



Georgia Navigator Cup 2008

Meet Guide



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Meet Director's Welcome

Orienteers:

Welcome to Mistletoe State Park and GNC2008. The Georgia Orienteering Club is happy to host this "A" meet so that orienteers from around the country can experience orienteering in the Southeastern United States.

On the following pages, you will find information about the meet as well as comments from the mapmaker and course designer. Please read this information thoroughly. After you enjoy the competition on Day 1, visit the group shelter and the 9th Annual Mistletoe Jam hosted by the North Georgia Foothills Dulcimer Association. This is their annual get-together and will welcome the public to hear and watch them play.

We've scheduled the Day 2 events a littler earlier to accommodate our out-of-town guests, and we'll conclude the "A" meet with an awards ceremony Sunday afternoon at the meet headquarters at the "Beach House". For those of you who can stay over Monday, we offer an additional treat, Extreme-O, a fun-filled orienteering event that challenges your navigational skills on several types of maps.

For those of you computer enabled, visit the RouteGadget website in the evening after the race and draw your days run. Maybe you'll salvage some respect when you compare your splits against the winner's.

Finally, we'd like to extend a special *thank you* to park superintendent Bill Tinley and his staff who have offered invaluable assistance to insure the success of this meet. We'd also like to thank the many volunteers of the Georgia Orienteering Club and USOF members for supporting all of the events activities.

Yours in O,

Bill Cheatum
Meet Director
GNC 2008

The Events

Saturday and Sunday's competition constitutes a United States Orienteering Federation (USOF) sanctioned Class "A" Orienteering meet. Competitive participants who are USOF members will earn points toward the annual USOF National Competitive Rankings. This event is being conducted using USOF rules, guidelines, and common practices of U.S. "A" meets.

Georgia Navigator Cup (2 day total time)

Awards are 1st, 2nd, 3rd in USOF standard categories.

Southeast Interscholastics (SEIS) (2 day total time)

1st, 2nd, 3rd in Individual categories:

M-ISV - Varsity Male (Green Course)

F-ISV - Varsity Female (Brown Course)

M-ISJV – Junior Varsity (Orange Course)

F-ISJV - Junior Varsity (Orange Course)

M-ISI - Intermediate Male (Yellow Course)

F-ISI - Intermediate Female (Yellow Course)

Team 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)

Awards are for 1st team.

See Appendix A for SEIS rules in depth.

Map Hiking

Non-competitive Map Hiking is offered on Saturday from 11 a.m.~1 p.m. and Sunday from 10a.m.~noon. Courses include White, Yellow and Orange. Registration, start and finish will be at Meet Headquarters (Beach House). There is a 3-hour time limit on each course and every map hiker will be required to check back in at Beach House whether they finish the course or not. There will be no results calculated for map hikers.

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. Due to the nature of the event, advance registration is a must and space is limited, cost is \$15. Couples or groups sharing a set of materials/maps count as one. The event begins at 9:00a.m. on Monday. All participants must attend a briefing on Sunday immediately following the awards ceremony at the HQ Group Shelter. Anticipate a short course and a long course.

Events Directors: Chuck & Linda Ferguson

Extreme O Course Setter: Mal Harding

Facilities

Meet Headquarters - The Beach House

The Beach House is the Meet Headquarters for both days. A registration table will be staffed for packet pick-up Friday from 3-9pm and Saturday morning from 8-11am. Walk to Start is 4 min. on Day 1 and 5 min. on Day 2.

Rest Rooms

Rest rooms are located at the Beach House and at the Day 1 finish 100 meters north of the Beach House. Use the rest rooms before going to the start on Day 1. There will be a Port-a-Potty at the call up for Day 2.

Medical Facilities

First Aid is available at meet headquarters and EMTs are on call. The local hospital is the McDuffie Regional Medical Center, 521 W. Hill St., Thomson, Georgia, 30824, (706) 595-1411 on US-278. Directions from park: Follow Mistletoe Rd back to GA-150 and go South approx 12 miles, crossing I-20, into Thomson. At GA-17 (Main St), turn left, go .6 mi and turn right onto US-278, W. Hill St.

Parking

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. Rates are charged based on vehicle capacity, not the number of actual passengers. Cars and vans with 1-12 passenger capacity are \$3/day. No parking pass is required during Friday night packet pick-up. School buses are exempt.

Accommodations

Mention Georgia Navigator Cup for \$10 discount (prices below are approx w/ discount)

1. Best Western - White Columns Inn 706-595-8000 (Exit 172 at Thomson) \$60 per night - Full Service Hotel, includes breakfast, good restaurant, etc.
2. Days Inn - 800-325-2525 (Exit 173 at GA 150 on way to park) \$40.00 per night (Sleeping only, truck stop cafe across road)
3. Holiday Inn Express - 706-595-6500 (Exit 172 at Thomson) \$80 per night - Hotel in middle of numerous restaurants.

There are several other hotels in the area, some may be more or less expensive.

Competition Information

Absolute Course Time Limit

There is an absolute 3-hour time limit on all courses. You **must** report to the Finish within 3 hours after you Start, whether you complete your course or not. Groups and pairs map hiking must return together.

