

2003 GA Navigator Cup Event Guide

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Meet Director's Welcome

On behalf of the Georgia Orienteering Club, welcome to our 11th annual Georgia Navigator Cup (GNC) orienteering event featuring the U.S. Interscholastic Orienteering Championships, Trail-O, and Extreme-O. We delight in hosting this event for the orienteering community and whether this is your first GNC or your 11th, we hope you'll enjoy our challenging courses and your stay in Georgia.

Please take the time to read through this packet so you'll understand all of the procedures for the weekend. If it seems like too much information, just review the one pager titled "Meet Essentials" in your packet. If it doesn't seem like enough information, feel free to talk with our volunteers at Meet Headquarters – they'll be glad to answer your questions.

Meet Information

Meet Headquarters – Group Shelter

Meet Headquarters is at the group shelter throughout the weekend. Feel free to come in out of the cold, socialize, and order a snack from our concessions. The group shelter will be open from 7:30 to 4:30 each day.

Packet Pickup

Pick up your packets at the group shelter on Friday night between 7-10 p.m. or Saturday morning between 8-10 a.m. Packets include meet guide, bib number, punch card, clues, and safety pins.

Parking Passes

Daily parking passes are required and may be purchased from the self-serve boxes in the parking lots, the bait shop, or the park office. Rates are charged based on vehicle capacity, not the number of actual passengers. Organized school groups accompanied by one or more teachers are except from fees, however they must pick up their special parking pass during packet pickup.

- 1-12 passenger capacity.....\$2/day
- 13-30 passenger capacity.....\$20/day
- 31 and over passenger capacity.....\$50/covers both days

Parking

Parking is available at the group shelter, Trail Head Loop, Picnic Loop, bait shop, and picnic shelter 2. Please reserve parking along Factory Shoals Rd and the Overflow Loop for large busses. There will be two shuttle busses available at the Overflow loop to transport drivers back to the group shelter from 9am-2pm.

Concessions

Food – Get turbo charged and leave the competition in the dust with a snack from The Stockbridge NJROTC Booster Club. Stop by their counter at the group shelter any time from 8a.m.- 4p.m. Saturday & Sunday and be sure to ask about their box lunches.

Orienteering Supplies – Visit orienteering vendor Gale Teschendorf throughout the weekend to check out all of the latest orienteering supplies or purchase that buff new o-suit for your team photo.

Photo Opportunities – If you can't find the control at least look cool; Eric Beach Photography may be taking your picture! Photos will be available for purchase within days after the event at www.gaorienteering.org. Or sign up at the group shelter for a custom group shot to commemorate your event.

Sweetwater Creek Information – Take a bearing to the SW corner of the Trail Head parking lot to visit the new park office. You'll find souvenirs, park information, wildlife exhibits, and model of the old mill ruin.

Child-Sitting

Child-sitting is available *only* while you're competing. Charge is \$2/hour. Sign up at the group shelter. Please bring warm clothes, toys, and snacks for your kids.

Non-smoking

Please do not smoke in the group shelter, near the start and finish area, or near the results posting area as it disturbs many of our competitors and volunteers

Medical Facility

Wellstar Douglas Hospital is located on Hospital Dr. Take I-20 West to exit 36 Chapel Hill/Campbellton Rd. Go north towards Douglasville, travel in right lane and veer north on Hospital Drive. Hospital is on right. (770) 949-1500.

First Aid Station

A Douglas County EMC will be on site near the finish area, as his schedule permits. If you are injured or need medical attention, please visit the first aid station near the finish.

Emergency Communications

The South Fulton Amateur Radio Emergency Service will provide radio communications throughout the event. They will be stationed in the group shelter and can communicate with meet workers at the start and finish area.

The Events

Georgia Navigator Cup

Is a two-day USOF sanctioned A-meet featuring individual competitions on the standard USOF course/category structure. Due to our expanded registration this year, we will not be offering the GA Navigator Cup team competition. Registration is closed.

U.S. Interscholastic Orienteering Championships

Is a two-day USOF sanctioned championship event featuring individual and team competitions for middle and high school students. Registration is closed.

Trail-O

Is available on Saturday from 1-4 p.m. A limited number of slots are still open. Register at the group shelter Friday night or Saturday until noon - \$6. Packet pickup is at the group shelter.

