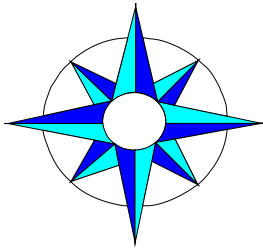


Georgia Navigator Cup 2010
Meet Guide



HARD LABOR CREEK STATE PARK
Jan 16 - 18, 2010



Meet Director's Welcome

Welcome to the 17th annual Georgia Navigator Cup – a Georgia Orienteering Club tradition. If this is your first trip to Georgia, we hope you enjoy our beautiful parks and have an opportunity to visit our many historical sites in the area. We're delighted to host the Southeast Interscholastic Championships this year as well as our traditional Navigator Cup and Extreme-O. We think you'll find beautiful scenery, great maps, challenging courses and of course, true southern hospitality.

On the following pages, you will find an abundance of information regarding the meet, as well as comments from the course designer. During your stay in the Rutledge/Madison area, we hope you will avail yourselves of the many local attractions nearby including the historic town of Madison, Georgia. We'll conclude GNC 2010 with our awards ceremony on Sunday afternoon at Meet Headquarters at the Group Shelter in Camp Rutledge at Hard Labor Creek State Park. For those of you who can stay Monday, we offer an additional treat – Extreme-O, a fun filled, “not for sissies” orienteering event challenging your physical, mental, and navigation skills, as well as your wits and your half-wits. We're pretty sure this is the 15th annual installment of the Extreme-O, so congratulations to Linda and Chuck Ferguson, Mal Harding, and others who have helped bring this event to us through the years and have made it a “must do (at least once) in your life” experience!

Numerous members of GAOC have volunteered their time and energy to make GNC 2010 a success. If there is anything we can do to make your experience even better, we hope you will let us know. Assistance is available at Meet Headquarters during meet hours.

In closing, we'd like to extend a special Thank You to Hard Labor Creek (HLC) State Park Superintendent Daniel Hill for his invaluable assistance in providing these wonderful park facilities to the orienteering community. We are glad to be back at HLC after a long hiatus, and in that regard, a big Thank You to Bill Cheatum for remapping the park in such great detail. There are some very interesting things in this park. We hope your course gets to visit most of them! We'd also like to thank Liz Curcuru and the Stockbridge High School students and parents who have provided great lunches and snacks for us for this and the past several years. We do hope your orienteering experience at HLC State Park will be a memorable one. If you have some suggestions for improving our meet, again, please let us know and plan to return for future GNCs.

Sincerely,

Martha Carr
Meet Director
Georgia Navigator Cup 2010

THE EVENTS

Georgia Navigator Cup

The Georgia Navigator Cup is 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 US “A- meets” with Georgia Orienteering Club (GAOC) enhancements. Participants must provide their own compasses, clothing, and gear. Courses will be pre-printed on maps provided by the organizers. Clue sheets are also printed on your maps.

Southeast Interscholastic Championships

The SE Interscholastic Championships (SEIS) will be based on 2-day total finish times. Competitions will be held in Individual SEIS categories and Team SEIS categories. Medals will be given for the 1st, 2nd, and 3rd in the Individual SEIS classes and for individuals on SEIS teams. Trophies will be given for the 1st team in 4 SEIS team competitions: School Varsity, JROTC, School Junior Varsity, and School Intermediate 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, quads, and topographical maps. Past events have included rope bridge crossings, canoe legs, culvert controls, memory legs, and other interesting tests---sometimes even including some yucky stuff! Due to the nature of the event, advance registration is a must and space is limited to approximately 75. (Couples or groups count as one). Cost is \$15. The event begins at 9:00 a.m. on Monday at HLC State Park at the Meet Headquarters Group Shelter. All participants MUST attend a briefing on Sunday, following the GNC Award ceremony at the enclosed Group Shelter at Meet Headquarters. Please consider signing the photo waiver so we can have use of the snapshots taking during the ORDEAL!

