

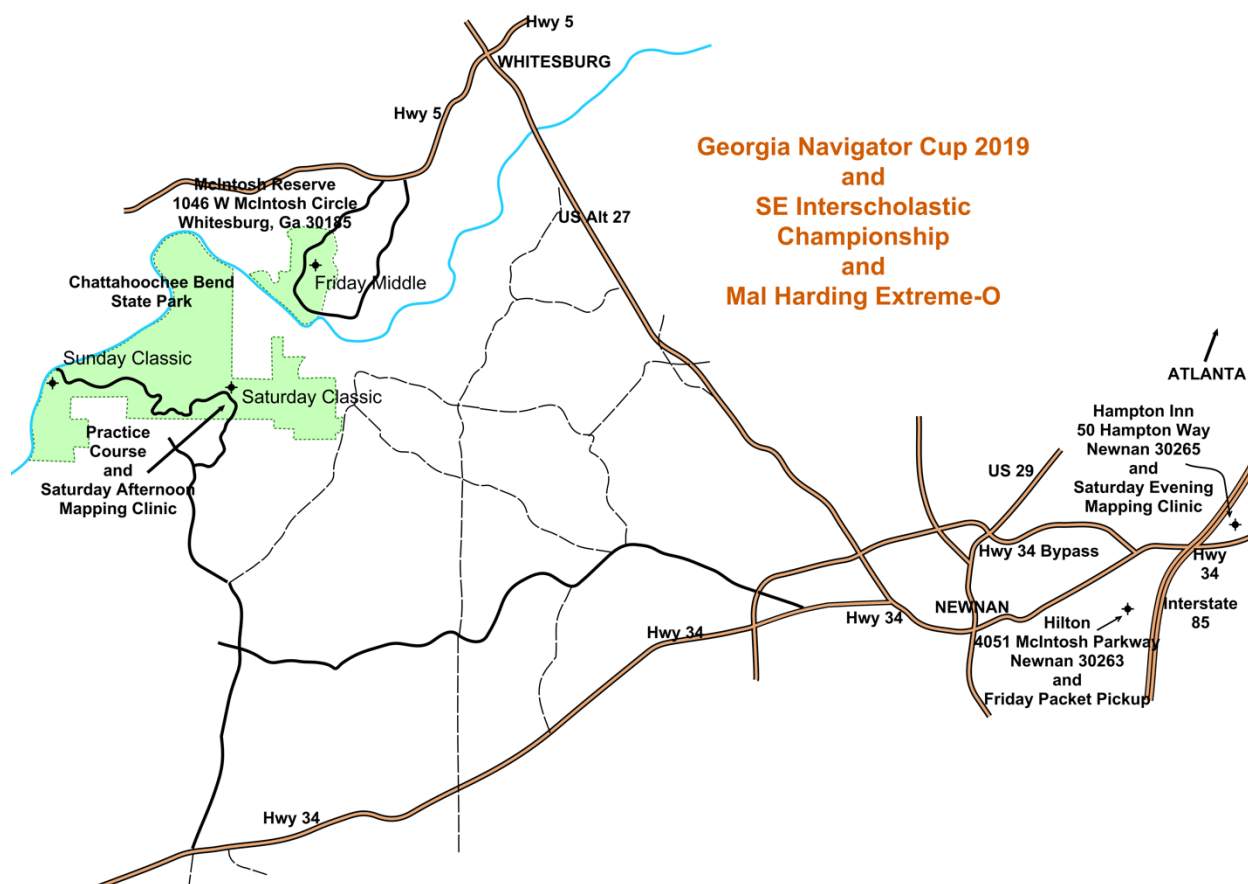


Georgia O-Fest 2019 Georgia Navigator Cup Southeast Interscholastic Championships Mal Harding Extreme-O January 18th – 21st

Overview

Georgia Orienteering Club is hosting 4 races, including a Middle distance National Ranking Event, two Classic distance National Ranking Events, and the Mal Harding Extreme-O. Georgia Navigator Cup awards will be based on total points for best two of the three National 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 beginner level “map hike” on Saturday and Sunday.