String-O

Is a fun event for youngsters available on Saturday from 11 a.m.-1p.m. and Sunday 10 a.m. – noon. Register at the group shelter – no cost. Course is near the group shelter.

1K-O Practice Course

Is open all day Friday and Saturday. No charge, map is located in packet, all other areas of the park are off limits except the practice area.

Recreational Orienteering

A limited number of non-competitive orienteering spaces are available on the white, yellow and orange courses. No beginner instruction will be offered. Register at the group shelter Saturday 11a.m.-1p.m. \$8, Sunday 10a.m.-noon.

Extreme-O

Is a special event hosted by Mal Harding and Chuck & Linda Ferguson. All participants must attend a mandatory training session at the group shelter on Sunday immediately following the awards ceremony. Registration is closed.

Bag Pickup

While your significant other is doing the Extreme-O on Monday, why not help with bag pickup? It's lots of fun and it's a great way to unwind after a competitive event. Sign up at the group shelter.

Competitive Information

Schedule

Friday Jan 17	7-10 p.m.	Packet pick up at the group shelter
Saturday Jan 18	8-10 a.m. 10 a.m. 11am-1pm 1 p.m.	Packet pick up at the group shelter Day 1 GNC/Interscholastic first start Recreational orienteering & String-o Trail-O begins
Sunday Jan 19	9:00 a.m. 10am-noon 3 p.m. * 4 p.m.	Day 2 GNC/Interscholastic First start Recreational orienteering & String-O Awards ceremony Eric Beach custom group photos Mandatory training for Extreme-O participants at the group shelter immediately following the awards ceremony
Monday Jan 20	8 a.m. 8 a.m.	Extreme-O first start at the group shelter A-Meet bag pickup meet at the group shelter

Course Length/Climb

(X=GNC, Y=Interscholastic)

Day 1 Courses			Day 2 Courses		
<i>Course</i>	<i>Length</i>	<i>Climb</i>	<i>Course</i>	<i>Length</i>	<i>Climb</i>
White	3.2 km	100 m	White	3.4 km	80 m
Yellow X	3.2 km	90 m	Yellow X	3.2 km	95 m
Yellow Y	3.2 km	90 m	Yellow Y	3.3 km	100 m
Orange X	4.8 km	160 m	Orange X	4.7 km	160 m
Orange Y	4.6 km	160 m	Orange Y	4.8 km	170 m
Brown X	4.5 km	180 m	Brown X	4.0 km	110 m
Brown Y	4.9 km	180 m	Brown Y	5.1 km	175 m
Green X	6.2 km	260 m	Green X	5.5 km	150 m
Green Y	5.7 km	260 m	Green Y	5.5 km	145 m
Red	7.6 km	270 m	Red	6.5 km	180 m
Blue	11.2 km	440 m	Blue	7.7 km	190 m

Conduct

While you are at this event, you are representing the orienteering community and honoring a trust it has built with the Park. Acts of rowdiness, vandalism, molesting wildlife, or unsporting conduct will result in the offender and his/her entire team being disqualified from this event.

Basic Competitive Rules

1. The competition area is off limits until you officially start each day.
2. Do not follow or assist competitors unless rendering first aid.
3. You may only use a compass and watch for aids – no radios.
4. You must punch in the appropriate box on your punch card.
5. There is a mandatory 3-hour time limit.
6. If you get lost, take the safety bearing described in the meet notes to relocate.
7. If you get injured, blow your whistle three times. This signals anyone who hears it to stop orienteering and render aid.
8. Only cross Sweetwater Creek at the bridge indicated on the map.
9. You must check in at the finish whether you complete your course or not.
10. If a teammate goes overtime, do not initiate a search. Contact a meet official.
11. Once a search is initiated, please notify the meet officials if your teammate checks in.

Start Procedures

1. Do not miss your start time! If an emergency or illness occurs, report to a meet official at the group shelter. They will determine if a new start time can be assigned.
2. Allow a 15-minute walk to the start on Day 1 and Day 2.
3. Wear your bib number on your chest on your outer clothing.
4. Bring your punch card, compass and whistle to the start. Maps with pre-printed courses and clues will be provided at the start.
5. Arrive at the start at least 15 minutes prior to your official start time to accommodate our three-stage start.

Three-Stage Start Example

- 09:57 whistle - proceed to Stage 1 for check in
- 09:58 whistle - proceed to Stage 2
- 09:59 whistle - proceed to Stage 3 where you'll get your map & clues
- 10:00 whistle - you are officially on the clock. Start your course.