Map Hiking

Non-competitive map hiking is offered with Start Times on Saturday from 11 a.m. – 1:00 p.m. and Sunday from 10 a.m. – 12:00 p.m. A beginner White/Yellow course will be offered each day to map hikers. Registration, Start, and Finish for map hikers will be in the Group Shelter at Meet HQ. There is a **three hour limit** on the course. ALL map hikers will be required to check out and back in at the Map Hike table whether they finish the course or not. We **need to know** you are back from the woods. Map Hikers DO NOT go through the competitive Start or the Finish chute. Your map hike course is in a separate area.

Model Event

There will be a practice map area, located quite a distance from the competition area, but representative of the same type of terrain you will encounter in the competition area. Maps will be available for \$3, starting at 1:00 p.m. **(the Meet Guide in your Packet indicates a starting time of 1:00 a.m.—in error)** on Friday. Remember, consider all areas of the Park as embargoed, with the exception of the Model Event area.

THE PARK

Hard Labor Creek State Park offers a wide range of recreational opportunities in a beautiful wooded setting. More than 24 miles of trails are available for hikers and horseback riders. Also, known for its golf course, The Creek, a pro shop and driving range can be found onsite.

The park's name is thought to come either from slaves who tilled summer fields or Native Americans who found it difficult to ford—hmmm, a mystery! Let's take a vote!

Parking

Parking is available in the fields around Camp Rutledge in designated areas for Day One, Day Two, and the Extreme-O. A daily parking pass is required and can be purchased either at the Park Entrance Trading Post or at Meet HQ during meet registration/packet pick-up. Please ensure your pass is affixed to your rear view mirror or you will run the risk of getting a parking ticket.

Passenger car passes - \$5 Daily

School buses Free

Associated guardians, parents, etc. – also Free, but you **MUST** stop at the Ranger Station for your Pass.

Meet Headquarters

Meet Headquarters is located in the heart of Camp Rutledge at the enclosed Group Shelter on both Day1 and Day 2, as well as for the Extreme-O. A registration table will be staffed for packet/T-shirt pickup. A concession stand will also be located at the shelter, providing lunch service and snacks after the meet each day.

Rest Rooms

The Camp Rutledge side of the Park is winterized; therefore, no running water is available. Porta-Toilets will be available Saturday, Sunday, and Monday, located on the edge of the Group Shelter parking lot at Meet HQ. Indoor restrooms will be available at Friday evening Packet Pick-up in the meeting room of Group Shelter #1 near the Park Entrance.

Walk to the Start and Water

The Starts both days are quite close to the Meet HQ Group Shelter/Parking. It should take no more than about 5 minutes to get to the Start Call-ups both days. Drinking water will be available at the Start and Finish. Warm-ups will be returned periodically from the Start to the Finish area in yellow bags numbered 1 through 4. Remember your number and locate your clothes at the Finish by that same number.

Child Sitting

Contact the Meet Director if you require child sitting for the duration of your run.

Medical Assistance

First aid kits will be located near the finish lines. Should you require additional first aid, the nearest medical facilities are located in Madison (17 minutes-East on I-20) or Covington (23 minutes-West on I-20). Directions from HLC State Park and phone numbers are attached. In case of emergency dial 911.

THE COMPETITION

Bib Numbers, Rental Ecards (finger sticks) & Clue Sheets

Your bib number and rental Ecard are in your packet. A copy of the clues for all the courses is included in this Meet Guide. Your clue sheets are printed on your maps. 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. 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). Blowing the whistle when not injured will result in Disqualification.

Start Procedures

Remember: **BE AT THE FIRST START CALL-UP LINE AT LEAST 3 MINUTES BEFORE YOUR START TIME.** There is a 3 minute Start window, i.e. at 9:57 a.m. on Saturday the 10:00 a.m. competitors need to be at the first Call-up line. Please respect other competitors Start Times, and be on time yourself. Follow signs and flagging from Meet HQ at the Group Shelter area each day to the Start. All competitive courses will start at a common "Call Up" area both days.

