

The 2015 Georgia Navigator Cup is a 2-day total time nationally sanctioned open orienteering event, featuring the Southeast Interscholastic Orienteering Championships and Extreme-O competition.



Meet Volunteers

Course Setter: Steve Houghton
Course Vetter: Bill Cheatum
Mapper: Rick Shane
Course Consultant: Glen Tryson

Meet Co-Registrar/Packet Pickup: Charlie Bleau
Meet Co-Registrar/Packet Pickup: Chun Bleau
Meet Treasurer: Robin Shannonhouse
Meet Cashier: Robin Shannonhouse, Maryjane Stout

Extreme-O: Chuck Ferguson, Linda Ferguson, Joey Ciza
Lunch & Concessions: Stockbridge HS NJROTC students and parents
Vetting: Bill Cheatum
Control Placement: Steve Houghton

Start Line: Martha Carr, Bill Farrell, Les Hollingsworth, George Wood
Download: Vinton Wolfe
Results: Bob Frost
Truck: Sam Smith
Crossing Monitors: Eric Flamm, Jill Flamm, Maryjane Stout, Frank Mills, Amy Williams, Andi Berger

Construction: All Hands!
Search & Rescue: Steve Shannonhouse
First Aid: Jeff Lybarger
Map Hike: Kevin and Felicia Haywood
Awards: Amy Williams and Anne Ledbetter
T-shirts: Lisa Frost

Jury: Joey Ciza, 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 Kelly Howington 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. Rick Shane, Meet Director, Georgia Navigator Cup 2015 richardshane@comcast.net 770-820-5361



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:

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)

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

Mal Harding Extreme-O

Mal Harding 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 Red Top Mountain State Park at Group Shelter #1 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 11:00 am – 1:00 pm, Sunday 10:30 am - noon. \$10 per map, \$3 per extra map. Map Hike will use manual punching.



Practice Map/Training Course

A training course will be set out near the Meet HQ, Group Shelter #1 at Red Top Mountain 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 16th

Friday meet check-in will be open from 5:00 pm – 9:00 pm at the Meet HQ, Group Shelter #1 at Red Top Mountain State Park. Packets will include 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.

Meet Check-in on Saturday and Sunday at Meet HQ, Group Shelter #1

Saturday and Sunday meet check-in will be at the Meet HQ, Group Shelter #1 at Red Top Mountain State Park. Check-in will be open from 9:00 am – 11:00 am on Saturday and from 8:00 am – 10:00 am on Sunday. The Group Shelter #1 is signposted all the way from the park entrance, exit #285 off I-75 N. Parking and download for both days will be at Meet HQ. Finishes will be nearby.

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 I-75 along Red Top Mountain 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 Buses and charter buses for school groups will be able to park at no charge. School buses 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. Park Office 770-975-0055, Visitor Center 770-975-4226.

No parking is allowed at the start or finish except for meet workers.

Cellphone Reception

Cellphone reception is sporadic in the park.

Directions

From the intersection of I-285 and I-75 on the North side of Atlanta, go approx. 30 miles North on I-75, take exit #285 and go 1.5 miles East to Red Top Mountain State Park. Park website <http://gastateparks.org/RedTopMountain> has address & GPS coordinates.

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

Cartersville Medical Center is in Cartersville, GA, approximately 9 miles to the west of Red Top Mountain State Park along I-75. Address: 960 Joe Frank Harris Parkway, Cartersville, GA 30120 (770) 382-1530

WellStar Medical Group Urgent Care is in Acworth, GA, approximately 8 miles to the west of Red Top Mountain State Park along Hwy 41. Address: 4550 Cobb Parkway NW, Acworth, GA 30101 (770) 917-8140



Restrooms/Showers

There will be portable toilets and a wash station at Group Shelter #1 Meet HQ. There will be ONE portable toilet on the walk to the start/call-up area on Day 1 and a ONE toilet on the on the walk to the start on Day 2.

Campground restrooms and showers are available on Sunday only, use of the Campground toilets and showers on Saturday would violate embargo.

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 \$7 each and should be pre-ordered when you pre-register online. Saturday and Sunday lunch will be soup and hoagies. 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 available to purchase for breakfast, although availability is not guaranteed.

Hot chocolate and coffee 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 in mid-January in Georgia 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 7:49 am and sunset is 5:57 pm. Civil Twilight ends at 7:17 am and begins at 6:21 pm.

Restaurants

There are many restaurants in nearby Cartersville, GA, exit #288 off I-75 North.



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 1k (15 mins) from the Meet HQ. The walk to the start on Day 2 is 1.5 k (25 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

GNC2015 will use an updated map at Red Top Mountain State Park. All maps are printed on 8.5x11 paper. Scale is 1:10,000, except for Blue and F-21+, which are 1:15,000.

