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 the same location from which they started.

ELECTRONIC PUNCHING

GNC2011 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 before you leave the meet site**. Be sure you use the same Ecard for both Saturday and Sunday. Ecards must be Cleared and Checked at boxes provided prior to going to the Start line.

Rental Ecards will be supplied with an attached pink "leash" and cord-lock. Rental Ecards must be worn with the leash 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.



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 him or her. 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.

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 and/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.

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.

A SPECIAL LETTER TO OUR JROTC AND OPEN SEIS COMPETITORS

All school coaches/parents/guardians are asked to please personally review this section with your juniors.

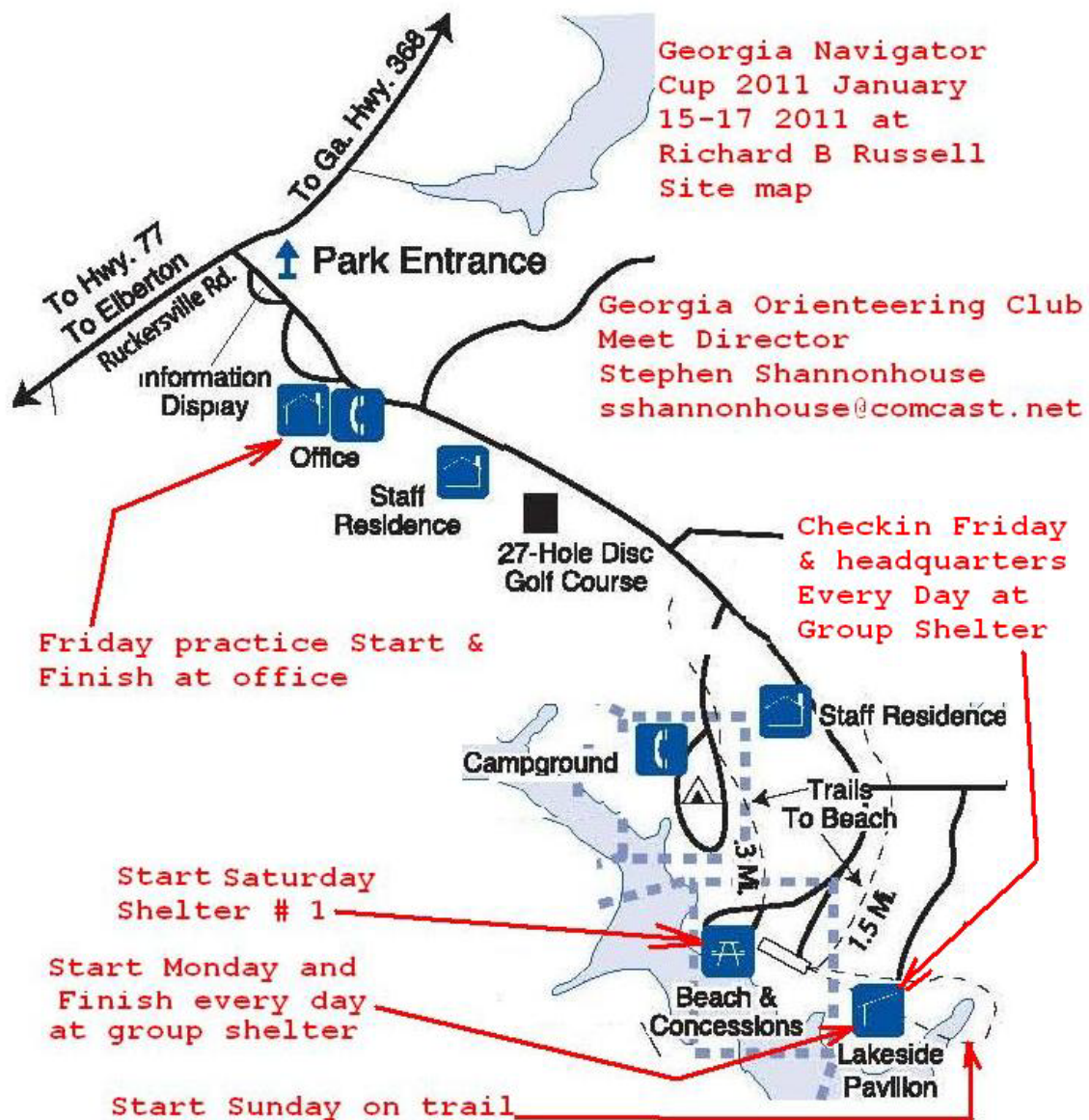
Welcome cadets and students to the *Southeast Interscholastic Orienteering Championships*.

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 junior 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 participants 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 breach of fair play or course etiquette that might nullify a competition course or individual's performance could be extremely costly in many ways.