Course Setter Notes

The park is divided in half by UNCROSSABLE Sweetwater Creek. All facilities are on the west side of the creek. On day 1 we will start on the west side, cross the creek on the only bridge, orienteer on the east side, then cross the bridge again back to the finish on the west side.

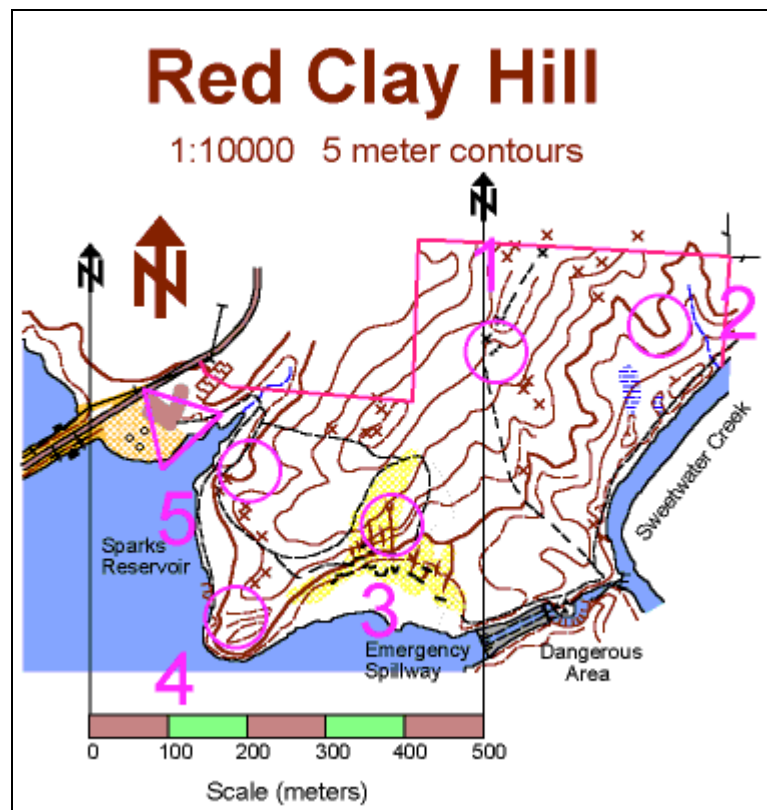
No swimming of the creek is allowed - you must cross at the bridge. The course markings on the map should make this very clear.

Day 1 safety bearing: North or south to the gravel road (Factory Shoals Road) that leads west to the bridge.

