



The 2014 Georgia Navigator Cup is a 2-day total time nationally sanctioned open orienteering event, also featuring the South East Interscholastic Orienteering Championship and Monday Extreme-O competition.



Meet Volunteers

Course Setter: Rick Shane

Course Vetter: Bill Cheatum

Mapper: Sam Smith

Course Consultant: Zybnek Cernin

Meet Co-Registrar/Packet Pickup: Chun Bleau

Meet Co-Registrar/Packet Pickup: Andi Berger

Meet Treasurer: Robin Shannonhouse

Cash: Robin Shannonhouse, Maryjane Stout

Webmaster: Chris Randall

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

Lunch & Concessions: Nawanna Dickey, Stockbridge HS NJROTC students and parents

Vetting Team: Robin Shannonhouse, Steve Shannonhouse, Bill Farrell, Martha Carr, Les Hollingsworth

Control Placement: Rick Shane, Bill Cheatum, Sam Smith, Les Hollingsworth

Start Line: Martha Carr, Bill Farrell, Sam Smith, George Wood, Catherine Deegan, Glen Schorr

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

Results: Bob Frost

Truck: Sam Smith

Construction: Sam Smith, Bill Farrell, Joey Ciza, Andi Berger, Les Hollingsworth

Parking: Les Hollingsworth, Friends of Sweetwater Creek State Park

Search & Rescue: Steve Shannonhouse

First Aid: Jeff Lybarger

Map Hike: Kevin & Felicia Haywood

Awards: Amy Williams

T-shirts: Lisa Frost

Jury: Michael Eglinski, Rick Breseman, 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 Park Manager Brad Ballard, his staff and the Friends of Sweetwater Creek State Park 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 2014

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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 on your map 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 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. The event begins by 9:00 a.m. on Monday at Sweetwater Creek State Park at the Group Shelter Meet HQ. **All participants must attend a briefing on Sunday, following the GNC Sunday Award ceremony at Meet HQ.** Actual start times will be announced at the briefing.

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 at the northern entrance to Sweetwater Creek State Park. A practice course in terrain similar to the competition area will be available from noon Friday to Sunday. Practice maps are posted online with the meet information and can be printed at will or downloaded to smartphones. A limited supply of printed maps will be available for \$3 each and can be made available by special arrangement by sending the Meet Director an email.

Meet Check-in on Friday, January 17th

The Headquarters Hotel is the Comfort Inn, 5487 Westmoreland Plaza, Douglasville, GA 30134. Directions from Atlanta: take I-20W to exit 37 and turn right onto GA-92/Fairburn Road towards Douglasville. Take an immediate right onto Cherokee Blvd, then an immediate right onto Westmoreland Plaza. The Comfort Inn will be 0.4 miles ahead on your left.

Friday meet check-in will be open 5pm - 9pm in the lobby of the Comfort Inn. Packets will include your meet guide, sample maps for warmup 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.

The drive from the Comfort Inn to Sweetwater Creek State Park averages 13 mins. Return to I-20 and take I-20E to exit 41 Lee Rd and turn right towards Lithia Springs. Follow the directions to the park on the back of this event guide.

Meet Check-in on Saturday and Sunday at Meet HQ

Saturday and Sunday meet check-in will be at the Meet HQ at the Group Shelter at Sweetwater Creek State Park. Check-in will be open from 9 am - 11 am on Saturday and from 8 am to 10 am on Sunday. The Group Shelter is signposted all the way from the park entrance. Parking, Finishes and Download for both days will be at Meet HQ.

There will be controls in the woods near the roads, around the Group Shelter and Park Office. The Group Shelter and Park Office are signposted from Flat Shoals Road after you turn off Mount Vernon Road. You may not use any other roads than those that take you to the Group Shelter, the Park Office or the event parking. You may not enter the woods except for those areas indicated on the Locator Maps on the back of this event guide.

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 Busses and charter busses for school groups will be able to park at no charge. School busses can proceed directly to parking but all other busses and oversize vans (13+) should pick up a parking pass at the Park Office. Office hours are 8:00am to 5:00pm. (770) 732-5871.

Cellphone Reception

Cellphone reception is generally good at the park, except deep down in the gorge along the creek where it is non-existent.

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

For minor injuries, Wellstar Douglas General Hospital is in Douglasville, GA, approximately 9



miles to the west of Sweetwater Creek State Park along I-20. The contact information is Wellstar Douglas General Hospital, 8954 Hospital Dr., Douglasville, GA 30134. (770) 949-1500.

