

**The Georgia Orienteering Club Welcomes You to the
Georgia Navigator Cup 2007
Southeast Interscholastic Orienteering Championships
Navy JROTC Area 12 Orienteering Championships
U.S. O Team Benefit Sprint
Extreme O**

**February 17-19, 2007
Sweetwater Creek State Park**

Parking Passes

Daily parking passes are required and may be purchased at packet pickup, 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. Cars and vans with 1-12 passenger capacity are \$3/day. School buses are exempt from parking fees.

Lunches

The Stockbridge High School NJROTC will be providing pre-ordered lunches on Saturday and Sunday at the HQ Group Shelter.

Orienteering Supplies

Orienteering vendor Gale Teschendorf will be on site selling orienteering supplies. Take advantage of this opportunity to purchase your new equipment for 2007.

Toilets

Toilets can be found at Meet HQ, the North end of the main parking lot, the South end of the picnic loop (bus parking), in the Park Office, and at each Day's Start and Finish. Please use courteously.

Walk to the Start

The walk to the Start each day will be indicated with blue flagging.

Saturday – From meet HQ, go North and down the steps to the road, turn right and follow road toward the East, cross the bridge and continue East along the gravel road, until the flagging takes you thru the woods. Start walk is 2.5km with 75m climb, est. walking time is 50 minutes. Please arrive approx. 10 minutes prior to your Start time.

Sunday – From meet HQ, go South, cross the parking lot and road and continue South down the picnic loop. At the South end of the loop, continue South on the gravel road to the Start area. Estimated walk time is approx. 15 minutes from HQ building. Please arrive approx. 10 minutes prior to your Start time.

Jackets & warm-ups left at the indicated place at the Start will be transported to the Finish area. Please minimize these items, no backpacks, bottles, food, valuables, etc.

Child-Sitting

Child-sitting is available *only* while you're competing. **Charge is \$2/hour.** Sign up at the HQ 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.

Practice Map

Competitors may visit the practice course prior to the competition (all other parts of the map are off limits.) The practice area is located off the small parking lot on the East side of Mt Vernon Rd. near the Northern Park Entrance. Practice maps may be picked up at Meet HQ.

Coaches' Briefing

There will be a briefing for coaches of Navy Area 12 high school teams at Meet HQ (Group Shelter) at 9am on Saturday morning. Other school coaches are welcome to attend.

GAOC Travel Grants for Students and School Teams

GAOC provides travel grants for Students who regularly attend our local meets and are members of GAOC and USOF, to give them some financial assistance in attending USOF-sanctioned A-meets held by other USOF clubs outside the state of Georgia. For more information, see the "GAOC Jr. Travel Grant" section on www.gaorienteeing.org

Medical Facility

Wellstar Douglas Hospital is located at 8954 Hospital Dr., Douglasville 30134. 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.

U.S. Team Benefit Sprint

There will be a Saturday afternoon Sprint fun event to benefit the U.S. Orienteering Team. Course setter is Vladimir Gusiatsnikov. Sprints starts will be open from 1-3pm. Location is approx. 1.7miles from Finish, see enclosed location map. Have your bib number and Ecard.

Recreational Orienteering (Map Hike)

A limited number of non-competitive orienteering spaces are available on the White, Yellow and Orange courses. Register at the map hike table near the start line for \$8 per map, Saturday 11a.m.-1p.m., Sunday 10a.m.-noon. Map hike will use paper punch cards.

Extreme O

Extreme O Is a special event on Monday directed by Chuck & Linda Ferguson and Mal Harding. All participants must attend a mandatory training session at the group shelter on Sunday immediately following the awards ceremony, approx. 3pm. More information on the event will be distributed at that time.

Course setter's notes

Just outside the perimeter of Atlanta, there is Sweetwater Creek State Park. The park is split in two pieces by a wide creek that gave the state park its name. Day 1 of our two day event will take place on the east side of the creek while day 2 will be on the west side of the creek. Both days, all orienteers will be provided with a map of letter-size format in 1:10,000 scale. To improve readability of the blue courses on the map, orienteers on that specific course will receive only the first half of their course at the start on both days. At the last control of that map, there will be two boxes. Please put your used map in the specified box and take a new one from the other box. It is the competitor's responsibility to make sure that he or she is taking the right map out of the box.

