

Georgia O-Fest 2018
Georgia Navigator Cup
Southeast Interscholastic Championships
Mal Harding Extreme-O
January 12th - 15th

Schedule

Friday January 12th, 2018

- 11:00 am - Hard Labor Creek practice course opens
- 11:00 am - 3:00 pm: Packet Pick-Up at Meet HQ Hard Labor Creek State Park
- 12:00 pm: First Start Hard Labor Creek
- 3:00 pm: Last Start Hard Labor Creek
- 3:00 pm: Mistletoe practice course opens. Open till last start (12:00 noon) on Sunday.
- 5:00 pm: Hard Labor Creek Courses Close / Control pick-up
- 5:30 pm - 8:00 pm: Packet Pick-Up at Hampton Inn Thomson GA
 - 1702 Washington Road, Thomson GA 30824 706-595-5300

Saturday January 13th, 2018

- 9:00-11:00 am: Packet Pick-Up Meet HQ at Mistletoe State Park
- 10:00 am: First Start
- 10:00 am - 1:00 pm - Recreational Map Hike available (beginner level - north)
- 1:00 pm: Last Start
- 3:00 pm: Map Hike course closes
- 3:00 pm: OUSA Board of Directors meeting -- Hampton Inn
- 4:00 pm: Courses Close / Control pick-up

Sunday January 14th, 2018

- 8:00-10:00 am: Packet Pick-Up at Meet HQ at Mistletoe State Park
- 9:00 am: First Start
- 10:30 am - Noon: Recreational Map Hike available (beginner level - south)
- 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 p.m: Courses Close / Control pick-up

Monday January 15th, 2018

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

Overview

Georgia Orienteering Club is hosting 4 races, including a middle distance National meet, two classic distance National meets, 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.

General Information

Contacts

Meet Director -- Steve Houghton: 770-330-8172

Registrar -- Rick Shane: 770-820-5361

Hard Labor Creek (Friday) search and rescue -- Steve Houghton: 770-330-8172

Mistletoe search and rescue (Saturday and Sunday) -- Fred Zendt: 678-640-5828

Host Hotel -- Hampton Inn

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

Address: 1702 Washington Rd, Thomson, GA 30824

Phone: (706) 595-5300

Meet Guide Printing

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

Parking -- General

Parking passes are required for each day you will be at one of the parks. They may be purchased 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 \$5/day. School buses will be able to park at no charge.

All vehicles other than school busses must have a parking pass or risk getting a ticket.

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):

Hard Labor Creek: Steve Houghton 770-330-8172

Mistletoe State Park (Saturday and Sunday): Fred Zendt 678-640-5828

Weather and Daylight

Normal highs on January 14th are 53 F (12 C) and normal lows 32 F (0 C). Records for the date range from highs of 76 F (24 C) to lows of 9F (-13 C). Sunrise is 7:39 am and sunset is 5:48 pm.

Clothing Return

There will not be clothing return at the Hard Labor Creek middle distance race.

At Mistletoe, 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 Hard Labor Creek is Steve Houghton, cell number is 770-330-8172.

The SAR coordinator for the Mistletoe classic courses is Fred Zendt, cell phone number 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.

Embargoed Areas

All areas of Hard Labor Creek and Mistletoe State Parks 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 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.

Model Course / Practice Maps

Middle distance model course maps will be available at Hard Labor Creek Meet HQ on Friday at 11am.

Mistletoe model maps will be at packet pick up and will open at 3 PM Friday, Jan. 12th.

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 the "Beach House" near meet HQ. 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 will be provided at the picnic shelter 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 coverage at Hard Labor Creek is virtually non-existent. There is often wi-fi at the park office, but there have been times when it is not available.

Cell phone coverage is generally good at Mistletoe with Verizon. However, T-mobile and AT&T are spotty.

First Aid Assistance

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

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

Should you require additional medical aid, the nearest hospital emergency rooms are:

Hard Labor Creek State Park Morgan Memorial Hospital 1077 S. Main St. Madison, GA 30650 Phone: 706-342-1667	Mistletoe State Park Doctors Hospital of Augusta 3651 Wheeler Rd Augusta, GA 30909 Phone: 706-651-3232
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Note that Augusta is farther east (away from Atlanta), but has the closest ER to Mistletoe.