For serious injuries, the Marcus Trauma Center at Grady Memorial Hospital in Atlanta, GA, is a Level 1 Trauma Center. It is approximately 20 miles along I-20 to the east of Sweetwater Creek State Park in downtown Atlanta. The contact information is 80 Jesse Hill Jr Drive SE, Atlanta, GA 30303. (404) 616-2226.

Restrooms

There will be portable toilets and a wash station at the Group Shelter Meet HQ. There will be **ONE** portable toilet adjacent to the start/call-up area on Day1 and a toilet block on the walk to the start on Day 2.

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 \$6.50 each and should 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. Vegetarian options are available. Pre-ordered lunch tickets will be provided in your meet packet. Blue tickets will be used on Saturday and Yellow tickets will be used on Sunday.

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 for free.

T-Shirts

If you pre-ordered a commemorative T-Shirt it can be picked up along with 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.

Babysitting

Babysitting will not be provided. Do NOT plan on just leaving your young child at 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**. Please program your cellphone with his number now. He can also be found through Meet HQ. You **MUST** coordinate the search and rescue of all missing or injured persons through him. **DO NOT INITIATE SEARCH AND RESCUE OPERATIONS ON YOUR OWN.**

Weather and Daylight

Normal highs on January 19 are 51 F (11 C) and normal lows 31 F (-1 C). Records for the period range from highs of 68 F (20 C) to lows of 21 F (-6 C). Sunrise is 7:41 am and sunset is 5:56 pm. Civil Twilight ends at 7:14am and begins at 6:23pm.



Restaurants

There are many restaurants near the exits from I-20 near Sweetwater Creek State Park. Most are on Thornton Road (exit 44), but there are many near the Headquarters Hotel on Fairburn Road (exit 37) and on Broad Street in Douglasville.

THE COMPETITION

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

Your race bib, safety pins and rental Ecard are in your packet. Your control descriptions are 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. All competitors are encouraged to carry a liquid filled compass and whistle, and to dress appropriately for the weather conditions.

Warm-up/Walk to Start

Maps of the Meet site showing the Meet HQ, parking, starts and download station for both days are provided in your meet packets. You may warm up around Meet HQ and anywhere on the sample maps 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 walk to the start on Day 1 is 700m (10 mins) from the Meet HQ. The walk to the start on Day 2 is 900m (15 mins).

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

GNC2014 will use an updated map at Sweetwater Creek State Park. The park is cut in half by a deep gorge that the uncrossable Sweetwater Creek runs through on its way to the Chattahoochee River. There is currently a nice new bridge that promises to be flood proof (it has washed away many times in the past) that will give us access to both sides. The park is



also historically significant, containing a mill site that was destroyed by Sherman during the civil war. The terrain is ridge and reentrant, with evidence of old farms on the tops of the spurs. Vegetation is very open, with the exception of some areas that were recently thinned to remove pine beetle damaged trees. There are few trails on the east side, which will be used for Day 2, but many on the west side, which will be used for Day 1. The contour interval is 5 meters and the 8.5 x 11 inch map will be 1:15,000 for M/F-21+ and 1:10,000 for all other classes.

Control Descriptions

Control descriptions will be printed on your map. 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 at least every 2.5 km.

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.**

Course Setter's Notes – Rick Shane

Day 1:

Warm up is limited to areas shown on the Day 1 Locator Map. Areas not shown/mapped on the Day 1 Locator Map are off limits.

Start: Follow signs from Group Shelter (700m, 10 mins)

Finish: behind Group Shelter

Safety bearing: North to road

Hazards:

Sweetwater Creek, which flows south through the park, is NOT to be crossed at all on Day 1.

There is a police shooting range on the north end of the map. You may hear gunshots in this area, but there is no cause for alarm. The shooting range is enclosed by a high fence and is marked out of bounds. Do not cross the shooting range fence!

Day 2:

Warm up is limited to areas shown on the Day 2 Locator Map. Areas not shown/mapped on Day 2 Locator Map are off limits.

Start: Follow signs from Group Shelter (900m, 15 mins)

Finish: behind Group Shelter

Safety Bearing: If south of bridge road, go north to bridge road. If North of bridge road, go south to bridge road. Then go west to the bridge.

Hazards:

Sweetwater Creek, which flows south through the park, is NOT to be crossed except at the large bridge near the Day 2 start. **The bridge is marked on the map as a Mandatory Crossing point.** Coaches/parents, please remind your charges on the morning of the race that they must use the bridge to cross the river!



There is a police shooting range on the north end of the map. You may hear gunshots in this area, but there is no cause for alarm. The shooting range is enclosed by a high fence and is marked out of bounds. Do not cross the shooting range fence!