Locator Map



Schedule

Friday January 18th, 2019

- 11:00 am: McIntosh Reserve practice course opens
- 11:00 am - 3:00 pm: Packet Pick-Up at Meet HQ McIntosh Reserve Park
- 12:00 pm: First Start
- 3:00 pm: Last Start
- 3:00 pm: Chattahoochee Bend State Park practice course opens
- 5:00 pm: McIntosh Reserve Courses Close / Control pick-up
- 7:30 pm - 8:00 pm: Packet Pick-Up at Home2 Suites by Hilton Atlanta Newnan, 4051 McIntosh Parkway, Newnan, GA 30263, 770-400-8830

Saturday January 19th, 2019

- 9:00 - 11:00 am: Packet Pick-Up at Meet HQ Chattahoochee Bend State Park
- 10:00 am: First Start
- 10:00 am - 1:00 pm - Recreational Map Hike available (beginner level)
- 1:00 pm: Last Start
- 1:00 - 5:00 pm: Mapping Workshop I - Field Checking Maps Using LIDAR.
Chattahoochee Bend State Park
- 3:00 pm: Map Hike Course Closes
- 4:00 pm: Courses Close / Control pick-up
- 8:00 - 10:00 pm: Mapping Workshop II - "How to Get and Use LIDAR" an Introduction.
Hampton Inn Atlanta/Newnan, 50 Hampton Way, Newnan, GA 30265, 770-253-9922

Sunday January 20th, 2019

- 8:00 - 10:00 am: Packet Pick-Up at Meet HQ at the Park
- 9:00 am: First Start
- 10:30 am - Noon: Recreational Map Hike available (beginner level)
- 12:00 noon: Chattahoochee Bend State Park practice course closes
- 12:00 noon: Last Start
- 2:00 pm: Map Hike Course Closes
- 2:00 pm: Awards Ceremony for GNC and SEIS -- time is approximate
- 2:30 pm: Mandatory Extreme-O Briefing at Meet HQ right after awards ceremony
- 3:00 pm: Courses Close / Control pick-up

Monday January 21st, 2019

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

General Information

Contacts

Meet Director – Charlie Bleau: 404-276-6558

Registrar -- Rick Shane: 770-820-5361

Search and Rescue (SAR) -- Fred Zendt: 678-640-5828

Host Hotel for Friday Packet Pickup 7:30-8:00 pm

Home2 Suites by Hilton Atlanta Newnan, 4051 McIntosh Parkway, Newnan, GA 30263, 770-400-8830

Host Hotel for Saturday Mapping Workshop II 8:00-10:00 pm

Hampton Inn Atlanta/Newnan, 50 Hampton Way, Newnan, GA 30265, 770-253-9922

Meet Guide Printing

This guide is only available online. If you need a hardcopy, please print it and bring it with you.

Time Limits

Middle distance course time limit is 2 hours. Classic distance course time limit is 3 hours. You must return to the Finish and punch the Finish Control within the time limit, whether you complete your course or not. You must download your Ecard before leaving the finish area.

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.** 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.

Search and Rescue Coordinator (SAR): Fred Zendt 678-640-5828. You **MUST** coordinate the search and rescue of all missing or injured persons through the SAR coordinator.

DO NOT INITIATE SEARCH AND RESCUE OPERATIONS ON YOUR OWN.

Weather and Daylight

Normal highs in nearby Newnan, GA, on January 19th are 55 F (13 C) and normal lows 30 F (-1 C). Records for the date range from highs of 74 F (23 C) to lows of 12 F (-11 C). Sunrise is 7:42 am and sunset is 5:55 pm.