Bib Numbers, Ecards & Control descriptions

Your bib number, pins, rental Ecard (finger stick) and control descriptions are in your packet. Control description on the map will only be in IOF symbols. If you need written-out descriptions for White, Yellow X and Yellow Y courses, you will have to bring the ones from your packet with you.

During your competition, you must wear your bib number on top of your clothing on your chest, readable by meet officials. Be sure to take your Ecard 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). Competitors who blow whistles when not injured will be disqualified from the competition.

Competition Maps

Courses are pre-drawn on your maps. Each competitor will be given a map with control descriptions, placed in a plastic bag, at the final Start line. When you receive your map, write your bib number on the back (we'll have markers). After you finish your competition, we'll collect your map, then give it back once all of the competitors have started. There are only enough maps for each person to have one each day, so please, do not take extras.

Electronic Punching

GNC2008 will use Electronic Punching using the SportIdent system for the Saturday and Sunday. 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 \$2/day. Participants who lose or damage a rental Ecard will be charged a \$35 replacement cost. Be sure you use the same Ecard for both Saturday and Sunday. School coaches are encouraged to monitor their teams' rental Ecards. Make sure the number on your Ecard matches the "SI#" on your bib label. If it does not, report this to the Download station near the Finish prior to going to the Start line.

Important! If you are not experienced at Epunching, read the following instructions.

You must Clear and Check your Ecard before Starting a course. This removes old data from the microchip in your Ecard 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 Ecard into the hole in the "Clear" box, waiting for the flash and beep, then remove it. Once you have done that, put the Ecard into the hole in the "Check" box. If it flashes & beeps, your Ecard 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, report the problem to an event organizer, so that you can get a new Ecard that works correctly.

You must record your Start time and Finish time on your Ecard. When your Start time begins, you must insert your Ecard into the “Start” control box at the Start line. Likewise, when you finish, you must insert your Ecard into the “Finish” control box in order to stop your elapsed time. At each control on your course, insert your Ecard into the hole in the box, waiting for the flash and/or beep, then remove it. Always, always, always wait for the flash and/or beep before removing your Ecard from any control unit box.

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. Remember that the control unit will flash red AND sound a beep if it is recording your Ecard. Do not be in such a hurry that the unit does not record your visit. The official Results are what's on your Ecard. Note: Most Ecards can record only 28 visits to controls, so do not "punch in" multiple times unless you are unsure of the flash and beep.

In the unlikely event that the electronic unit at a control malfunctions, locate the manual punch attached to the control and mark the edge of your map. At the Finish line, be sure to indicate the punch on the map to a Finish official, and request the map be taken to Download for verification of the manual punch. Make sure your bib number is on your map.

Results

Once you have crossed the Finish line, immediately go to the Download station to have the microchip in your Ecard read into the Results computer. Do not Clear your Ecard until the next day in case there is a computer malfunction and your Ecard needs to be read again. If you have a rental Ecard, turn it in at the Download station on Sunday, or Saturday if you are not returning Sunday. Each day you will receive a printout of your lapsed time and splits for each control. If you have made an error on the course, you will be told at this time. Results will be posted near the Download area each day. Saturday Results will be posted Sunday at Meet Headquarters.

Awards

The Awards Ceremony will be at the Beach House beginning at 1 pm on Sunday.

Event Schedule

Fri Jan 18	3-9 pm.	Check-in and packet pick-up at the Beach House
Sat Jan 19	8-11 am 10 am 10 am-1pm	Check-in and packet pick-up at the Beach House First start - Day 1 GNC competitors Map hike available (register at Beach House)
Sun Jan 20	9 am 9 am - noon 1 pm *	First start - Day 2 competitors Map hike available (register at Beach House) Awards ceremony and clean-up Immediately followed by the Extreme-O briefing
Mon Jan 21	9 am	Extreme-O Event

Mapper's Notes (*Bill Cheatum*)

Mistletoe State Park Orienteering Map:

1:15,000 3m contours.

Updated Fall 2007

Relatively low relief and typical open lower piedmont forest with some slow and fight areas of thick, young pine stands as a result of old logging operations. These will be most evident on Day1. 3m contours were needed to show detail on low relief and to coincide with the map when it is frequently printed at larger scales. The lake level will likely be low in January, making the shore line a fast, viable route choice and the feeder streams easy to cross.

The land of Mistletoe State Park is owned by the U.S. Corps of Engineers and leased by the Georgia Department of Natural Resources as a state run recreation area on Clarks Hill Lake. As is most of the upland forest land of the Southeast's piedmont, this was once a thriving farming community that once supported many families whose collapsed house foundations you may run across while traversing the park. An occasional field grave, you may find, will sharpen your image of the tenant farmer who used to live here and draw water from the dug well nearby that is marked as a pit on your map. Highly erodible land and a century of poor farming practices resulted in the numerous ditches and ravines that dominate the detail of the map. Some of these ravines are ten meters deep and the ones that will stop your progress through the forest are marked with the contours close together as if it were a long, narrow reentrant. Be careful around these ravines because some are hard to climb out of.