Events

Friday January 12th

Georgia Navigator Cup Middle Distance National meet

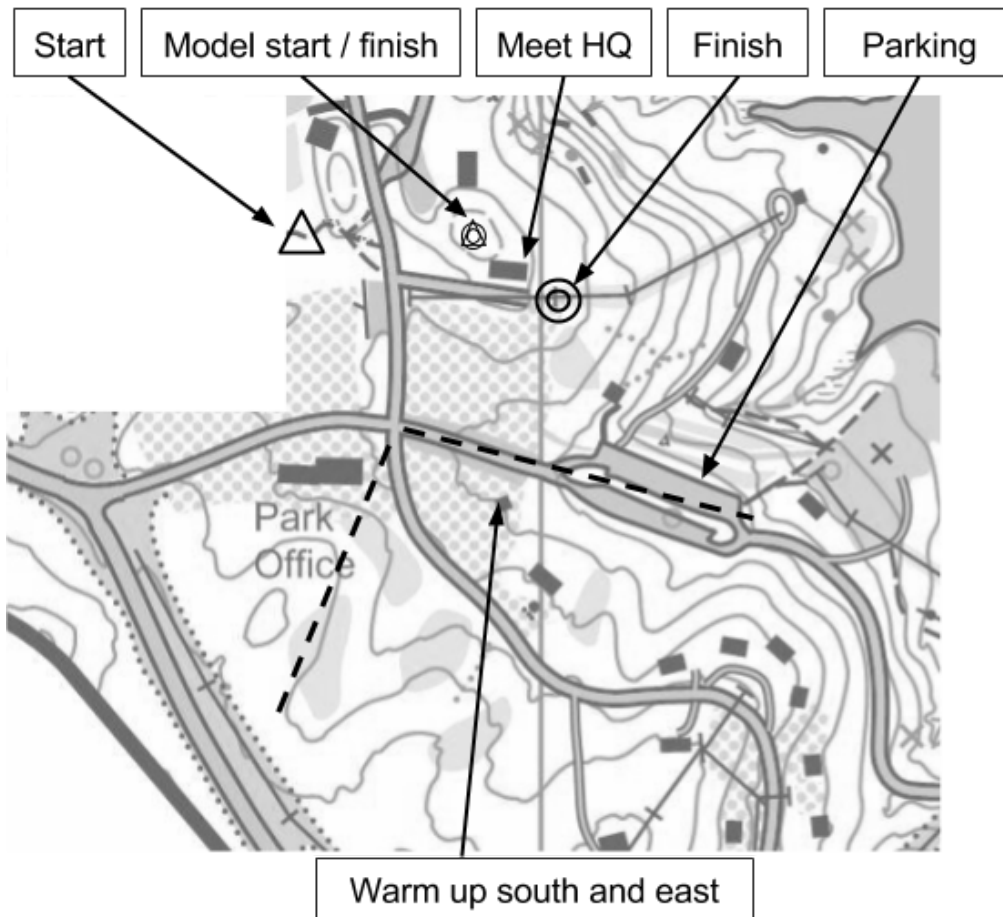
Race venue is Hard Labor Creek State Park

5 Hard Labor Creek Rd, Rutledge, GA 30663

GPS coordinates for the park entrance: 33.663655, -83.607507

Meet Headquarters

Meet HQ is in picnic shelter 5.



Registration & Check in

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

Parking/Entry Fee

Parking passes are required and may be purchased 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 \$5/day. School buses will be able to park at no charge.

Parking passes for Mistletoe will also be available at Saturday packet pick up / Meet HQ. You will need a pass for each day you will be in the park.

All vehicles other than school busses must have a parking pass or risk getting a ticket.

Maps

Map is at 1:10,000 scale with 3.0 meter contours

Control Descriptions

Will be available at the middle start station.

Walk to Start

Blue vetting tape will mark the route.

Walk is around 5 minutes from meet HQ.