Embargoed Areas

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

Practice Course Maps

Practice Course Maps are available on the website for both parks. Middle distance practice course maps will be available at McIntosh Reserve Park Meet HQ on Friday at 11 am. Chattahoochee Bend State Park practice maps will be at packet pick up and will be open during daylight hours from 3 pm Friday Jan 18th and till noon Sunday Jan 20th.

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 near meet HQ on Saturday and Sunday. Pre-ordered lunch tickets are printed on your meet packet envelope. **You must present the packet envelope to get your lunch.** Additional snacks and beverages will be for sale. Free hot chocolate and coffee for everyone.

Cell Phones

Competitors may take their cell phones on the courses with them; however, they may not use the phone as a navigational aid.

Cell phone service is very poor at McIntosh Reserve Park. Verizon generally has coverage of the entire park, but data coverage can be sparse. AT&T coverage is non-existent in most of the park. Sprint and T-mobile coverage is spotty.

Cell phone service is very poor at Chattahoochee Bend State Park. Verizon generally has coverage of the entire park, but data coverage can be sparse. AT&T coverage is non-existent in the eastern part of the park and spotty otherwise. Sprint and T-mobile coverage is spotty.

First Aid Assistance

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

First aid kits, an AED and first aid assistance will be located at Meet HQ.

Should you require additional medical aid, the nearest hospital emergency room is approximately 20 miles/30 minutes drive from each park:

Piedmont Newnan
745 Poplar Road
Newnan, GA 30265
770-400-1000

Events

Friday January 18th – McIntosh Reserve Park Georgia Navigator Cup Middle Distance National meet

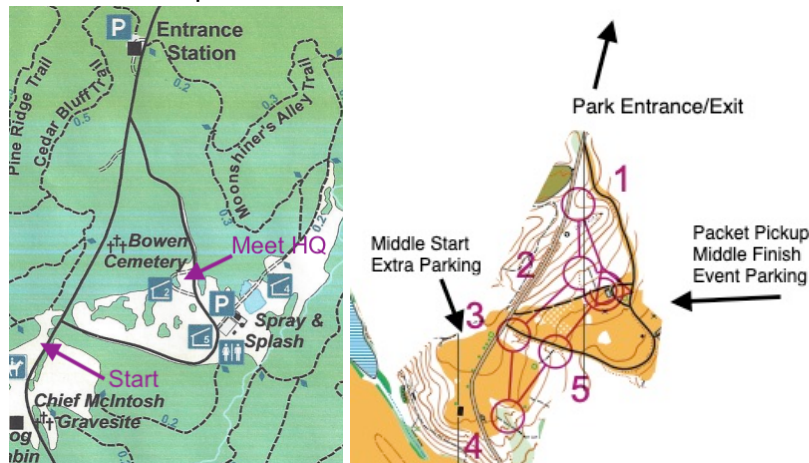
Park address and phone: 1046 W McIntosh Cir, Whitesburg, GA 30185, 770-830-5879

McIntosh Reserve Park is located 35 miles southwest of Atlanta along the Chattahoochee River and can be reached by U.S. Alternative 27 from Carrollton or Newnan and Georgia Highway 5 from Douglasville. Direct access to the park is provided by a county-maintained road that connects with Georgia Highway 5 at 2 miles west of Whitesburg.

Park Office and Entrance GPS: 33.452656, -84.954032

Meet Headquarters

Meet HQ is in picnic shelter #2.



Registration & Check in

Packet pick up will be available from 11:00 am - 3:00 pm at Meet HQ

Packet pick up will continue later from 7:30 pm - 8:00 pm at Host Hotel:
Home2 Suites by Hilton Atlanta Newnan, 4051 McIntosh Parkway, Newnan, GA 30263,
770-400-8830

Parking

Parking passes must be purchased at the park office upon entering the park
Car parking costs \$5. Parking fee is \$30 for 15 passenger van

Maps

Map is at 1:10,000 scale with 2.5 meter contours, ISOM2017 standard

Starts

Starts will be from 12:00 noon - 3:00 pm. Maximum Time is 2 hours. Courses close 5 pm

Restrooms

Restrooms are available in the parking area SE of Meet HQ. There are NO restrooms at the park office. There will be ONE portable toilet at the Start callup.

