

Georgia O-Fest 2017

Georgia Navigator Cup

Southeast Interscholastic Championships

January 13th - 16th

Overview

Georgia Orienteering Club is hosting 4 races, including a sprint-distance National meet, two classic-distance National meets, and the Mal Harding Extreme-O. Georgia Navigator Cup awards will be based on total time for the two classic-distance races. The Southeast Interscholastic Championships will be awarded under OUSA scoring guidelines for the two classic distance races. The competitive races are open to all ages and abilities. We will also offer a non-ranking "map hike" for beginners (white course level) on Saturday and Sunday.

Schedule

Friday January 13th, 2017

- 1:00 pm - Practice course opens
- 1:00 pm - 3:30 pm: Packet Pick-Up at Meet HQ McIntosh Reserve Park
- 2:00 pm: First Start
- 4:00 pm: Last Start
- 5:00 pm: Courses Close / Control pick-up
- 5:30pm - 8:00 pm: Packet Pick-Up at Mountain Creek Inn Callaway Gardens 706-523-3444

Saturday January 14th, 2017

- 9:00-11:00 am: Packet Pick-Up Meet HQ at Park
- 10:00 am: First Start
- 10:00 am - 1:00 pm - Recreational Orienteering available (white course)
- 1:00 pm: Last Start
- 2:00 pm - 5:00 pm: OUSA Board Meeting Callaway Gardens
- 4:00 pm: Courses Close / Control pick-up
- 6:00 pm - 8:00 pm: Dinner (ticket required)

Sunday January 15th, 2017

- 8:00-10:00 am: Packet Pick-Up at Meet HQ at the Park
- 9:00 am: First Start
- 10:30 am - Noon: Recreational Orienteering available (white course)
- 12:00 noon: Last Start
- 3:00 p.m: Courses Close / Control pick-up

- 2:00 pm: Awards Ceremony
- 2:30 pm: Extreme-O Briefing at Meet HQ right after awards ceremony

Monday January 16th, 2017

- 8:30 am: Check-in Extreme-O
- 9:00 am: First Start Extreme-O
- 12:00 noon: Course Closes Extreme-O

Events

Friday January 13th -- Sprint distance National meet

Race venue is McIntosh Reserve Park
 1046 W McIntosh Circle, Whitesburg, GA 30185
 GPS coordinates for the park entrance: 33.457566, -84.947578.

Registration & Check in

Packet pick up will be available from 1:00 pm - 3:30 pm at Meet HQ

Maps

Map is at 1:5,000 scale with 2.5 meter contours, ISSOM standard

Restrooms

Restrooms are available in the small building SE of Meet HQ

Warm up / Practice map

A small practice area is located to the west of Meet HQ
 Practice maps will be available at Meet HQ

Clothing Return

No clothing return is provided because start is close to parking and Meet HQ

Spectator Area

We will be taping off a section of the field so spectators will not interfere with runners
 Please be mindful of the taped area

Course Notes

We will be set up in an open field, with easy access to start and finish.
 There are also spectator controls in the field for your enjoyment. Wave when you go by!

There is a one-way loop road that circles past the practice area and the start/finish. Do not walk to the practice area through the field where the start and finish are located. Drive or walk along the road, in the correct direction.

McIntosh Reserve: McIntosh was a chief of the Lower Creeks. His mother was a Creek, his father Scotch-Irish. The Creeks occupied most of Middle Georgia and Alabama, and were under pressure to move west from the US settlers. McIntosh negotiated a treaty in 1825 that ceded almost all the creek lands in Georgia in exchange for cash payments. One exception was a small reserve along the Chattahoochee River that was deeded to Chief McIntosh - which we know now as McIntosh Reserve. The Creeks were not happy with McIntosh, and other Creek chiefs seized and executed him in 1825. He is buried in McIntosh Reserve, not far from control #125 on the Sprint A course.

Awards

Sprint awards will be presented at 3:00 pm on Saturday at the FDR meet HQ.

Saturday Jan 14th & Sunday Jan 15th Georgia Navigator Cup Classic Distance National Meet And Southeast Interscholastic Championships-SEIS

Race venue is FDR State Park -- Liberty Bell Pool

Park address is: 2970 Georgia 190, Pine Mountain, GA 31822, see specifics for Meet HQ below.