White/Yellow:

The first controls for both the White and Yellow courses are on the same side of Sweetwater Creek as the Start. From the first control on both the White and Yellow courses, the bridge will be visible. Runners on the White and Yellow courses should proceed across the bridge after punching at the first control.

Also, in the area around the bridge, there are several controls relatively close together. Take care to make sure you have correctly determined the correct control label for each circle so that you visit the controls in the proper order.

General Notes:

Indistinct trails have been made more indistinct by fallen leaves. Woods are generally pretty open, but beware of leaf litter and wait-a-minute vines that will trip you up. The leaves on the ground are also slippery on the slopes.

First-level green bar is also pretty open, but will slow you down some. Second-level green bar can be picked through and slows you down more, but is generally not impenetrable.

Flagged legs are flagged with blue flagging tape.

All courses have water stops at least every 2.5km.

Course Vetter's Notes – Bill Cheatum

Rick has constructed a challenging set of courses. Terrain awareness will be the key strategy to a satisfactory race. Heed Sam's comments on small boulders and degraded rootstocks and take advantage of his wonderful rendering of the terrain contours. Green is generally not a big factor in navigation choices except on the first day's indications of felled trees and the second day's clear cuts. Keep an eye out for the piebald deer on Day 2.

Mapper's Notes – Sam Smith

This is the park where I learned to orienteer, many, many years ago, by getting repeatedly lost on the west side in the old abandoned farmland. So I am always happy to work on this map! It's been through many revisions over the decades. The most obvious changes are to the vegetation - the pine trees on both sides of the creek were thinned. These areas are mapped using the wide green bar symbol. The thinning was more aggressive on the east side, with large areas removed. I also added many boulders and cliffs to the east side map, especially down in the almost inaccessible gorge. Some of the boulders that I added are small. If it was the only boulder around, and it is obvious, I added it. None of the courses go down to the really rugged places in the gorge, which is probably a good thing.

Other than that, the terrain is very typical of Georgia: ridges and reentrants, spurs and saddles, some rock, some rootstocks. Old decayed rootstocks (no obvious tree left) are mapped as dot knolls. The west side has more abandoned farmland and ruined buildings, as well as the civil war era ruins. The east side is steeper and more rugged. The gorge is deep and impressive when the water is high. There is only one place to cross - at the new bridge (hopefully this one will not wash away soon).

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. If you are carrying your cell phone, you can also call Steve Shannonhouse, the Search and Rescue coordinator at (404) 295-7055.** Although conditions in Georgia are often mild in January, you should be prepared for chilly and wet conditions.

There is much evidence of human habitation in the form of ruined buildings, rusty cars and appliances. Please be careful around these.

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

Safety Bearing

On Day 1, head north until you hit the road.

On Day 2, if south of bridge road, go north to bridge road. If North of bridge road, go south to bridge road. Then go west to the bridge.

Courses

USOF standard color courses White, Yellow, Orange, Brown, Green, Red and Blue will be offered. There will be 2 courses on 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. If you run X, then you run X both days. If you run Y, then you run Y both days.

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	12	3.0k	55m	13	2.7k	65m
Yellow	M-ISI, F-ISI, F-14, M-14, F-Yellow, M-Yellow, Group Yellow	9	2.9k	100m	11	3.4k	135m
OrangeX	F-ISJV, M-ISJV	8	4.1k	165m	8	4.2k	165m
OrangeY	F-16, M-16, F-Orange, M-Orange, Group Orange	8	4.1k	165m	8	4.2k	165m
Brown	F-ISV, F-18, F55+, F60+, F65+, F70+, F75+, M65+, M70+, M75+, F-Brown, M-Brown	11	4.4k	145m	9	3.4k	150m
GreenX	M-ISV, M-18	10	5.2k	200m	12	4.8k	200m
GreenY	F-20, F35+, F40+, F50+, M50+, M55+, M60+, F-Green, M-Green	10	5.0k	200m	11	5.0k	200m
Red	M-20, F-21+, M35+, M40+, M45+, M-Red	14	7.0k	200m	13	6.5k	240m
Blue	M-21+	17	8.3k	225m	17	8.5k	355m

PLEASE NOTE FOR DAY 1 ONLY:

Sweetwater Creek on the eastern edge of the map should NOT be crossed.

PLEASE NOTE FOR DAY 2 ONLY:

Sweetwater Creek should only be crossed on the bridge, which is a mandatory crossing point for all courses.

Two legs on the White course will be flagged by Blue 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 unless the courses are closed. **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. If you are carrying your cell phone, you can also call Steve Shannonhouse, the Search and Rescue coordinator at (404) 295-7055. Program this number into your cell phone now.** 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.