Warm up / Practice map

The practice map area is very small because the courses use most of the terrain. Practice maps will be available at Meet HQ. Practice start/finish is just north of Meet HQ. Practice course is open 11 am-3 pm.

Clothing Return

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

Walk to Start

Route will be signposted from Meet HQ
Walk is about 400 m from Meet HQ

Control Descriptions

Will be available at the middle start station.

Call up

Be at the Call-up line at least 5 minutes before your Start time. Call up is 2 minutes before your start time. There will be two one-minute stages at the Call-up and Map lines. Control descriptions are available at the Call-up line. At the Map line you will receive your map. Write your bib number on the back of the map with the marker provided. If you finish before the last

start, we will collect your map at the finish. You may retrieve your map once all competitors have started. There are only sufficient maps for each person to have one each day, so please do not take anyone else's.

Finish Line

When arriving at the finish line, 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 printout 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 on the last day of your competition at the Download Station.

Course Notes

McIntosh Reserve is a 527-acre park that is adjacent to the Chattahoochee river and is the former plantation of Chief William McIntosh. The woods are relatively open although can be thick in a few areas so watching the map is a good idea. The park has less elevation changes than Chattahoochee Bend overall but the 2.5 meter contours do show a variety of reentrants throughout the park. Some complex gully and stream systems will make some legs and controls interesting. Most courses will have to cross a creek at some point which may get the feet wet. In addition, recent rains have caused the mapped intermittent marsh to be slightly wet as well. Picnic tables in the area of the race are unmapped.

Map Notes

McIntosh Reserve, bordering the north side of the Chattahoochee River, is mostly ridge and reentrant terrain, with a few large flat fields thrown in. The map uses symbols set forth in ISOM 2017. Scale for all Middle courses is 1:10,000, with 2.5m contours. North lines are spaced at 300m.

Rootstocks are mapped with the green X symbol. Rectangular concrete picnic tables are mapped with the black O symbol, but you are unlikely to see any on the Middle courses. Other picnic tables, which you will see on your courses, are too small to be mapped. Other man-made objects are mapped with the black X symbol. Large trees are mapped with the green O symbol, and medium sized trees with the green filled circle symbol.

A park maintenance area is mapped as an olive green "Area that shall not be entered". The maintenance area is largely surrounded by a poorly maintained barbed wire fence. The fence has flagging tape on it, but it can still be very difficult to see. Crossing this area is forbidden.

Be mindful of the park boundaries. The area outside the map is private property. There are numerous private property signs, but not enough that it's impossible to mistakenly cross the park boundary. Stay on the map!

You will get your shoes wet crossing some creeks. Marshes are crossable but could be very wet depending on recent rainfall.

Reserve Punch Boxes

In the rare event that one or more electronic punch units fail, 3 Reserve Punch boxes are provided on the map. Use the pin punch to record your presence at the control.

White Course Flagging

Two legs on the White course are flagged with White vetting tape.

Middle Distance Course Details

Course	OUSA Classes	Dist. km / Climb m
White	F-10, F-12, M-10, M-12, M/F White, Grp White	2.4 km / 40 m
Yellow	F-14, M-14, F Yellow, M Yellow, Grp Yellow	2.4 km / 55 m
Orange	F-16, M-16, F Orange, M Orange	3.0 km / 60 m
Brown	F-18, F55+, F60+, F65+, F70+, F75+ M65+, M70+, M75+, M80+, F Brown, M Brown	3.3 km / 80 m
Green	F-20, F35+, F40+, F45+, F50+, M50+, M55+, M60+ F Green, M Green	3.9 km / 105 m
Red	F-21+, M-20, M35+, M40+, M45+, M Red	4.4 km / 110 m
Blue	M-21+	4.9 km / 115 m