Restrooms

Restrooms are available at the west end of the park office and portable toilets will be in the parking area south of meet HQ.

Warm up / Practice map

The model 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 opens at 11 am.

Clothing Return

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

Course Notes

Some people say the name "Hard Labor Creek" originated with the slaves who worked the cotton fields in this area. I can't verify that, but I do know that poor farming practices left behind gullies that make "hard labor" for orienteers. You decide whether to go around or through.

Map has been updated to use a green "X" for rootstocks.

Almost no walk from parking to the start or the finish. The start and finish share a narrow corridor between the campground and the carpet golf course. Everyone will cross the

campground road at a mandatory crossing point on the way to the final control and the finish. Feel free to walk up the campground road to the picnic shelter and around the finish (but not through it!) and look it over, but do not go west of the campground road or north of the finish until you are on the clock! You can warm up anywhere east of the finish.

Please see page 11 for mapper's notes.

Middle Distance Course Details

Course	OUSA Classes	(km dist/ climb m)
White	F-10, F-12 M-10, M-12 M-Open, F-Open, Group Open	2.5 km / 60 meters
Yellow	F-14, M-14 M-Open, F-Open, Group Open	2.6 km / 60 meters
Orange	F-16, M-16 M-Open, F-Open, Group Open	2.7 km / 60 meters
Brown	F-18 F55+, F60+, F65+ F70+, F75+ M65+, M70+, M75+ M-Open, F-Open	3.2 km / 75 meters
Green	M-18, F-20, F35+ F40+, F45+, F50+ M50+, M55+, M60+ M-Open, F-Open	3.8 km / 115 meters
Red	M-20, F21+ M35+, M40+, M45+ M-Open	4.4 km / 120 meters
Blue	M21+	5.2 km / 150 meters

Hard Labor Creek Search and Rescue (SAR)

Steve Houghton - 770-330-8172

Saturday Jan 13th & Sunday Jan 14th

Georgia Navigator Cup Classic Distance National Meets And Southeast Interscholastic Championships-SEIS

Race venue is Mistletoe State Park South

Parking passes are \$5 per day for passenger cars

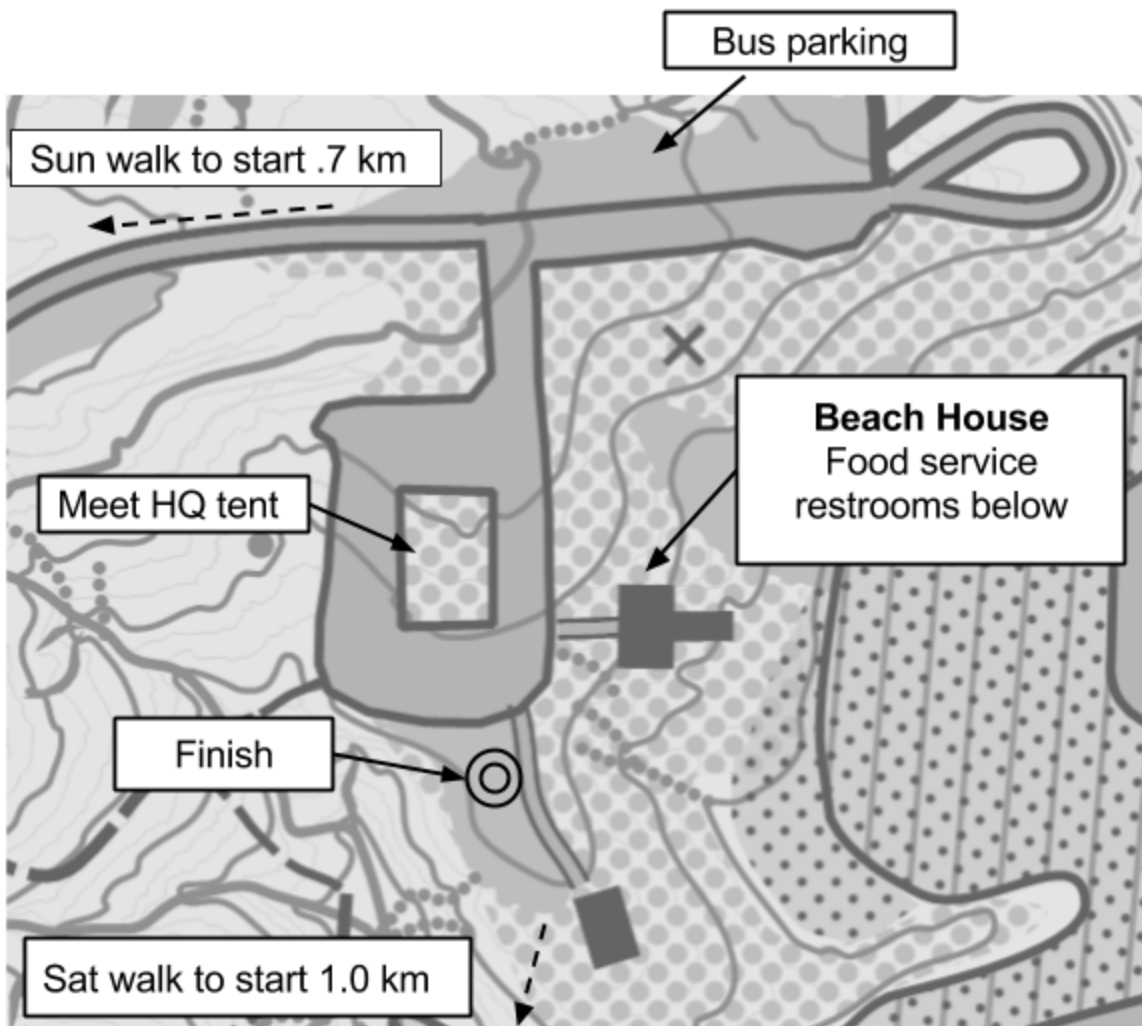
Maps will be 1:10,000 for all courses except 1:15,000 for M21+ (Blue) and F21+(Red). Contour interval is 3 meters