Competitors and their company will have to follow the marked trail to the start of day 1. The flags will lead from the meet headquarters to the road, along the road to the creek, across the creek and up the hill that covers almost all of the map on that first day. The walk to the start is approx. 2.5 km long and has 75 m climb, therefore you should leave the parking area around 50 minutes before your starting time (you will be admitted to the first start gate 3 minutes before your starting time). Transport of extra clothes from the start to the finish will be provided.

As mentioned before, the map consists of one big hill. The start will be almost on top of the hill. Most courses will have to make at least one loop over and around the hill, the long courses do two loops. Advanced courses are rather long and have quite a bit of climb. However, runability and visibility at Sweetwater Creek State Park is quite high and winner's times shouldn't be higher than usual. There are only very few trails on the map; no advanced orienteer will probably have the chance to run along them. Like at GNC '06, contours are an important part of my course setting: more than 70% of all controls are re-entrants. Please also be aware that there are a lot of controls in the forest and they are sometimes nearby each other. Check your control code at every single control. The finish of day 1 is approximately ten to fifteen minutes walking distance from the visitor center.

Safety bearings on day 1: Head west to the creek, then north to the finish.

Day 2 starts just off the western parking lot and finishes next to the visitor center. This part of the state park is a little less hilly than day 1 for the most part. Only the southern and southeastern edges fall off steeply. There are more trails on this side of the park and trails can be used well to make sure of your position. Orienteering in general is similar to day 1, rather a little bit easier, but don't be fooled, there are still a lot of contours to be taken care of.

Safety bearings on day 2: Head east to the creek, then north to the visitor center and finish.

Welcome to the Georgia Navigator Cup 2007!

Andreas Haldi

GNC 2007 Course Lengths & Climb - all courses will be map scale 1:10,000

Distances in kilometers, climb in meters.

	Day 1		Day 2	
	Distance	Climb	Distance	Climb
Blue	9.55	460	9.11	420
Red	6.56	295	6.72	300
Green X	5.23	230	4.71	200
Green Y	5.19	220	5.18	215
Brown	3.68	130	3.58	120
Orange X	2.49	90	3.01	110
Orange Y	2.91	85	2.72	90
Yellow X	1.71	45	2.62	60
Yellow Y	2.14	60	2.78	105
White	1.91	50	2.77	75

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 being disqualified from this event. Alcoholic beverages are prohibited in the park.

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. Read the enclosed Epunching Instructions, especially if you're not familiar with all the rules governing Epunching. Remember, sequence on your Ecard (finger stick) counts. Only use the attached pin punch if the Epunch control box fails to flash/beep.
4. There is a mandatory 3-hour time limit. You must check in at the Finish Line within 3 hours of your Start time, whether you finish your course or not.
5. All competitors must go immediately to the Download Station after crossing the Finish Line. All non-Finishers must also go thru the Finish Line and Download Station.
6. If you get lost, DO NOT blow your whistle. Use the nearest Road or Sweetwater Creek to relocate. Day 1 safety bearing is West to the Creek then North, day 2 is East to the Creek then North.
7. If you become disabled due to injury, blow your whistle three times. This signals anyone who hears it to stop orienteering and help the injured person, so consider carefully before using your whistle to summon aid.
8. Only cross Sweetwater Creek at the bridge near the Day 1 Finish area.
9. If a participant goes overtime, do not initiate a search. Contact our SAR meet official who must authorize all searches.
10. Once a search is initiated, please notify the SAR meet official if the participant is located or returns on his/her own.

Start Procedures

1. Do not miss your start time!
2. Dress appropriately for the weather forecast and for being in the forest.
3. Allow a 50-minute walk to the start on Day 1 and a 15-minute walk on Day 2.
4. Wear your bib number on your chest on your outer clothing.
5. Bring your Ecard (finger stick), compass, and watch with you to the Start. Make sure the number on your Ecard matches the SI# on the label on your bib number.
6. Arrive at the start at least 10 minutes prior to your official start time to accommodate our three-stage start.
7. Maps will have pre-printed courses and be in a plastic map bag. Control descriptions (clues) will be provided on the back of the map. White, Yellow and Orange course maps will have control descriptions translated into text.

Special Thanks

Park Staff

Thanks to park ranger Vince Taylor and his park staff for their continued support for Orienteering and for their efforts in making this event a success.

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. Their support is greatly appreciated.