Since this is erodible land, the permanent streams have rather steep banks and are indicated by the solid brown line along the stream symbol. Some streams have short, black lines across them that indicate rocky falls that would be a good crossing point. These are not bridges with any associated trails.

The understory vegetation marked as green is usually a dense stand of young pine trees and/or Wax Myrtle, a bayberry with aromatic leaves. The green on the map indicates only the relative abundance of these areas.

Course Setter's Notes (*Daniel Pittman*)

The Mistletoe terrain is composed of open hardwood forests on the edge of Clarks Hill Lake. A majority of the forest floor is wide open affording good visibility and runability. The trail system runs throughout the park and is easy to follow, though I have done my best to reduce the number of trails seen by the upper level runners. There has been a drought throughout the region for the last several years, which has led to a large increase in the amount of land between the woods and water line, but this is not shown on the map.

Though there are no mountains and the terrain is relatively flat, there can be a significant amount of climb due to the network of reentrants and stream valleys, which can be steep in areas. The re-entrants are normally broad and lack intricate detail, though there may be extensive ditches that require the full attention of the runner. There are some areas in the northern half of the park

that lack features resulting in more challenging navigation. The green areas on the southern part of the map indicate young pine trees that are all competing for the same space.

On the first day upper level courses will have to cross one or two large streams, so be prepared to get your feet wet. Some parts of the streams have rocks or fallen trees that might help you keep your feet dry.

There are a lot of controls in the woods near the start and finish areas, so be sure to check your punch codes!

Safety Bearing

Go North to the lakeshore, then along the shore until you find a parking lot. We'll visit those first. Everything else you need to know is on the map! Have fun.

Appendix A

Southeast Interscholastics (SEIS)

The Interscholastics will have 2 team competitions. One will be a School Varsity team, and one a JROTC Varsity team. Note: School and JROTC teams are not mutually exclusive. JROTC teams that meet school team requirements are also eligible for the school team award. Each school may field a maximum of 10 students in the SEIS competition.

Eligibility

School Teams:

- a. Members must be enrolled full-time at the same private or public accredited school one of these states - North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, and Tennessee.
- b. Members must each be able to show school ID for the same school or, if the school does not issue ID's, a letter from the principal stating that the students are enrolled full-time at the school.
- c. Members must meet the eligibility requirements for Individuals in the SEIS competition.

JROTC Teams:

- a. JROTC teams competing only for the JROTC trophy must be made up of students who are enrolled in the same JROTC unit in accordance with the host military service requirements in one of these states - North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, and Tennessee. Members shall consist of 3 to 5 students who are registered in M ISV and/or F ISV classes.
- b. JROTC teams may compete for the Interscholastic Varsity team competition if they meet the school team requirements.
- c. Members must meet the eligibility requirements for Individuals in the SEIS competition.

Individuals:

To win individual awards competitors must be competing in one of the SEIS classes and must be a full time student attending an accredited school one of these states - North Carolina, South Carolina, Georgia, Florida, Alabama, Mississippi, and Tennessee.

Individual competition will be held for each of the 6 Interscholastic classes.

- M ISV - Varsity Male (Green)
- F ISV - Varsity Female (Brown)
- M ISJV - Jr Varsity Male (Orange)
- F ISJV - Jr Varsity Female (Orange)
- M ISI - Intermediate Male (Yellow)
- F ISI - Intermediate Female (Yellow)

Each individual starter shall receive a calculated elapsed time or an incomplete designation (DNF, MP, OT). The winning individuals are determined by lowest individual combined time over the 2 days competition.

Scoring

Individual Score

Each individual starter shall receive a calculated elapsed time or an incomplete designation (DNF, MP, OT). The winning individuals are determined by lowest individual time over the day or days competition.

Team Score

Scoring for team awards in two Interscholastic Team Categories, School Varsity and JROTC, will be done as follows:

- For each interscholastic class, define AWT (the average winning time) as the average of the times of the top three competitors in that class who are competing in a team category.
- For each competitor in each class with a valid result, their score is computed as $60 * (\text{competitor's time}) / (\text{AWT for the class})$.
- For competitors with an OT, MP, DNF or DSQ result, their score will be the larger of $10 + 60 * (\text{course time limit}) / (\text{AWT for the male class})$ and $10 + 60 * (\text{course time limit}) / (\text{AWT for the female class})$ for that team category.
- The best three scores each day for each team are combined for a team score.
- Lowest overall team score wins.

Calculation & Display of Scores

For calculation purposes the decimal should be carried as far as the used system will allow. For display purposes the decimal should be carried one or two places, or as far as necessary to indicate an order or tie. We recommend two decimals be the standard. This would accommodate 10,000 unique individual scores.

Tie Breaking

If two or more scores are exactly the same, break the tie by:

First – consider the total times. If that fails:

Second – consider the positions of the teams Fourth members if available. If that fails:

Third – consider the time of the fourth positions. If that fails:

Fourth – consider the same as above for the fifth positions. If that fails:

Fifth – accept the tie. It must be valid.