Saturday Jan 19th, Sunday Jan 20th – Chattahoochee Bend State Park Georgia Navigator Cup Classic Distance National Meets Southeast Interscholastic Championships-SEIS

Directions

Park address and phone: 425 Bobwhite Way, Newnan, GA 30263, 770-254-7271

Park Office GPS: 33.422827, -84.982367

Registration & Check in

Friday -- Packet pick up will be available from 7:30 pm - 8:00 pm at Host Hotel:
Home2 Suites by Hilton Atlanta Newnan, 4051 McIntosh Parkway, Newnan, GA 30263,
770-400-8830

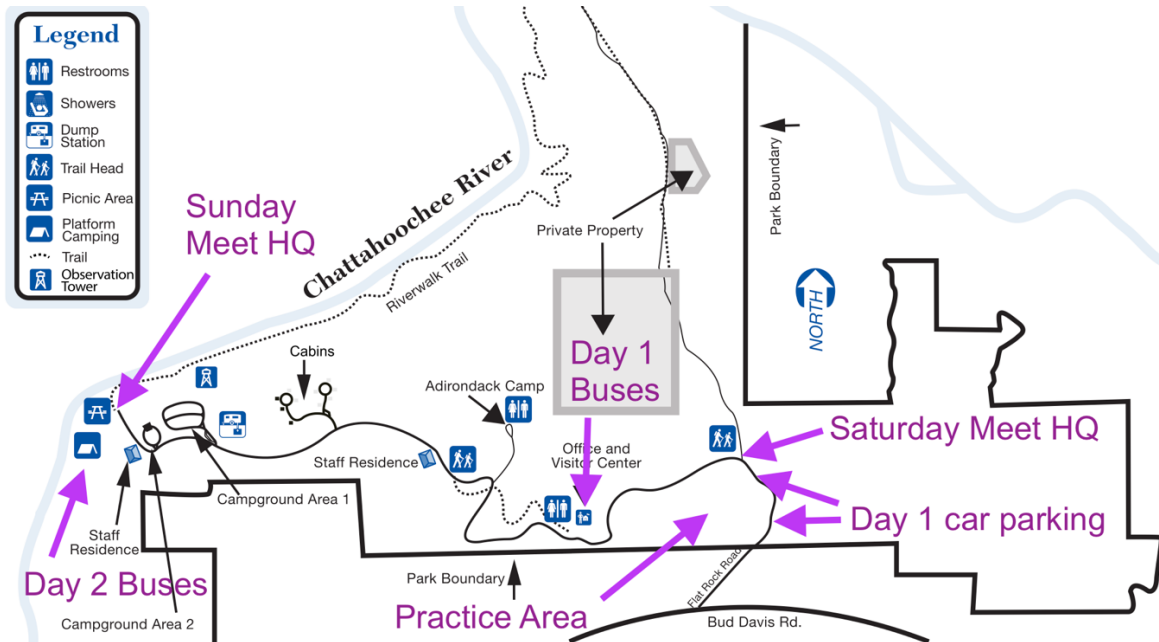
Saturday -- Packet pick up will be available from 9:00 am - 11:00 am at Meet HQ

Sunday -- Packet pick up will be available from 8:00 am - 10:00 am at Meet HQ

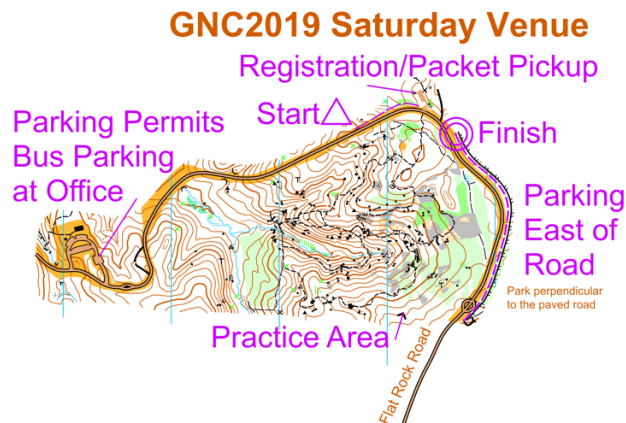
Maps

Map is at 1:10,000 scale with 2.5 meter contours, except F-21+ and M-21+ which will be 1:15,000