Parking passes are \$5 per day for passenger cars

Maps will be 1:10,000 for all courses except 1:15,000 for Blue and F-21(Red). Contour interval is 5 meters

Meet headquarters is located across from Liberty Bell Pool on Hwy 354 approximately 2.2 miles east of the junction with Hwy 27 in Pine Mountain, GA

GPS Coordinates for meet HQ are 32.847309, -84.811910

Walk to Start

Blue vetting tape will mark the route each day.

Saturday walk will take 5 to 10 minutes from Meet HQ

Sunday walk will take 20 to 25 minutes from Meet HQ and will involve approx. 50 meters of climb.

Course Notes

Point features are relatively rare in certain areas of the park so features as small as .5 meter may be used for control locations.

FDR Mapper: It would be hard to find a more open forest in the southeast than the north side of Pine Mountain. The mountain itself is steep near the top, with reentrants large enough to hide everyone attending this meet with room left over. On the lower slopes the terrain becomes more gradual and subtle.

There is some mountain laurel, which is rare to find this far south - a leftover from the last time we had climate change. This is mapped in green along the stream beds, but it is easy to get through.

The leaves are deep this time of year and can be slippery on the steep slopes. There is also some loose rock in places hidden beneath the leaves. The hiking trails are easy to see. The horse trails on day one are not, although they are blazed on the trees.

This map is where orienteering began in Georgia over 30 years ago.

Individual SEIS Categories

- MISV – Varsity Male (Green)
- FISV – Varsity Female (Brown)
- MISJV – Junior Varsity Male (Orange)
- FISJV – Junior Varsity Female (Orange)
- MISI – Intermediate Male (Yellow)
- FISI – Intermediate Female (Yellow)
- MISP – Primary Male (White)
- FISP – Primary Female (White)

Team SEIS Categories

- SEIS School Varsity Team 3-5 students (MISV on Green and/or FISV on Brown)
- SEIS JROTC Team 3-5 students (MISV on Green and/or FISV on Brown)
- SEIS School Junior Varsity Team 3-5 students (MISJV and/or FISJV on Orange)
- SEIS School Intermediate Team 3-5 students (MISI and/or FISI on Yellow)

Georgia Navigator Cup medals will be awarded for 1st, 2nd, and 3rd for all OUSA classes based on total time for the two days.

SEIS awards based on two day times

- Medals for 1st, 2nd, 3rd in Interscholastic classes
- Trophies 1st place in 4 SEIS team competitions
- Medals for individuals on 1st place SEIS teams

Awards ceremony will be at meet HQ at 2 PM Sunday

Navigator Cup / SEIS Course Details

Course	SEIS Classes	OUSA Classes	Sat (km dist/ climb m)	Sun (km dist/ climb m)
White	F-ISP, M-ISP	F-10, F-12 M-10, M-12 M-Open, F-Open, Group Open	2.1 km / 40 m	2.9 km / 85 m
Yellow	F-ISI, M-ISI	F-14, M-14 M-Open, F-Open, Group Open	3.4 km / 100 m	2.7 km / 85 m
Orange X	M-ISJV	M-16	5.1 km / 140 m	4.4 km / 155 m
Orange Y	F-ISJV	F-16 M-Open, F-Open, Group Open	5.0 km / 140 m	4.2km / 145m
Brown	F-ISV	F-18 F55+, F60+, F65+ F70+, F75+ M65+, M70+, M75+ M-Open, F-Open	4.7km / 145m	4.1km / 155m
Green X	M-ISV	M-18	5.4km / 220m	5.8km / 210m
Green Y		F-20, F35+ F40+, F45+, F50+ M50+, M55+, M60+ M-Open, F-Open	5.3km / 215m	5.8km / 230m
Red		M-20, F21+ M35+, M40+, M45+ M-Open	6.7km / 250m	7.1km / 265m
Blue		M21+	9.2km / 340m	9.9km / 370m

Jan 14th and 15th -- Recreational Map Hikes

A limited number of non-competitive Orienteering spaces are available on a beginner's level (White) 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.

