

Hard Labor Creek State Park
January 19-21 — RUTLEDGE, GA

GNC 2013 is a 2-day total time nationally sanctioned open orienteering event, also featuring the South East Interscholastic Orienteering Championship and Monday Extreme O competitions.

Meet Volunteers

Mapper and Course Setter: Bill Cheatum

Course Vetter: Rick Shane

Course Consultant: Jeff Saeger

Meet Registrar: Andi Berger

Packet Pickup: Chun Bleau

Meet Treasurer: Robin Shannonhouse

Webmaster: Chris Randall

Extreme O: Chuck Ferguson, Mal Harding, Linda Ferguson, Joey Ciza

Lunch & Concessions: AJ Sizemore, Stockbridge High School NJROTC students and parents

Start Line: Martha Carr, Bill Farrell, Sam Smith, George Wood

Finish and Download: Vinton Wolfe, Guido Nordmann, Steve Houghton, Anne Ledbetter

Results: Bob Frost

Truck, Construction and Parking: Greg Dunlap, Les Hollingsworth

Search & Rescue: Steve Shannonhouse

First Aid: Jeff Lybarger

Map Hike: Kevin & Felicia Haywood

Awards: Amy Williams

T-shirts: Lisa Frost

Jury: Joey Ciza, Chuck Ferguson, Mike Minium

Many thanks to our Meet Volunteers who do this year in and year out and without whom none of this would be possible. A special thank you to Dan Schay, Park Manager, and his staff for sharing their beautiful park with us.

Thanks as well to you, the competitors. We hope that you enjoy yourself and come back next year. If in spite of our best efforts things have not met your expectations, please let me know.

Charlie Bleau, Meet Director, Georgia Navigator Cup 2013

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THE EVENTS

Georgia Navigator Cup

The Georgia Navigator Cup is an Orienteering USA sanctioned Class "A" Orienteering event in OUSA Classic format hosted by the Georgia Orienteering Club. Competitive participants who are OUSA members will earn points toward the annual OUSA National Competitive Rankings. This event is being conducted using OUSA 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 provided in your map bag as well as loose at the start.

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 – Junior Varsity Male (Orange)
- F ISJV – Junior Varsity Female (Orange)
- M ISI – Intermediate Male (Yellow)
- F ISI – Intermediate Female (Yellow)
- M ISP – Primary Male (White)
- F ISP – 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 OUSA 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 9:00 a.m. on Monday at Hard Labor Creek State Park at the Camp Rutledge Meet HQ. All participants must attend a briefing on Sunday, following the GNC Sunday Award ceremony at Meet HQ.



Recreational Orienteering (Map Hike)

A limited number of non-competitive Orienteering spaces are available on a beginner's level (White/Yellow) course. Beginner instruction will be available. The Map Hike will NOT be the same as any competitive course. Register at the Meet HQ Saturday 11am-1pm, Sunday 10am-noon. \$10 per map. Map Hike will use manual punching.

Practice Map/Training Course

A training course will be set out on a new Camp Daniel Morgan practice map in terrain similar to the Camp Rutledge Map and will be available from Friday to Sunday. Practice maps are \$3 and can be picked up at the park office from 8am Friday onwards or at meet check-in.

About Hard Labor Creek State Park

This park was built in 1934 by the Civilian Conservation Corps (CCC), a New Deal program sponsored by President Franklin Delano Roosevelt. It was administered as a division of the U.S. Army to reclaim unusable farmland, create recreational areas, and teach young men a skill or trade. The National Park Service designed the park's layout. This site had been a vacant, overworked agricultural land at the time the government purchased it for a recreation demonstration project. The plan included the construction of two lakes, camping areas, observation tower, boathouse, trails and other amenities. A February 1935 nursery plan included the cultivation of over 850,000 trees on site including pines, oaks, maples, and sweet gums to reforest the park. These CCC camps, together with the U.S. Forestry service, are responsible for many of the park's original structures and landscapes. Hard Labor Creek Park became a National Park in 1939. It served as a National Park until 1946 when it was turned over to the state of Georgia, which continues to operate and maintain it today. The park is named after Hard Labor Creek, a small stream that cuts through the park. The creek's name comes either from slaves who once tilled the summer fields, or from Native Americans who found the area around the stream difficult to ford.

Meet Check-in and HQ

Friday meet check-in will be open 3pm - 9pm at Group Shelter #1 inside Hard Labor Creek State Park. Enter the park at the main gate on Knox Chapel Rd off Fairplay Rd. Drive past the Park Office to the bottom of the hill and Group Shelter #1 is on the left opposite the cabins. Group Shelter #1 is signposted all the way from Fairplay Rd.