Key Personnel and Crew Chiefs

GNC Meet Director: Steve Shannonhouse

Area 12 Coordinator: CDR Patrick Moore

Course Setter: Andreas Haldi

Course Vettors: Sam Smith, Robb Stanek

Sprint Course Setter: Vladimir Gusiatsnikov

Extreme-O: Linda & Chuck Ferguson, Mal Harding

Registrar: Robin Shannonhouse

HQ Helpers: Jackson High School NJROTC

Construction: Bill Farrell

Start: Martha Carr

Map Hike Start: Kevin & Felicia Haywood

Finish: Sam Smith, Laurie Searle

Download Station: Valerie Meyer

Area 12 and SEIS Results: Guido Nordmann, Rick Shane

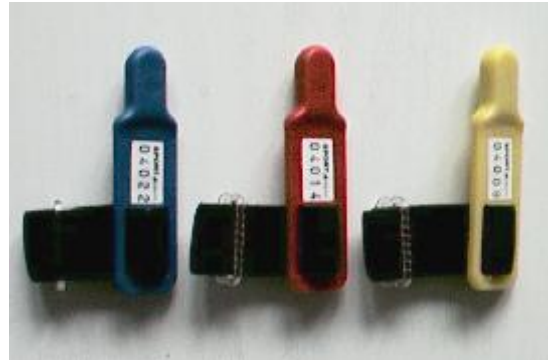
Search & Rescue: Mike Ferguson

Awards: Frank Campbell, Donna Wood

Lunches & Fruit: Stockbridge High School NJROTC

Epunching Instructions for Competitors

When an Orienteering event uses Epunching, instead of carrying a paper punch card, you carry a plastic e-card, usually called a finger stick. The finger stick contains a microchip which records your Start and Finish times, as well as up to 30 control punches with their split times. Each finger stick has an elastic band which enables you to wear it on a finger. If you don't own a finger stick, you can rent one from the event organizers.



Each finger stick has a unique number, which will either already be assigned to your name in the computer if you pre-registered, or will be read into the computer during on-site registration. Be sure that you write down the number of the finger stick you are using for multi-day events, so that you don't mix your stick up with someone else in your family or group. Finger sticks are expensive, so handle and store them with care.

Finger sticks are used to record data from Control boxes. There are different versions of Control boxes, below are some common versions. You will find control boxes at the Start, Finish and at each control site. At the control site, the control box is usually on a stand attached to the control marker. At the Start and Finish, the control boxes will usually be mounted on a stand without a control flag.

In order to "punch in" at a control, you insert the finger stick into the hole in the control box, waiting for a flash and beep. This indicates that the microchip in your finger stick has recorded the control number and time. If you mispunch, just go back and punch correctly, then all controls in order afterward. The Results computer program will ignore incorrect punches, as long as all the correct punches are there and in the correct order.



It's important that you Clear and Check your finger stick before Starting a course. This removes old data from the microchip in your finger stick and prepares it to be used for the day's event. At the Start area, you will find 2 control boxes marked "Clear" and "Check". First insert your finger stick into the hole in the "Clear" box, waiting for the flash and beep, then remove it. Once you have done that, put the finger stick into the hole in the "Check" box. If it flashes & beeps, your finger stick is cleared and ready to use again. If not, go back to the Clear box and re-clear. If you cannot get a flash and beep from the Check box on the 2nd try, report the problem to the event organizer, so that you can get a new stick that works correctly.

Unlike with paper punch cards, you must record your Start time and Finish time on your finger stick. When your Start time begins, you must insert your finger stick into the "Start" control box at the Start line. Likewise, when you finish, you must insert your finger stick into the "Finish" control box, which will be on a stand right under the Finish banner. Because of this, you do not want to run full-tilt under the Finish banner, you must be able to stop at the Finish banner and punch the Finish control box in order to stop your elapsed time.

Once you have Finished, it's Very Important that you immediately go to the Download station to have the microchip in your finger stick read into the Results computer. The Download station should be in the vicinity of the Finish line, but if it is not, there will be signs directing you to it. Do NOT go first to your vehicle to change, go directly to the Download station.



At the Download Station, there will be a Master Station attached to a computer which will read your finger stick. You simply put your finger stick in the hole of the Master station until it beeps, then remove it. Follow instructions given by the computer operator. You will receive a paper slip showing your elapsed time and your splits at each control. If there is a problem with your Results, go to the complaint taker to straighten it out.

If you are renting the finger stick and will not need to use it again (during a multi-day event), you will return the finger stick at the Download station once your Results have been successfully read into the computer.

It is a good idea to leave the data on your finger stick until you need to Clear it for the next event Start. In case of a computer glitch, your stick might have to be read again.

GEORGIA NAVIGATOR CUP 2007 - SWEETWATER CREEK STATE PARK