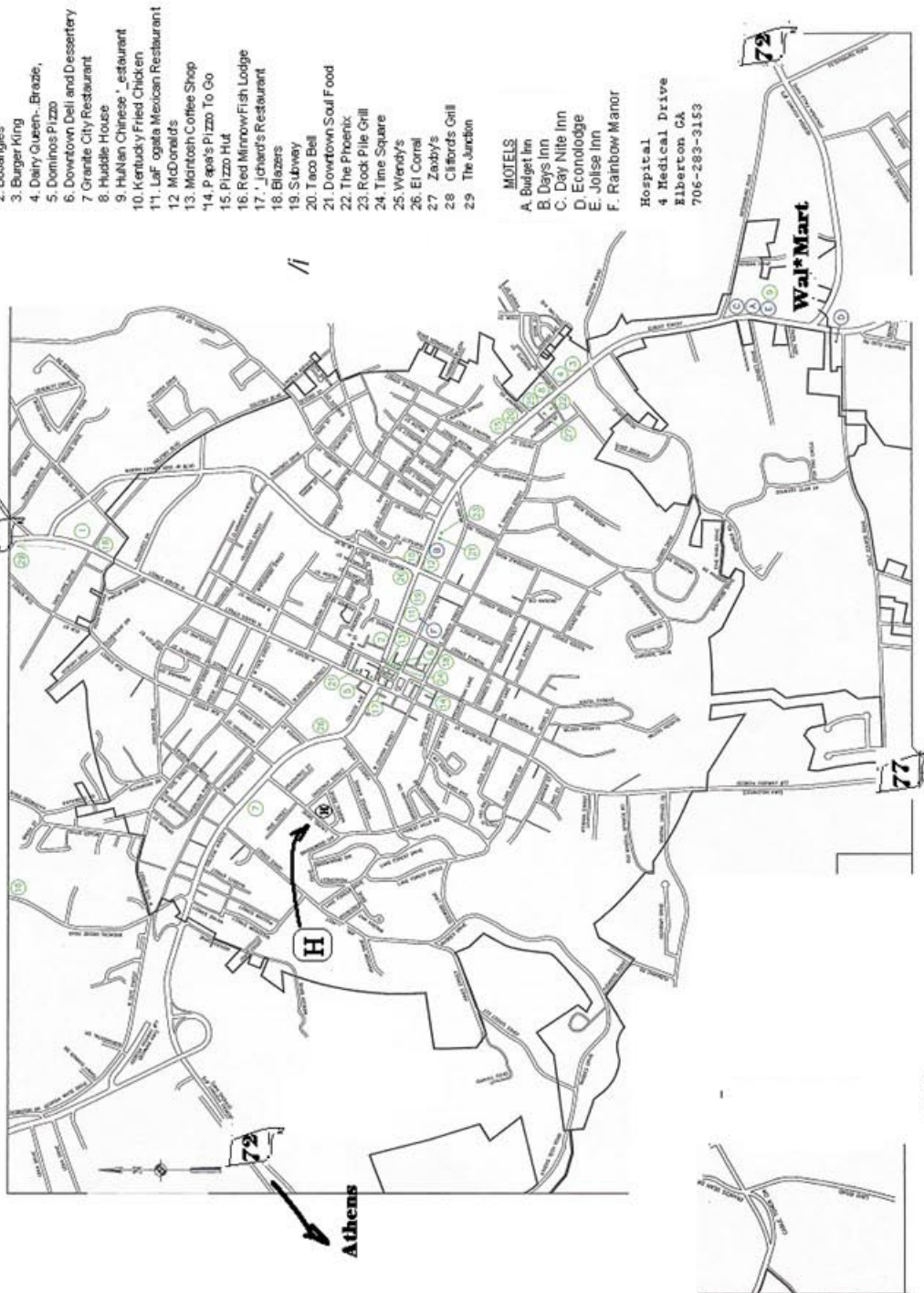
Orienteering rules of etiquette you must be familiar with and follow:

- 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 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 who wish to find the controls legally, 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 competitor's bib number and exact location to officials at the finish or start line.
- Do not tamper with controls. If a control has fallen, return the control to the original height if possible. Tampering with or 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 road. If you are injured, and can make it to a park road, do not leave the road, but proceed as best you can toward meet HQ, the Finish or Start lines and ask a meet official for assistance. 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.
- 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.
- Visit the controls in order. The course is designed to be challenging at your ability level if you go in order. It is unlikely that you will gain advantage at this particular event by going out of order, but it is against the rules and your Ecard will indicate any deviation from your assigned control order.
- 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 a clean cup provided. Do NOT drink directly from the containers.
- Please respect off-limits and out of bounds areas, including private residences and park-only maintenance areas. (Ranger residence yards included).
- 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.



ELBERTON GEORGIA **Russell** → Ruckersville Rd. → **77**



With Grateful Acknowledgement from Stephen Shannonhouse, Meet Director

Mapper and Course Setter: Bill Cheatum

Course Vetter: Per Bringle

Meet Registrar: Charlie Bleau

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

Lunch & Concessions: Liz Curcuru & Stockbridge High School

Start Line: Martha Carr & Bill Farrell

Finish, Download & Results: Guido Nordmann & Joey Ciza

Search & Rescue: Tom Lamb

First Aid: Jeff Lybarger

Map Hike: Kevin & Felicia Haywood

Awards: Liz Curcuru

T-shirts: Laurie Searle