Competition Maps

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

REMEMBER: For those competing on Yellow and Orange courses, there are TWO VERSIONS each day, an “X” course/map and a “Y” course/map. Before leaving the Start Line, be sure to verify that your MAP VERSION MATCHES YOUR BIB COURSE CODE, i.e., Yellow X, Orange Y, etc.

ELECTRONIC PUNCHING

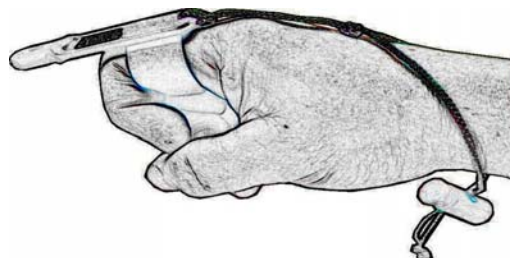
GNC 2010 will use Electronic Punching using the Sport-Ident system for the Saturday and Sunday A-meet days. Each participant (except Map Hike & Extreme O) will be required to have an SI Ecard (finger stick). If you do not own an Ecard, you must rent one for \$2/day. Participants who lose or damage a rental Ecard **will be charged a \$40 replacement cost payable in cash before you leave the meet site—and YES, we do collect this fee, regardless of the excuse.** Be sure you use the same Ecard for both Saturday and Sunday.

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 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.

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 them. 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.

Rental Ecards will be supplied with an attached lanyard and cord-lock. Rental Ecards must be worn with the lanyard 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 loss of an Ecard on the course is minimized.

For a primer on Electronic Punching, see
http://www.gaorienteeing.org/Local_Events/Epunching.pdf



Finish Line

When arriving at the finish line chute, 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 sheet 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 the last day of your competition at the Download Station.

Absolute Course Time Limit

There is an absolute 3-hour time limit on all courses. (Coaches, please do not encourage your cadets to “stay out there until you get them all”.) You must return to the Finish and Download area within 3 hours after start, whether you complete your course or not. Groups and pairs map hiking must return together, not through the A-Meet Finish chute, but to Kevin Haywood at the same location from which they started.

Results

Results will be posted near the finish line each day and will be available on the GAOC website www.gaorienteeing.org along with Route Gadget.

Search and Rescue

If someone from your group or a companion has not returned within a reasonable time, DO NOT initiate a search. All search activities must be cleared through our SAR coordinator, Mike Ferguson.

Awards

Awards for the GNC and SEIS two day events will be presented on Sunday at the Meet HQ Group Shelter beginning approximately 3:00 PM, or as soon as final results are calculated. Please do not disturb the Results Crew, as they will be working feverishly to provide your results ASAP.

Bag Pickup

While your significant other is doing the Extreme-O on Monday, why not help with the bag pickup? It's a wonderful way to unwind after a competitive event. Sign up at the Meet HQ Saturday or Sunday.

Entertainment/Restaurants/Sightseeing

Numerous restaurants are located in nearby Madison at I-20 Exit 114, including Arby's, Burger King, Cracker Barrel, Kentucky Fried Chicken, McDonald's, Pizza Hut, Waffle House, and Wendy's. Several restaurants are located in the city Square area, north of I-20.

Madison is full of historic homes, quaint shops, and museums. Drive through the town and stop by the Square and check some of them out. Try the divinity and "bulldog bites" at the local confectionary—they make everything onsite!

Or, why not try some local **Geocaching** in your spare time? These locations are provided on the Madison, GA website for your hunting pleasure!

Location
1. Window Etchings N 33° 35.648 W 83° 28.203
2. Take A Hike! N 33° 36.264 W 83° 35.785
3. Horsin' Around N 33° 30.755 W 83° 25.048
4. Barnyard Animals N 33° 36.570 W 83° 21.869
5. Steffen Thomas N 33° 31.668 W 83° 23.847
6. Small but Special N 33° 37.691 W 83° 36.934
7. Find the Peace Pole N 33° 35.984 W 83° 28.410
8. Inn the Know N 33° 35.815 W 83° 28.211
9. The Sharecropper's House N 33° 33.138 W 83° 37.8701

SCHEDULE OF EVENTS

Competitive Schedule

Fri Jan 15, 1 - 5 p.m.