Monday January 16th -- Extreme-O (FDR State Park)

Extreme-O is patterned after a three-day military competition held in a member NATO country each year. Typically, competitors navigate from several different types of maps, including aerial photographs, quads, and topographical maps. All participants must attend a briefing on Sunday, following the GNC Sunday Award ceremony at Meet HQ. **Actual start times and location will be announced at the briefing**

General Information

Contacts

Steve Houghton, meet director, McIntosh Reserve search and rescue: 770-330-8172

Rick Shane, registrar: 770-820-5361

Steve Shannonhouse, FDR search and rescue: 404-295-7055

Mountain Creek Inn

Packet pick up Friday 5:30 pm - 8:00 pm

Address: 17800 US-27, Pine Mountain, GA 31822

Phone: 706-523-3444

GPS: 32.829528,-84.8436494

Parking -- McIntosh Reserve

Follow signs to parking after passing through entrance, there is a \$5 entrance fee per vehicle for the park.

Parking -- FDR State Park

Parking passes are required for each day you will be at the park. They may be purchased from the self-serve boxes in the parking lots, or the park office. The park manager will let you pay for multiple days with one envelope, punch out the squares for the days you pay for. 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 will be able to park at no charge.

All passenger cars must have a parking pass or risk getting a ticket.

A volunteer will be available to help with parking. School buses should park in the Liberty Bell Pool parking lot on the east side of Hwy 354, across the street from Meet HQ. Cars may park in the Liberty Bell Pool lot or in the open field on the west side of Hwy 354. There is a self service parking pass box in the Liberty Bell Pool lot.

Time Limits

Sprint distance course time limit is 1 hour. Classic distance course time limit is 3 hours. You must return to the Finish, punch the Finish Control and Download your Ecard within the time limit, whether you complete your course or not.

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. If you see a competitor that is hurt, you should 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 and the SAR coordinator. In the case of a life-threatening emergency, call 911.

Clothing Return

There will not be clothing return at the McIntosh Reserve sprint.

GNC / SEIS : 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.

Search and Rescue

The SAR coordinator for McIntosh Reserve sprint is Steve Houghton, cell number is 770-330-8172.

The SAR coordinator for the FDR classic courses is Steve Shannonhouse and his cell phone number is (404) 295-7055. 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

Embargoed Areas

All areas of McIntosh Reserve and FDR State Park are embargoed except for the immediate area surrounding Meet HQ and the Model Course Map. Those staying in the cottages or campground are not to explore beyond those immediate areas as courses will encroach on those areas

Protests

Complaints shall be made in writing to the organizers, within one hour of the previously announced time of closure of the finish, or of the actual closure of the finish, whichever is later. Complaints received after this time limit shall only be considered if there are valid exceptional circumstances, which must be explained in the complaint.

Model Course / Practice Maps

Sprint model course maps will be available at Sprint HQ on Friday at 12 noon.

FDR model maps will be available online and will open at 8AM Friday. Model start/finish is on Hwy 190 (GPS 32.846966, -84.796822). From Meet HQ, travel south on Hwy 354 for .5 miles to Hwy 190. Note that there is a ramp on the right to get to Hwy 190. Do not go under the stone arch, that is Hwy 190 on top. Turn left onto Hwy 190 and travel approximately .9 miles to parking area on the left.

Child Care

While we do not offer child care, we will be as accommodating as possible for couples who requested split start times during their registrations. If you are interested in cooperating with other entrants who are in need of child care, please indicate on your entry that you give the Registrar permission to share your email address with other entrants who also have given permission for the purposes of arranging cooperative child care.

Lunches

Lunches on Saturday and Sunday are provided by the Henry County High School and Stockbridge High School Navy JROTC Booster Club at Picnic Shelter located across Hwy 354 from meet HQ. Pre-ordered lunch tickets are in your meet packet. Additional snacks and beverages will be for sale. Free hot chocolate and coffee will be provided at the picnic shelter for everyone.

Cell Phones

Cell phone coverage at the park is relatively good. Verizon seems to be the best. Competitors may take their cell phones on the courses with them; however, they may not use the phone as a navigational aid.

Medical Assistance

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

First aid kits and assistance will be located at Meet HQ.

Should you require additional medical aid, the nearest urgent care facility is:

Peachtree Immediate Care
1495 Lafayette Pkwy, LaGrange GA 30241
Phone: 706-884-7822

The nearest hospital emergency room is:

Piedmont Hospital
1741 Newnan Crossing Blvd, Newnan, GA 30265
Phone: 678-633-3500