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, Vetter's and Mapper's Notes

Red Top Mountain State Park is mostly mature hardwood forest with open woods for fast running. As of December 20th, there are areas with deep fallen leaves that may make steep slopes slippery. There are some areas with thicker vegetation including grape vines, green briars, and blackberries that will slow you down. We tried to avoid these areas, but some upper-level courses may go into these thick areas due to limited terrain in the park.

The park is on Lake Allatoona, and the lake is at the lowest that I can remember. We have mapped the exposed lake bed as "sandy ground", and have bent the legs as though the lake is at full level. The exposed lake bed may be a good route choice, but may also be very muddy and slick. **Use extreme caution if you choose to cross the exposed lake bed.** There are no deep stream crossings in the park, and you should be able to cross streams without getting wet. Streams marked as intermittent may be completely dry if we have not had recent rain.

We use a brown X for rootstocks and any rootstock feature we use for a control will be at least one meter high. A blue color is used for north lines since there are very few water features and there is a lot of black on the map. In some cases, small areas of green indicate the dense canopies of fallen trees lying on the ground. Firelines, which may in some instances may closely resemble indistinct trails, are indicated on the map by the dry ditch/trough symbol. Dimensional precision in the control descriptions is to the nearest 1/4 meter. North Line spacing on the competition maps is 500m. A version of the Practice map with 250m North Line spacing was posted earlier, but the current version of the Practice map now also has 500m North Line spacing.

The park is divided by a county road with a posted speed limit of 35 mph. **DRIVERS OFTEN EXCEED THIS LIMIT.** The county road is mapped as out of bounds (purple forbidden route X's) and travel along the road is not permitted except when walking to the start. When walking to the start, stay as far from the road as practical, obey signage and crossing guards, and cross only at marked crossing points. All courses will cross small roads on Saturday, but these roads have a 20 mph speed limit. **Even so, please use extreme caution when crossing.**

On Sunday, Red and Blue course runners will need to cross the county road twice, and we have a blue flagged, timed (up to 2 minutes) crossing leg to accommodate any small traffic delay. The time taken on the crossing leg, up to 2 minutes per crossing, will be deducted from your total time.

In this regard, the following sign will appear at the Start on Sunday:

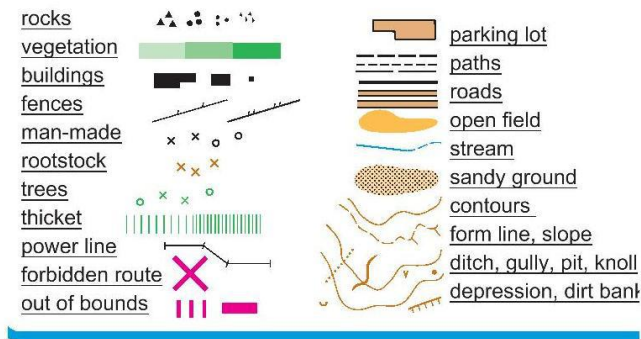
Red and Blue Course runners: Your course will cross a county road and includes 2 timed crossings. Follow the blue flagging between the controls. You must punch both controls both ways, as instructed in your control descriptions. You will have up to 120 seconds deducted from your time for each crossing. Therefore results will not be final until calculations are complete.

On Sunday, Green course runners will be in an area where there are high cliffs. **Courses are designed to avoid the cliffs, which are mapped as uncrossable. If you find yourself on top of a high cliff, please step back carefully. You are in an area where you are not meant to be.**

On Sunday, Red and Blue course runners may see Park Boundary signs on the courses. Not to worry, these signs delineate State Park land from Corp of Engineers land, and are not a problem. White and Yellow courses will have some blue flagged legs both days. Please refer to your control descriptions for details.



The Blue map on Saturday will not have a legend, so the legend is reproduced here.



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.

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

Report the injured competitor's bib number and exact location to officials at the Finish or Start line and the SAR coordinator. **The SAR coordinator is Steve Shannonhouse and his cell phone number is (404) 295-7055.**

Safety Bearing

On Day 1, Saturday – South to road, then West to Red Top Beach Rd.
On Day 2, Sunday – North to road, then West to Red Top Beach Rd.