Site Map



Saturday Venue Map



Sunday Venue Map



Restrooms

Portable toilets are available near Meet HQ on Saturday

A park toilet block is located near Meet HQ on Sunday

Toilets are also available at the Park Office and Visitor Center

Parking

All passenger vehicles must have a state park parking pass. Car parking costs \$5/day

Passes will be available at Meet HQ on Saturday. You will need a pass for each day you are in the park. **You risk a ticket without a parking pass!** School buses may park without a pass.

Parking will be very challenging on Saturday. Please consult the Saturday Venue Map for guidance. Please carpool if you can.

Practice Map

A small practice area is located near the Saturday Meet HQ. Start and finish are across the road from the Saturday Meet HQ. Practice maps will be available at Registration. Practice course will be open during daylight hours from 3 pm Friday Jan 18th and till noon Sunday Jan 20th. Practice Map available online as well.

A small warm up area more convenient for Sunday is indicated on the Sunday Venue Map above.

Clothing Return

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.

Walk to Start

Routes are marked with blue flagging tape

Saturday walk is about 200 m from Meet HQ

Sunday walk is about 400 m from Meet HQ

Call up

Be at the Call-up line at least 5 minutes before your Start time. Call-up is 3 minutes before your start time. There will be three one-minute stages at the Call-up, Middle and Map lines. Control descriptions are available at the middle line. At the Map line you will receive your map. Write your bib number on the back of the map with the marker provided. If you finish before the last start, we will collect your map at the finish. You may retrieve your map once all competitors have started. There are only sufficient maps for each person to have one each day, so please do not take anyone else's.

Finish Line

When arriving at the finish line, 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 printout 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 on the last day of your competition at the Download Station.

Course Notes

Saturday’s Classic competition takes runners over the remnant granite outcrop complex that runs northeast across Georgia and includes Stone Mountain and Panola Mountain and continues into Elberton, famous for its granite monuments. Runners will notice bare rock, small boulders, and ledges, as features used as control points, but may be less than a 1 meter high. Boulders that are visible from 50 meters are mapped regardless their size. There is a wide range of boulder size but to limit the mapped ones to over one meter would reduce the technical interest of orienteering maps covering this granite complex and its characteristic as one of the most ancient terrains in North America, untouched by glaciation.

With a contour interval of 2.5 meters, a quick glance at the map and climb may seem daunting, but one should pay attention to the contour shape, as it will be critical navigation information. Holding your line while navigating the rocky detail and greenbrier will be the skill the course setter tests.

The Sunday Classic competition is mostly in the flood plain of the Chattahoochee River. Recent rains have flooded most of the bottomland, and the river, in retreat, has left a slippery film of mud on trails and stream banks. Be careful one doesn’t slide into the “Hooch” or one of its many sloughs. Many areas marked as intermittent marsh are bona fide marshes now and that should inform your route choice.

Route choices on the intermediate through advanced courses for both days include stream and marsh crossings, so dress accordingly and expect wet feet.

Map Notes

Chattahoochee Bend State Park covers an area of low hills that nestle into a big bend of the Chattahoochee River. Starting from the river and moving inward, there is first a steep, muddy bank that climbs to low sand dunes next to the river. Between the sand dunes and the hills is a flood plain that is frequently flooded. Low areas are marshy and muddy and do not drain well or quickly after a flood. The most recent flood was just a few weeks ago. The flood plain drains where small streams and creeks pass through the dunes into the river.