Packets will include your meet guide, sample map for warm-up and/or walk to the start, bib and pins. If ordered, rental Ecards and lunch tickets will be included as well. Pre-ordered T-shirts will also be available for pickup.

Saturday and Sunday meet check-in will be at the Meet HQ at Camp Rutledge. Check-in will be open from 9 am - 11 on Saturday and from 8 am to 10 am on Sunday. Camp Rutledge is at the very end of a 4k road which branches east from Fairplay Rd just north of Hard Labor Creek. This is a dirt road for most of its length and will be crossed by courses. Please exercise caution and slow down for runners. If you must park on the side of the road, please be mindful of emergency vehicles which must be able to pass by. Camp Rutledge is signposted all the way from Fairplay Rd. Busses can park at Camp Rutledge.

Parking, Finishes and Download for both days will be at Meet HQ.



Parking Passes

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. You will need a daily pass for each day that you will be at the park. 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 and 13+ passenger vehicles MUST stop by the Park Office to pick up their Park Passes for the weekend. Yellow School Buses will be able to park at no charge. Office hours are 8:00am to 5:00pm.

From the Georgia State Park website regarding exceptions: Organized school groups, diners in lodge restaurants and attendees of day-long lodge meetings are exempt. Golfer parking is included in greens fees. Large vans with a capacity of 13 to 30 passengers pay \$30 per day or may purchase an Annual ParkPass for \$75. Buses or motorcoaches with a capacity of more than 30 passengers pay \$70 per day or may purchase an annual pass for \$250. However, those vehicles carrying overnight guests pay only the regular daily parking fees.

Cellphone Reception

Cellphone reception on AT&T and Verizon has been tested and is weak at best throughout Hard Labor Creek State Park. It is non-existent at Group Shelter 1, although climbing the adjacent hill seems to provide some signal.

Emergency Information

Newton Medical Center is in Covington, GA, approximately 18 miles to the west of Hard Labor Creek State Park along I-20 towards Atlanta. The contact information is Newton Medical Ctr 5126 Hospital Dr NE, Covington, GA 30014-2566 (770) 786-7053.

Restrooms

There will be portable toilets and a wash station at the Camp Rutledge Meet HQ. There will be **NO** toilets adjacent to the start/call-up area.

Clothing return

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.

Lunches and Hot Drinks

Lunches on Saturday and Sunday will be provided by the Stockbridge High School Navy JROTC at Meet HQ. Lunches are \$6 each and must be pre-ordered when you pre-register online. Saturday lunch will be 2 hot dogs or 1 hamburger, chips, cookie and a drink. Sunday lunch will be a taco salad, brownies and a drink. Pre-ordered lunch tickets will be provided in your meet packet.

There will also be simple concessions from the kitchen for those who wish to purchase "extras" such as chips, candy, powerade etc. Pastry items will also be available to purchase for breakfast, although availability is not guaranteed.

Hot chocolate, coffee and lemonade will be provided for everyone.

T-Shirts

If you pre-ordered a commemorative T-Shirt it will be in your meet packet. We will have a



few extras, but we cannot guarantee that there will be any shirts left for sale at the meet. We will provisionally take additional orders on site, but these can only be honored if we meet the minimum order.

Babysitting

Babysitting will not be provided. We will NOT have heated indoor facilities, so please do not plan on just leaving your young child at the Meet HQ. Please let the Registrar know if you have special start time requests that would help your own child care arrangements.

Search and Rescue

The SAR coordinator is Steve Shannonhouse and his cell phone number is (404)295-7055. He can be found through Meet HQ. Please coordinate the search and rescue of all missing or injured persons through him.

Weather and Daylight

Normal highs on January 19 are 52 F (11 C) and normal lows 32 F (0 C). Records for the period range from highs of 70 F (21 C) to lows of 4 F (-16 C).

Sunrise is 7:38 am and sunset is 5:53 pm. Civil Twilight ends at 7:12am and begins at 6:20pm.

Accommodations & Restaurants

There are motels and restaurants in Madison, GA, approx. 10 miles East of the park.

THE COMPETITION

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

Your bib number and rental Ecard are in your packet. Your control descriptions are in your map bag, either on the back side of the map or printed on your map. Loose control descriptions are also available at the start. 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.