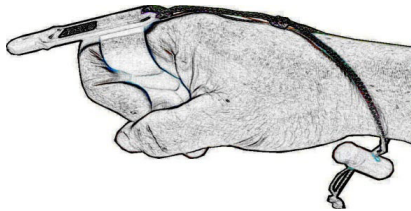


- Visit the controls in order. The course is designed to be challenging at your ability level if you go in order. You will not gain advantage at this particular event by going out of order. It is against the rules and your Ecard will indicate any deviation from your assigned control order.
- Make your 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 paramilitary operation. Leave your war paint at home.

ELECTRONIC PUNCHING

GNC2014 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 risk of loss of an Ecard on the course is minimized.

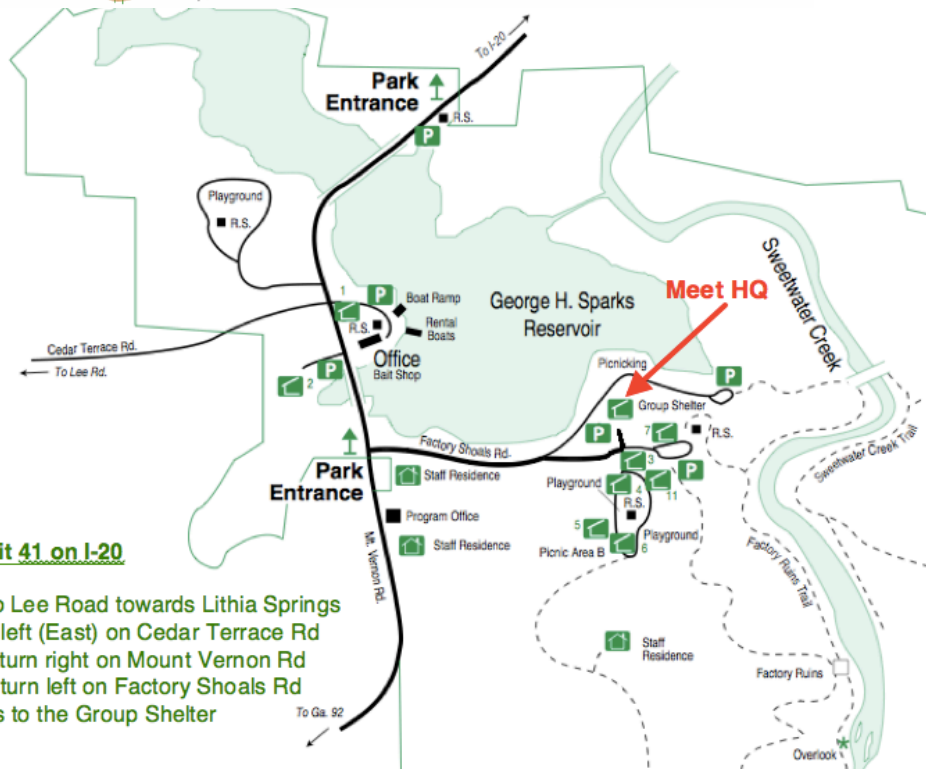
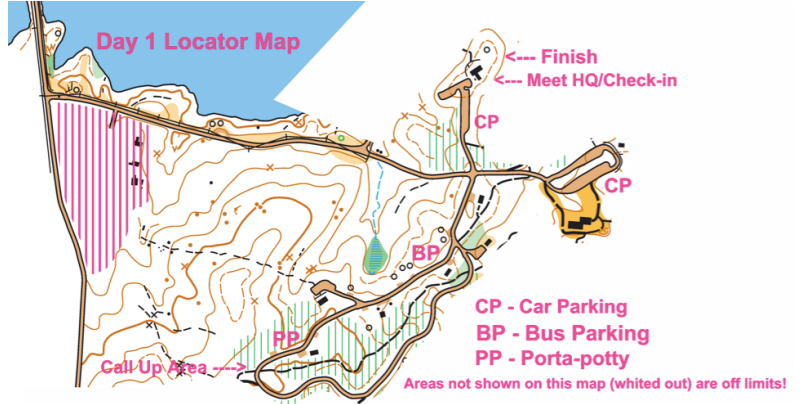


School coaches are encouraged to monitor their teams' rental Ecards. Make sure each participant is using the Ecard with the number that is assigned to him or her. If you have any problems with your Ecard, report the issue to the Download station near the Finish prior to going to the Start line, if possible.

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



Directions from Exit 41 on I-20

- Turn South onto Lee Road towards Lithia Springs
- After 1 mile, go left (East) on Cedar Terrace Rd
- After 0.8 miles, turn right on Mount Vernon Rd
- After 0.3 miles, turn left on Factory Shoals Rd
- Follow the signs to the Group Shelter