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**Towson XC Invitational**

Oregon Ridge Park

13401 Beaver Dam Road

 Cockeysville, MD 21030

Friday, August 30, 2019

Meet Information

**Race Time**: Women: 4:00pm, Men: 4:30pm

**Race Distance:** Women: 4000 meters, Men: 5000 meters

**Entry Fee**: $30 per athlete (up to 5)/$150.00 Per Team ($300.00 for men and women) **unlimited entries.** All fees will be paid on Direct Athletics

**Entry Procedure:** All entries will be done through Direct Athletics. Entries are currently open and will close August 28th at 11:59pm.

**Results:** Results will be available at the meet and posted to Direct Athletics and TFRRS.

**Timing:** Timing will be done by Lexicon Timing

**Course:** The course will be open at 2pm and marked with white paint and flagging. It is a 95% grass (small areas of gravel, asphalt) and moderately hilly.

**Directions:**

From Baltimore Beltway:

Take 695 to 83 North to Exit 20B (Shawan Road West). Follow Shawan Road to the first light, Beaver Dam Road, and turn left. Immediately after making the left onto Beaver Dam Road, there will be a fork in the road. Take the left fork. Follow Beaver Dam Road to Oregon Ridge Park’s entrance. The Oregon Ridge Park’s entrance is located on the right hand side of Beaver Dam Road.

From Points North:

Take 83 South to Exit 20B (Shawan Road West). Follow Shawan Road to the first light, Beaver Dam Road, and turn left. Immediately after making the left onto Beaver Dam Road, there will be a fork in the road. Take the left fork. Follow Beaver Dam Road to Oregon Ridge Park’s entrance. The Oregon Ridge Park’s entrance is located on the right hand side of Beaver Dam Road.

**Parking:** There is plenty of parking near the course for teams and fans.

**Athletic Training Room:** A trainer will be on site during the competition. Please have your trainer contact Kristin Milliette, MS with any questions at kmilliette@towson.edu

**Bathrooms:** Bathrooms will be available at the course

**Results:** Hard copies will be available after the race. The results will also be posted online at [www.towsontigers.com](http://www.towsontigers.com)

**Concessions:** There will be no concessions.

**Questions:** Mike Jackson mjackson@towson.edu Office 410-704-3972 Cell 443-802-8279