Warm-up/Walk to Start

Maps of the Meet site showing the Meet HQ, parking, start and download station for both days is provided in your meet packets. You may warm up around Meet HQ and anywhere on the sample map that is not shown as out of bounds. Please be careful not to interfere with runners finishing their course or on their way to the download. The 500m walk from the Meet HQ to the start is mostly off-trail over gently undulating terrain and should take no more than 10 minutes.



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. Loose control descriptions will be 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.

Start Times

First Starts will be 10am on Saturday and 9am on Sunday. Start Times will be posted on the GAOC website one week prior to the event.

The Extreme-O Courses will start before 9am on Monday and finish by noon.

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.

Map

GNC2013 is using an updated Camp Rutledge Map at Hard Labor Creek State Park. The terrain is typical Piedmont terrain encompassing a 51 meter elevation change with large gully and rock features. There are horse trails throughout and one county road along the Northwest edge. The scale for all courses is 1:10,000, and the contour interval is 5m. The Day 1 Blue course maps will be 11x17 inches and all other maps will be 8.5x11 inches. The old map with 3m contours can be found on [RouteGadget](http://www.gaorienting.org) at www.gaorienting.org. Just look for GNC 2010.

Control Descriptions

Control descriptions will be printed on your map or included in your map bag. Loose description sheets may be picked up when you arrive at the Middle line 2 minutes before your start.

Drinking water on Courses

Drinking water will be provided on the courses as required.

Time Limits

Time limit is 3 hours on all courses. You must return to the Finish, punch the Finish control and Download your Ecard within 3 hours after you start, whether you complete your course or not.

Mapper and Course Setter's Notes

The Camp Rutledge Map at Hard Labor Creek State Park has undergone significant changes and updates since last used at a Navigator Cup. Contours have been changed to 5m and smoothed to match that interval. This has put more emphasis on defining the linear



features such as the different categories of gully that are the salient feature of the piedmont maps of Georgia.

Gullies are categorized according to their resistance to crossing:

- The dry ditch symbol represents gullies that are about knee height, offer no resistance, but can be identified at a distance.
- Gully symbols are at least one meter deep and can be jumped at running speed.
- The broken contour and double line symbols indicate a gully that can be scrambled across with loss of speed.
- The steep earth bank line (without tags) indicates a gully very difficult to cross safely.
- The black cliff symbol indicates dangerous and very high earth banks.

Individual fallen treetops, which may be used for navigation, are mapped as a point feature and are four small green lines. Larger areas of fallen trees are mapped as vertical green lines. These may or may not include rootstocks as point features. Many of these changes happened recently as a result of a windstorm and may not all be mapped.

The "narrow ride" symbol with long, thin dashes indicates a buried pipeline or an old, abandoned road or truck trail that may or may not have trees in it but is still identifiable as a linear path useable for navigation.

Although courses may appear on the short side for classic distance courses, there is significant travel across slow terrain, so that winning times should be within the guidelines.

The extensive horse trail system should not be of too much use on the advanced courses. Use caution around horses.

Course Vetter's Notes

Areas mapped as light green are still fairly fast, with limited visibility perhaps being more significant than the light. Areas mapped as dark green are not impassable and remain a route choice, but will slow you considerably. Marshy areas as of January 7 are crossable if you don't mind getting a little wet and muddy.

For the most part, mapped rootstocks are 2-3 meters high. There are a few, though, that have weathered to the point of barely being 1 meter high. You may also see some unmapped rootstocks, though generally not in areas near controls.

There is a considerable amount of fallen leaves on the ground, and they can be slippery. In some areas the fallen leaves could obscure little-used trails and some of the smaller rock features.

Safety

All competitors are encouraged to carry a whistle and 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. Although conditions in Georgia are often mild in January, you should be prepared for chilly and wet conditions.

If the ground is wet, exposed red clay will be extremely slippery. Please be careful not to slip on it.



Some gullies are extremely deep with very steep sides. If the ground is wet, the sides will be very slippery. Cross them with extreme care. Make sure you can see a way out before you get in one.

There are several active horse trails on the map. There is a good chance you will use or cross horse trails and possibly see horses while on your course. If you meet horses on the trail, please give them a wide berth. If you can't leave the trail and give them at least 20 or 30 meters clearance, slow down or stop if the horse seems skittish. Talking to the rider in conversational tones also helps calm the horse.

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 the injured competitor's bib number and exact location to officials at the Finish or Start line.

The SAR coordinator is Steve Shannonhouse and his cell phone number is (404)295-7055.

Safety Bearing

The area is crisscrossed by roads and trails and there is no obvious road to catch you.