Further inland from the river is a rocky area (the Flat Rock). The rock is in bands - when you are in a band, there is rock everywhere, and when you are not, there is no rock. On one side of the hills the rocky areas are large boulders and cliffs, but on the other side of the same hill, there

will be relatively flat areas of bare rock. These vary in area from the size of a small pond to a lake. The vegetation in the bare rock areas is stunted and green.

On the edges of the bare rock there are ankle high prickly pear cactus - the paddles detach and embed in your shoes, and the thorns work their way deeper as you run - ouch!

Frequently there will be light green on the edge of the gray bare rock - don't confuse the gray and green colors! The rest of the park is relatively open, except in the pine areas that were "thinned" back in 2011.

Reserve Punch Boxes

In the rare event that one or more electronic punch units fail, 3 Reserve Punch boxes are provided on the map. Use the pin punch to record your presence at the control.

White and Yellow Course Flagging

Some legs on the White and Yellow courses are flagged with White vetting tape.

Individual SEIS Categories

ISVM – Varsity Male (Green)
ISVF – Varsity Female (Brown)
ISJVM – Junior Varsity Male (Orange)
ISJVF – Junior Varsity Female (Orange)
ISIM – Intermediate Male (Yellow)
ISIF – Intermediate Female (Yellow)
ISPM – Primary Male (White)
ISPM – Primary Female (White)

Team SEIS Categories

SEIS School Varsity Team 3-5 students (ISVM on Green and/or ISVM on Brown)
SEIS JROTC Team 3-5 students (ISVM on Green and/or ISVF on Brown)
SEIS School Junior Varsity Team 3-5 students (ISJVM and/or ISJVF on Orange)
SEIS School Intermediate Team 3-5 students (ISIM and/or ISIF on Yellow)

Awards

Georgia Navigator Cup awards will be given for 1st, 2nd, and 3rd for all OUSA classes based on total points for the best two of three National meets. Awards ceremony will be at meet HQ at 2 PM Sunday (time is approximate).

Navigator Cup scoring method

Race winner receives 1,000 points

Everyone else receives points based on this formula: 1,000 times winner's time divided by their time e.g. someone taking double the winner's time receives 500 points. Total points based on best two scores.

SEIS awards based on total scores from both days

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

Navigator Cup / SEIS Course Details

Course	SEIS Classes	OUSA Classes	Sat. dist. km / climb m	Sun. dist. km / climb m
White	ISPF, ISPM	F-10, F-12, M-10, M-12, M/F White, Grp White	1.6 / 50	2.8 / 30
Yellow	ISIF, ISIM	F-14, M-14, F Yellow, M Yellow, Grp Yellow	1.8 / 55	3.0 / 30
Orange X	ISJVM	M-16	4.3 / 100	4.5 / 35
Orange Y	ISJVF	F-16, F Orange, M Orange, Grp Orange	4.4 / 100	4.3 / 35
Brown X	ISVF	F-18, F55+, F60+, F65+, M65+, M70+, M75+	4.5 / 85	4.5 / 50
Brown Y		F70+, F75+, M80+, F Brown, M Brown	3.3 / 70	3.4 / 30
Green X	ISVM	M-18, M50+, M55+, M60+, M Green	5.8 / 145	5.7 / 50
Green Y		F-20, F35+, F40+, F45+, F50+, F Green	4.8 / 145	4.7 / 50
Red		F-21+, M-20, M35+, M40+, M45+, M Red	6.8 / 210	7.1 / 65
Blue		M-21+	9.8 / 250	10.6 / 120

Jan. 19th and 20th - Recreational Map Hikes

A limited number of non-competitive Orienteering spaces are available on a beginner's level course. Beginner instruction will be available.

The Map Hike will NOT be the same as any competitive course. Register at the Meet HQ
 Saturday 10:00 am – 1:00 pm, must return by 3pm, Sunday 10:30 am - noon, return by 2pm.
 \$10 per map, \$3 per extra map. Map Hike will use manual punching.

Monday January 15th - Mal Harding Extreme-O

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. **Actual start times and location will be announced at the briefing.**