Fri Jan 15, 5 - 9 p.m.

Sat Jan 16, 7 - 9 a.m.

Sat Jan 16, 10 a.m.

Sat Jan 16

Sun Jan 17, 9 a.m.

Sun Jan 17, 3 p.m. (approx.)

Model Event at Check – In/packet pickup area, see directions below

Check – In/packet pickup, follow signs from the Park Entrance/Trading Post

Check – In/packet pick-up at Meet HQ Group Shelter at Camp Rutledge

First Start – Day 1 Competitors

Dinner on your own

First Start – Day 2 Competitors

Awards Ceremony Meet HQ Group Shelter

Extreme-O briefing immediately following Sunday awards ceremony.

Non-Competitive Schedule

Sat Jan 16, 11 a.m – 1 p.m.

Sun Jan 17, 10 a.m. – 12 p.m.

Mon Jan 18, 9 a.m.

Map Hike registration at Meet HQ Group Shelter. Instruction available.

Map Hike registration at Meet HQ Group Shelter. Instruction available.

Extreme-O Meet HQ Group Shelter

GNC 2010 Course Lengths & Climb

	Day 1		Day 2	
Course	Distance (Km)	Climb (m)	Distance (Km)	Climb (m)
Blue	9.2	270	9.3	250
Red	7.2	180	7.7	230
Green	6.0	160	5.9	150
Brown	3.8	100	4.4	140
Orange X	4.7	80	4.5	95
Orange Y	4.7	110	4.7	115
Yellow X	3.5	90	3.3	70
Yellow Y	3.4	80	3.4	90
White	2.3	50	2.9	60

COURSE NOTES GNC 2010

Safety Bearings are the same for both Day 1 and Day 2. All courses will be on the North-Northeast side of Lake Rutledge. All of the courses both days are on the West of Fambrough Bridge Rd, with two exceptions. The Red and Blue courses on Day 2 are the only courses that are required to cross this main road.
--On both days, head South (toward the North side of the lake).

Course Setter's Notes:

Hard Labor Creek State Park was first mapped for orienteering in the 1980's and a Black & White version was used until a large central portion was logged in a misguided effort to "improve" the forest. However, this did not improve the forest as an orienteering venue and it was abandoned for nearly thirty years to give it a chance to recover. The current map was drawn from a new basemap that included detailed contour information of the erosion gully character of this abandoned farm land. Evidence of the logging activities is still seen on the new map as large areas of light green. Though the green is still navigable, consisting of small trees limiting visibility, the courses have been set so that fine navigation is not necessary in the green and avoiding these areas is a reasonable option. Extensive use of the intricate gully systems has been used on the courses so it would be helpful to understand the three different symbols used for gullies. The dry ditch map symbol delineates a clear channel crossing the contour. The solid brown gully symbol designates a deep gully that will slow your forward progress. The double brown line with broken contours designates a steep sided gully that will stop your forward progress and will require negotiation.

Otherwise, the maps for all courses are 1:10,000 scale with 3 meter contours and climb does not exceed 3% of the course length. Many erosion gullies of all sizes and small to large rock and rootstock features provide the location features along your route. There is an extensive horse trail network throughout the park that will be used by all courses. Recent wet weather has water logged most of the bottomlands but these are still crossable. More recent cold weather has frozen the ground and these could still be icy by this weekend. Running shoes with cleats are still advisable in any case. Where the ground is not frozen, it will be deep and soft with slippery leaf litter.