On Day 1, if you head SW you will arrive at the creek or the lake. You should then head south along the bank until you come to a clearing and a dock. From the dock, follow the track and then the road up the hill to the Meet HQ. If you are very far north on Day 1, it is possible that you will hit Fairplay Road when you head SW. If this is the case, you can follow Fairplay road SW to the Camp Rutledge access road.

On Day 2, if you head W you will arrive at the lake. You should then head north along the bank until you come to a clearing and a dock. From the dock, follow the track and then the road up the hill to the Meet HQ.

Courses

USOF standard color courses White, Yellow, Orange, Brown, Green, Red and Blue will be offered. There will be 2 courses on Yellow, Orange and Green, designated X and Y. The X course will be exclusively for Interscholastics competitors (and M-18), and the Y course for the rest.

Course lengths		Day1			Day2		
Course	Classes	Cntrls	Length	Climb	Cntrls	Length	Climb
White	F-ISP, M-ISP, F-10, F-12, M-10, M-12, M/F White, Group White	9	3.2k	70m	9	2.4k	40m
YellowX	M-ISI, F-ISI	9	2.8k	70m	8	2.6k	50m
YellowY	F-14, M-14, F-Yellow, M-Yellow, Group Yellow	8	2.8k	70m	8	2.6k	50m
OrangeX	F-ISJV, M-ISJV	9	3.8k	90m	9	4.0k	110m
OrangeY	F-16, M-16, F-Orange, M-Orange, Group Orange	9	3.8k	90m	10	4.1k	110m
Brown	F-ISV, F-18, F55+, F60+, F65+, F70+, F75+, M65+, M70+, M75+, F-Brown, M-Brown	11	4.1k	150m	9	4.3k	150m
GreenX	M-ISV, M-18	12	5.0k	175m	12	5.3k	170m
GreenY	F-20, F35+, F40+, F50+, M50+, M55+, M60+, F-Green, M-Green	12	4.9k	175m	11	5.2k	170m
Red	M-20, F-21+, M35+, M40+, M45+, M-Red	12	6.7k	240m	11	6.2k	170m
Blue	M-21+	17	9.5k	275m	16	8.7k	250m

PLEASE NOTE FOR DAY 1 ONLY: For both the White and Yellow courses the first half of the first leg will be marked by both White and Yellow hanging tapes.



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 OrienteeringUSA (OUSA)'s 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. We 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 OUSA ranking, which for some of them 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, to 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 the 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.
- There are several active horse trails on the map. There is a good chance you will use or cross horse trails and possibly see horses while on your course. If you meet horses on the trail, please give them a wide berth. If you can't leave the trail and give them at least 20 or



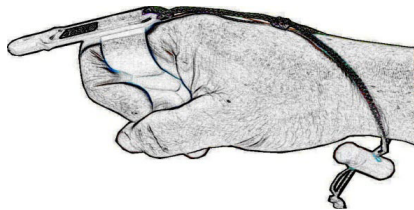
30 meters clearance, slow down or stop if the horse seems skittish. Talking to the rider in conversational tones also helps calm the horse.

- 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 lightweight running attire including sneakers or cross country type cleats. Sport orienteering is not a para-military operation. Leave your war paint at home.

ELECTRONIC PUNCHING

GNC2013 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 \$3/day. Participants who lose or damage a rental Ecard **will be charged a \$50 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.

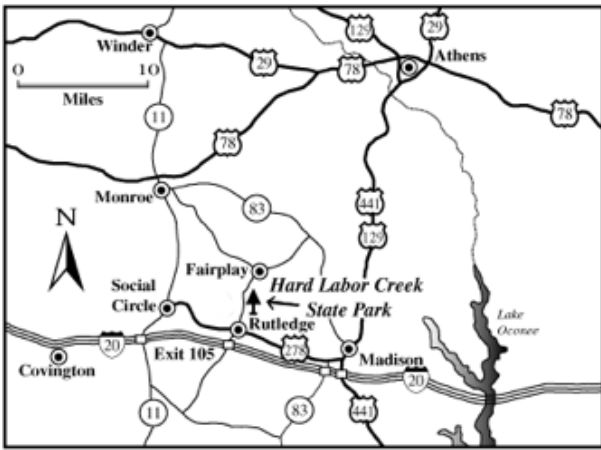


School coaches are encouraged to monitor their teams' rental Ecards. Make sure each participant is using the Ecard with the number that is assigned to him or her. If you have any problems with your Ecard, report the issue to the Download station near the Finish prior to going to the Start line, if possible.

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 once 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.



Maps



Hard Labor Creek State Park