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 Information							
Day 1				Day 2			
Course	Classes	Controls	Length (k)	Climb (m)	Controls	Length (k)	Climb (m)
White	F-ISP, M-ISP, F-10, F-12, M-10, M-12, M/F White, Group White	10	2.4	80	10	1.9	85
Yellow	F-ISI, M-ISI, F-14, M-14, M/F Yellow, Group Yellow	13	3.4	115	13	2.5	120
Orange -X	F-ISJV, M-ISJV	12	4.2	175	13	3.9	160
Orange -Y	F-16, M-16, M/F Orange, Group Orange	12	4.1	170	13	3.8	175
Brown	F-ISV, F-18, F-55+, F-60+, F-65+, F70+, F75+, M65+, M70+, M-75+, F-Brown, M-Brown	10	3.5	145	11	3.7	155
Green-X	M-ISV, M-18	11	4.9	255	13	5.2	185
Green-Y	F-20, F35+, F40+, F50+, M50+, M55+, M60+, F-Green, M-Green	11	5.3	250	14	5.3	190
Red	M-20, F-21, M35+, M40+, M45+, M-Red	13	6.5	310	21	6.9	260
Blue	M-21+	17	8.6	400	23	8.4	350



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.

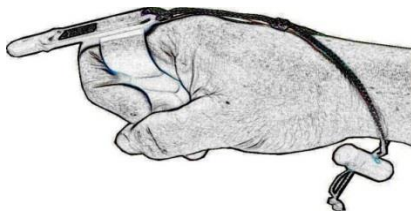


- Visit the controls in order. The course is designed to be challenging at your ability level if you go in order. You will not gain advantage at this particular event by going out of order. It is against the rules and your Ecard will indicate any deviation from your assigned control order.
- Make your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

GNC2015 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.

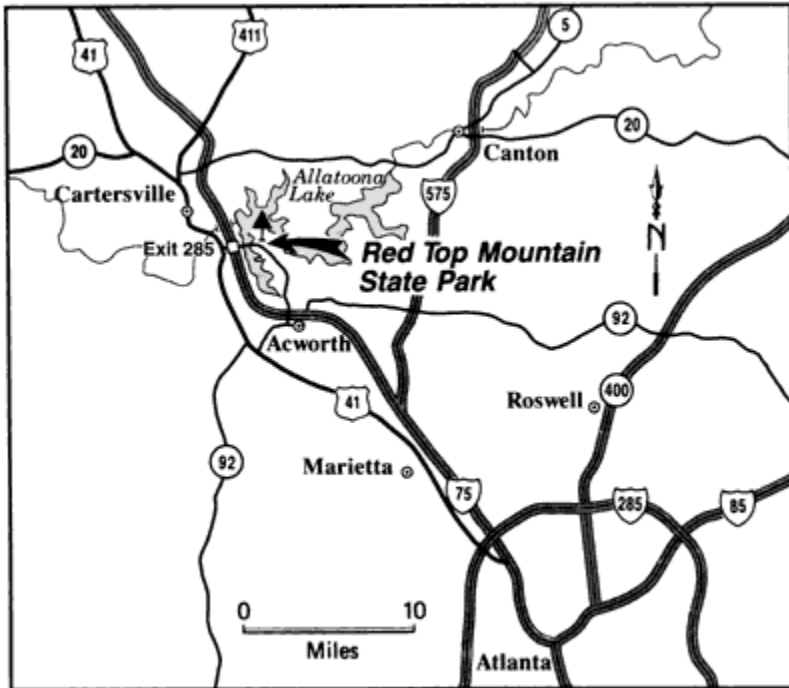


School coaches are encouraged to monitor their teams' rental Ecards. Make sure each participant is using the Ecard with the number that is assigned to him or her. If you have any problems with your Ecard, report the issue to the Download station near the Finish prior to going to the Start line, if possible.

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.

If there is no beep or flash, the electronic punch may be malfunctioning; if so, punch the edge of your map with the pin punch attached to the control flag to prove that you visited the control. The same applies if the electronic punch is missing.

Maps



**Practice
Map Start/
Finish**



All areas of the park except the practice area, the immediate finish areas, and the walks to the start are embargoed!

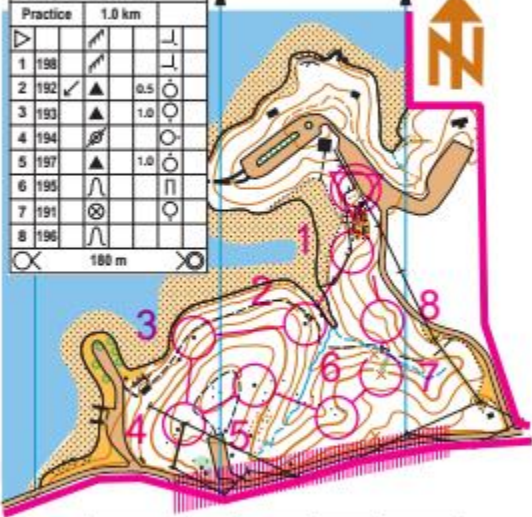


Red Top Mountain State Park

practice/warm-up map



GNC 2015 Practice Course		1.0 km	
Practice			
1	198		
2	192		0.5
3	193		1.0
4	194		
5	197		1.0
6	195		
7	191		
8	196		



1:10,000
5 meter contours