Bill Cheatum

A VERY IMPORTANT SPECIAL LETTER TO OUR JROTC AND OPEN SEIS COMPETITORS AND COACHES

(Borrowed from Frank Campbell)

All school coaches/guardians are asked to please personally review this section with your cadets or students

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 the United States Orienteering Federation (USOF) 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 JROTC or other student competitors may be new to national orienteering competition. I cannot overemphasize the need for our junior competitors to follow the orienteering rules and etiquette contained in this handout explicitly. Many of the competitors (including your fellow school groups) you will meet in the forest over the weekend, have spent hundreds of dollars to participate in this event. Their success this weekend factors into their national USOF ranking which ultimately determines selections to national and world cup competition teams. Any serious breeches of fair play or course etiquette that might nullify a competition course or individual's performance could be extremely costly in many ways.

Some orienteering rules of etiquette you should be familiar with:

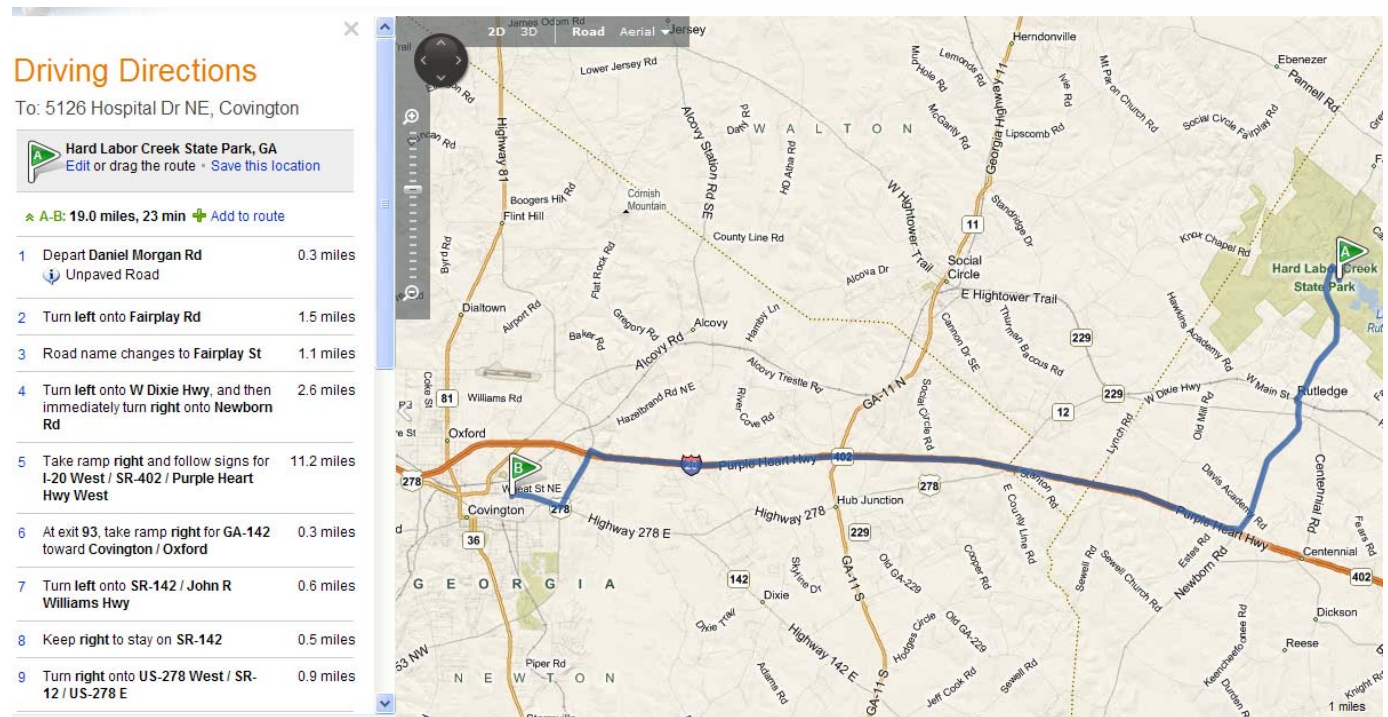
- Always check in at the Finish and Download Station, even if you do not complete a course. Checking in can avoid a long and expensive search. There is, of course, a 3 hour time limit on the courses.
- Do not offer or ask for assistance. Orienteering is an individual sport. You should only ask for assistance 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 on other courses, 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 injured competitors or hazardous conditions to officials at the finish or start.
- Do not tamper with controls. If a control has fallen, return the control to the original height if possible. Tampering, 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. Use your compass to follow the safety bearing of the day to the nearest highway. 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.
- Visiting the controls in order is required by the rules. The course is designed to be challenging at your ability level if you go in order. You cannot gain an advantage by going out of order, because electronic punching requires that controls are taken in order to be given credit for the course. Don't try to "fool" the E-punch system, because you can't. If you find you have taken a control out of order, just go back to the one you missed, then continue to the next control and repunch, even if you had already visited it. .
- 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 the cups provided – not drinking directly from the containers.
- Please respect off-limits and out-of-bounds areas marked with magenta (purplish-pink) slash on your maps, including private residences (Ranger residence yards included). We are not allowed to go in or through these areas.
- Dress for Success. Take a look around. Most of the successful sport orienteers are wearing light weight running attire including sneakers or cross country type cleats. Sport orienteering is not a para-military operation. Leave your war paint at home. Dress for the weather. It may be cold and wet both days; keep a stash of dry clothes for changing into after the meet.