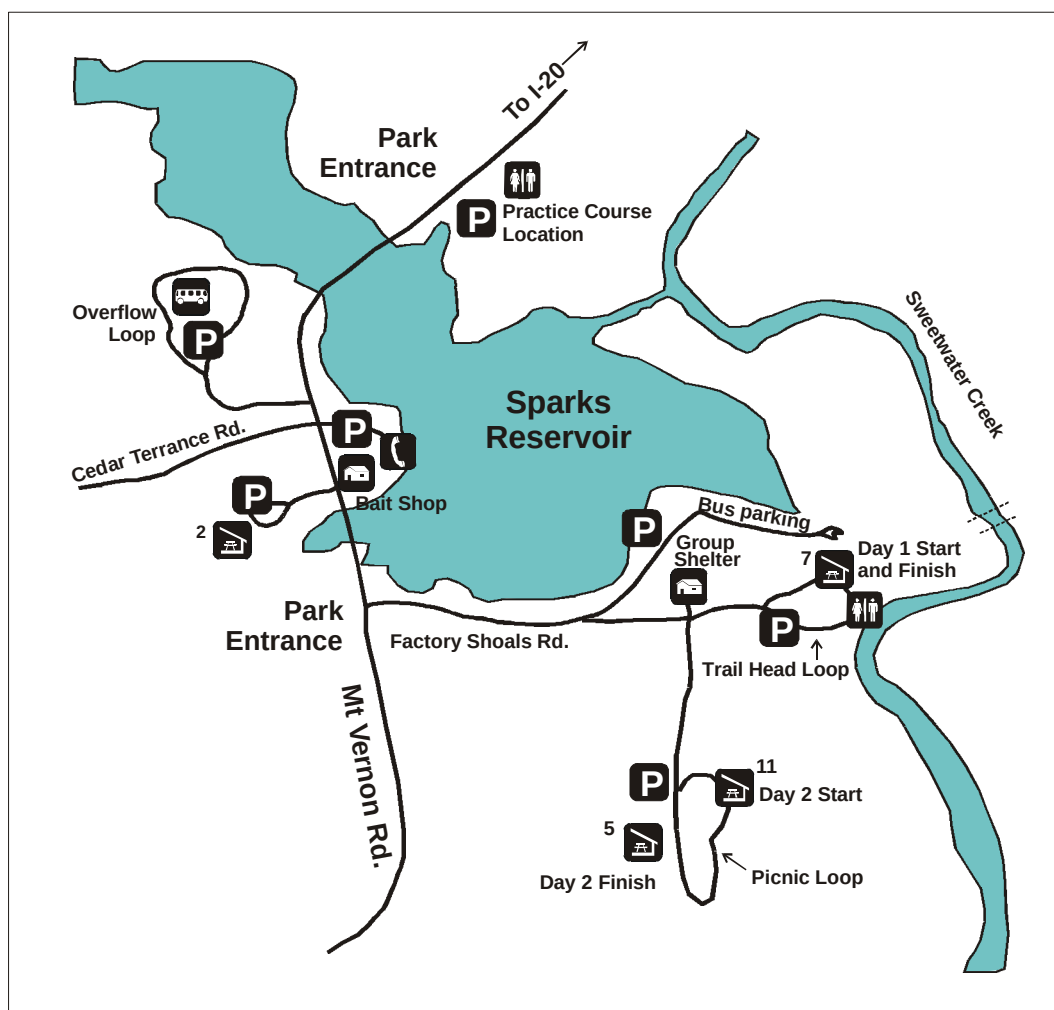
Day 2 safety bearing: North to the lake, then east to the finish area.

Practice Map

Competitors may visit the practice course prior to the competition (all other parts of the map are off limits.) As you enter the Park on Mt. Vernon, the practice area is located off the small parking lot on your left. Map & clues are in your packet.



Site Map



Map not to scale

Parking available at Trail Head, Group Shelter, Picnic Loop, Bait Shop & Picnic Shelter 2.
 Bus parking available along Factory Shoals Road and Overflow loop.
 Shuttle available from Overflow loop to Group Shelter.

Parking passes available at parking lots, bait shops, and new park office located on the Trail Head Loop.

Day 1 Start and finish at picnic shelter 7.

Day 2 Start at picnic shelter 11, finish at picnic shelter 5.

Special Thanks

Park Staff

GAOC appreciates park ranger Vince Taylor, his park staff, and their continued support for orienteering.

Sponsors

The Friends of Sweetwater Creek State Park, Inc. is a non-profit organization of Volunteers whose purpose is to protect, preserve, and carefully develop the rich nature and history of Sweetwater Creek State Park. GAOC appreciates president Bill Cahill and his volunteers for providing the shuttle service and portable rest rooms for our event.

Crystal Springs has graciously donated drinking water for this event as well as other past GNC events. GAOC appreciates the continued support from Crystal Springs.

Volunteers

GAOC takes great pride in hosting the Georgia Navigator Cup and many of our club members have given their time to ensure our guests have a quality event.

Meet Director: Laurie Searle

Registrar: Guido Nordmann * (denotes crew chief)

Course Setter: Sam Smith *

Course Veters: Mike Ferguson *, Duke Williams, Steve & Robin Shannonhouse

Headquarters Helpers: Cathy * & Allan Neher, Linda Ferguson, Nancy Ferguson

Start Crew: Martha Carr *, Gary & Eric Neher, George Wood, Marilyn Fetzner, Allan Wadsworth

Non-competitive Start: John Stevens * & Son

Finish Crew: Bob Domine*, Kevin Haywood, Robin Shannonhouse, Donna Wood, Charlie Siler

Results Crew: Rick Shane *, Shawn Callahan

Search & Rescue: Jim Greenway*

Radio Communications: Tony & Patty King, Ron Smith, Henry Kelly

Traffic Crew: Frank Mills, Ron Tansill

Awards: Frank Campbell, Laurie Searle*

Concessions: Pam* & Mike Loy, Ray & Linda Hudalla, Linda Mason, Gale Teschendorf

Trail-O: Bill Farrell*

Extreme-O: Mal Harding* Chuck & Linda Ferguson

Announcements