Park address is: 3725 Mistletoe Rd, Appling, GA 30802

Meet headquarters

Meet HQ is located near the “Beach House” building

GPS Coordinates for meet HQ are 33.650249, -82.373046



Restrooms

Portable toilets are available near Meet HQ

Restrooms are located below the “Beach House” food service building

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

Practice Map

Will be available at packet pick-up,

The model map is just north of the “Beach House”

Model opens 3 pm Friday and closes at noon on Sunday

Clothing Return

Clothing will be returned from the start line to Meet HQ as quickly as we can

Walk to Start

Blue vetting tape will mark the route each day.

Saturday walk is approximately 1 km and will take around 20 minutes from Meet HQ.

Sunday walk is approximately 700 meters and will take around 10 minutes 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.

Mistletoe Search and Rescue

Course Notes

Mistletoe Course Setter:

Many gullies, ditches, and reentrants are used as control locations, and they can look similar on the ground. Be sure to check control codes! Point features as small as one half meter may be used for control locations; all point feature control descriptions include the height of the feature.

Campgrounds, park cabin sites, and ranger residences are out of bounds and must be avoided. As mentioned in the mapper's notes, the lake is low, and the exposed shore is runnable; you are allowed to run or walk in the dry part of the lake bed.

The Saturday start requires a walk of approximately 1000 meters from Meet HQ; the route is flagged with blue flagging tape. The first few controls on White and Yellow courses are near the lake; use the edge of the lake bed as a handrail. The White course has one leg flagged with white flagging tape. The Green, Red, and Blue courses have creek crossings that may get your feet wet. Pay close attention to the map to find the best creek crossings. All courses have at least one road crossing; please pay attention to cars traveling on the road and give them right of way. Safety Bearing for Saturday: Head North until you reach the road or the lake.

The Sunday start requires a walk of approximately 700 meters from Meet HQ; the route is flagged with blue flagging tape. The White course has two legs flagged with white flagging tape. Orange, Brown, Green, Red, and Blue courses cross an intermittent stream that may or may not get your feet wet. The banks of the intermittent stream are steep; pay close attention to the map to find the best creek crossings. All courses have at least one road crossing; please pay attention to cars traveling on the road and give them right of way. Safety Bearing for Sunday: Head Southeast until you reach the road or the lake.