We are glad to see the more than 300 competitors at Georgia Navigator Cup 2010. We know you will find the competition fun and exciting. Best of luck in the woods!

Martha Carr
Meet Director

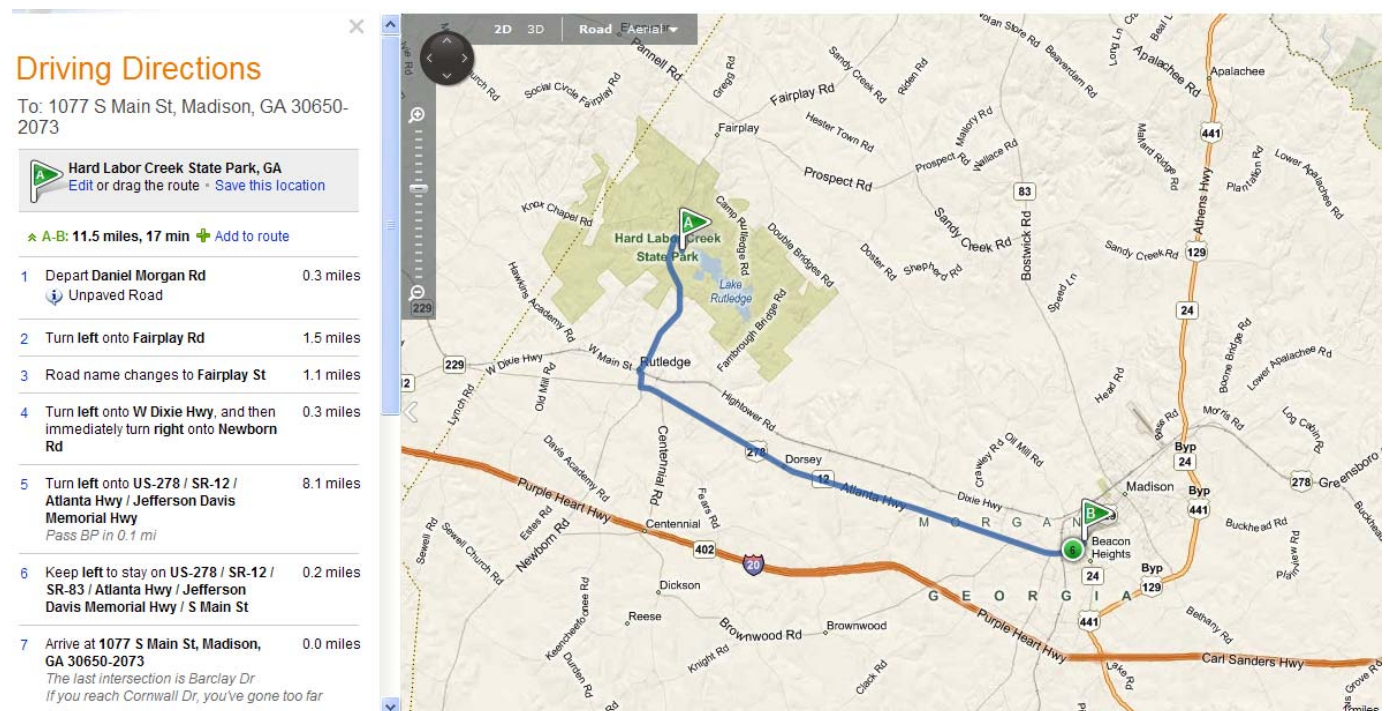
IN CASE OF EMERGENCY, DIAL 911

**Newton County Hospital is equipped with Trauma Services.
Emergency Room: 770-385-4365**



The Emergency Services are more limited at Morgan Memorial Hospital in Madison; however, the facility is approximately 5 minutes closer to the Park. Their facilities are more for stabilization until you can get to another hospital or to your family doctor. No ICU.

Emergency Room: (706)752-2211



GNC 2010 - Day1				
White1	2.3 km	50 m		
△	◇	Q	Start SE edge of open land	
1 31	Y		Ride junction	
2 40	Y		Path junction	
3 32	Y	I	S end of path	
4 33	■	○	N side of building	
5 34	Y		Path junction	
6 35	Y	○	NE side of bridge	
7 36	Y	○	E side of path and stream junction	
8 37	▲	2x4	N side of boulder, 2m by 4m	
9 38	•	○	SE side of knoll	
10 52	○	ŋ	Top of hill	
○----- 190 m -----			Follow tapes 190 m to finish	

GNC 2010 - Day1				
Yellow X1	3.5 km	90 m		
△	◇	Q	Start SE edge of open land	