Mistletoe and Hard Labor Creek Mapper:

Mistletoe and Hard Labor Creek State Parks, between Atlanta and Augusta, are typical examples of Southern Piedmont terrain with erodible soils exposed to intensive farming in the 19th and first half of the 20th centuries. The result is a complex of ditches, gullies and ravines that will continue to erode despite being long since covered by vegetation. For orienteering purposes, they are relevant to runnability and navigation, and are mapped as linear features so that information may be depicted between the 3 meter contours. They are the salient feature of these orienteering maps.

The brown dotted lines are dry ditches that break the ground surface, are easily crossed and noticeable at normal speed. Gully lines (pointed at both ends) are deep, narrow ditches one to three meters deep, that will cause the runner to slow/stop to cross. Ravines are enclosed by the earth bank line (often without tags if too narrow) and are 2 meters to 6 meters deep and are not easily or safely crossed. Ravines that are dangerous/forbidden to cross are marked by the black cliff symbol with taglines. Rock features are not abundant and are mapped if they are noticeable within 30

meters of the runner, regardless their absolute size. Cliffs are rare so most rock outcrops are mapped with the crossable cliff symbol (thick black line without tags) and most identifiable from the downhill side so they are drawn parallel to the contour line. It is interesting to note that most of the rock outcrops on these maps are shaped like half a hot dog and oriented in a SW-NE direction with the rounded end most visible on the downhill side when the contour runs perpendicular to it. Clusters of these boulders make for interesting control locations. Boulders visible from all sides are mapped with a corresponding size black dot. There are numerous low rock piles and are depicted with a small irregular triangle. The cairn/boundary symbol has been reserved for boundary markers. The black circle depict junk piles and the black X is a permanent man made feature. Most rootstocks (green X) are at least a meter high and there are some new ones that may not have been observed. There are old rootstocks that have eroded below one meter and may or may not still be marked. These may have degraded to the brown dot knoll if they are noticeable at a 30 meter distance. Brown dot knolls are common along old road beds (narrow ride line) and are not all mapped and the small brown dot symbol (broken ground) indicate clusters of dirt piles. The green dot symbol is reserved for the Hardy Orange, an introduced species with an impenetrable growth habit, that is slowly spreading in the park.

Clark's Hill Lake is low at Mistletoe State Park and the exposed shore is runnable and marked as rough open (light yellow) and wide green lines indicating slow running. The black bank line indicates the normal level of the lake and is crossable.

Blue magnetic north lines are 250 meters apart at map scale.

Green runnability is marked according to winter time conditions. Visibility/runnability changes dramatically during warmer times of year.

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 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.

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.

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

Awards ceremony will be at meet HQ at 2 PM Sunday (time is approximate).

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	2.8 km / 60m	2.6 km / 40m
Yellow	F-ISI, M-ISI	F-14, M-14 M-Open, F-Open, Group Open	3.2 km / 75m	2.7 km / 50m
Orange X	M-ISJV	M-16	4.0 km / 100m	4.6 km / 105m
Orange Y	F-ISJV	F-16 M-Open, F-Open, Group Open	3.9 km / 90m	4.7 km / 110m
Brown	F-ISV	F-18 F55+, F60+, F65+ F70+, F75+ M65+, M70+, M75+ M-Open, F-Open	4.3 km / 110m	3.8 km / 100m
Green X	M-ISV	M-18	6.0 km / 150m	5.4 km / 140m
Green Y		F-20, F35+ F40+, F45+, F50+	5.8 km / 150m	5.4 km / 120m

		M50+, M55+, M60+ M-Open, F-Open		
Red		M-20, F21+ M35+, M40+, M45+ M-Open	7.1 km / 190m	7.6 km / 180m
Blue		M21+	10.5 km / 230m	10.0 km / 200m

Jan 13th and 14th -- 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 (Mistletoe 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 the “Beach House”. **Actual start times and location will be announced at the briefing**