1 39	■	ŋ	N outside corner of building	
2 33	■	○	N side of building	
3 41	Y	○	E side of gully junction	
4 43	▲	○	S side of boulder	
5 45	•	○	NE side of knoll (water)	
6 47	Y	ŋ	Upper part of gully	
7 49	Y	ŋ	Foot of SW cliff	
8 51	○		Hill	
9 53	▲	○	E side of boulder	
10 37	▲	2x4	N side of boulder, 2m by 4m	
11 52	○	ŋ	Top of hill	
○----- 190 m -----			Follow tapes 190 m to finish	

GNC 2010 - Day1				
Yellow Y1	3.4 km	80 m		
△	◇	Q	Start SE edge of open land	
1 40	Y		Path junction	
2 34	Y		Path junction	
3 42	Y	○	W side of N pit	
4 44	Y		Gully junction	
5 46	Y	Q	Path junction (water)	
6 48	⊗	○	S side of root stock	
7 50	○	ŋ	Top of hill	
8 36	Y	○	E side of path and stream junction	
9 38	•	○	SE side of knoll	
10 52	○	ŋ	Top of hill	
○----- 190 m -----			Follow tapes 190 m to finish	

GNC 2010 - Day1				
Orange X1	4.7 km	80 m		
△	◇	Q		
1 54	⊗	○		
2 55	Y	ŋ		
3 56	▲	○		
4 57	⊗	3x3		
5 58	▲	○		
6 59	Y	○		
7 53	▲	○		
8 49	Y	ŋ		
9 41	Y	○		
10 52	○	ŋ		
○----- 190 m -----				

GNC 2010 - Day1				
Orange Y1	4.7 km	110 m		
△	◇	Q		
1 60	Y	ŋ		
2 61	•	○		
3 62	Y	ŋ		
4 63	Y	○		
5 64	⊗	○		
6 51	○			
7 65	○	ŋ		
8 47	Y	ŋ		
9 43	▲	○		
10 52	○	ŋ		
○----- 190 m -----				

GNC 2010 - Day1				
Brown1	3.8 km	100 m		
△	◇	Q		
1 61	•	○		
2 66	▲	○		
3 67	Y	○		
4 63	Y	○		
5 68	▲	○		
6 69	▲	1x1		
7 65	○	ŋ		
8 52	○	ŋ		
○----- 190 m -----				

GNC 2010 - Day1				
Green1	6.0 km	160 m		
△	◇	Q		
1 81	▲			
2 66	▲	○		
3 67	Y	○		
4 70	⊗	○		
5 71	Y	ŋ		
6 79	⊗	○		
7 57	⊗	3x3		
8 73	Y	○		
9 69	▲	1x1		
10 68	▲	○		
11 65	○	ŋ		
12 52	○	ŋ		
○----- 190 m -----				

GNC 2010 - Day2				
Green2		5.9 km	150 m	
△				
1	146	▲	○	
2	128	▲	6×6	
3	155	∩		
4	132	⊞	2×3	
5	134	∩		☐
6	127	→	∩	
7	116	∩	∩	
8	133	↗	•	○
9	151	↗		
10	138	○		○
11	152	∩	∩	
12	109		∩	

GNC 2010 - Day2			
Brown2		4.4 km	140 m
△			
1	142	∩	∩
2	143	▲	○
3	136	↓	∩
4	159		∩
5	144	∩	∩
6	140	∩	∩
7	151	↗	∩
8	145	↑	∩
9	109		∩

GNC 2010 - Day2			
Orange Y2		4.7 km	115 m
△			
1	125	∩	∩
2	127	→	∩
3	129	∩	∩
4	131	↘	∩
5	133	↗	○
6	135	⊞	○
7	137	▲	○
8	139	▲	○
9	141	□	○
10	109		∩

GNC 2010 - Day2			
Orange X2		4.5 km	95 m
△			
1	124	↑	○
2	116	∩	∩
3	126	∩	∩
4	120	•	○
5	104	∩	6×6
6	128	▲	○
7	130	▲	○
8	134	∩	∩
9	148	•	○
10	109		∩

GNC 2010 - Day2				
Red2		7.7 km	230 m	
△				
1	136	↓	▲	∩
2	145	↑	∩	∩
3	137		▲	○
4	133	↗	•	○
5	135		⊞	○
6	150		∩	
7	154	↑	▲	○
8	144		∩	∩
9	127	→	∩	∩
10	128		▲	6×6
11	130		▲	○
12	155		∩	
13	132	⊞	2×3	○
14	123	∩		○
15	109		∩	

GNC 2010 - Day2			
Blue2		9.3 km	250 m
△			
1	147	∩	∩
2	145	↑	∩
3	155	∩	∩
4	134	∩	∩
5	159	∩	∩
6	144	∩	∩
7	154	↑	▲
8	156	∩	∩
9	157	∩	
10	158	∩	∩
11	135	⊞	○
12	133	↗	•
13	138	○	○
14	136	↓	▲
15	109		∩

With Grateful Acknowledgement from Martha Carr, Meet Director

Course Designer: Bill Cheatum

Course Setter: Bill Cheatum

Course Vetter: Mike Ferguson

Meet Registrar: Robin Shannonhouse

Map Coordinator: Bill Cheatum

Facilities/Construction: Steve Shannonhouse/Bill Farrell

Extreme – O: Chuck Ferguson & Mal Harding, supported by Linda Ferguson

Lunch & Concessions: Liz Curcuru & Stockbridge High School

Download: Robin Shannonhouse and Joey Ciza

Results: Guido Nordmann

Start Line: Sam Smith, Laurie Searle, and George Wood

Finish Line: Ed Carroll

T-Shirt Design: Kevin Haywood and Martha Carr

“Floating” Volunteers: Ed Carroll, Greg Dunlap, Mike Ferguson, family members, and
all those listed above who did multiple jobs

...and a host of supporting GAOC and Stockbridge NJROTC volunteers