

# Olney Cross Country Club

## Cross Country Meet

Date:	Sunday September 29th, 2013		
Location:	<b>Agriculture Center 18400 Muncaster Road</b>		
Meet Sponsor:	<b>Olney CC Club</b>		
Meet Director:	Anne Forsha (301)-330-0590 (email: josephforsha@comcast.net) Gretchen Triantos (301)774-3490		
Participation Fee:	\$5.00 per athlete		
Awards:	Top 15 individuals per event will receive awards		
Registration:	11:45 AM		
Course Walk:	12:30 PM		
Order of Events:	6 & Under	1:15PM	1K
<b>ALL TIMES</b>	8 & Under	1:45PM	2K
<b>ARE APPROXIMATE</b>	9 – 10	2:15PM	3K
	11 – 12	2:45PM	3K
	13 – 14	3:15PM	4K

**Note:** If there are too many athletes per age group the boys will start first followed 1 minute later by the girls. The Agriculture Center has bathroom facilities. However, there are no accommodations available for refreshments. Coaches, parents and athletes are encouraged to bring snacks & sufficient fluids (hot & cold) to meet their needs.

**Directions:** From Howard County: Follow Rt 108 toward Olney. Proceed past Olney and continue to about 1 mile past Johnson's Nursery and turn left at the traffic light onto Muncaster Road. Follow Muncaster Road and turn right on Farm Park Access Road (18400 Muncaster Road). From the entrance go straight for ½ mile to the parking lot. Watch out for the speed camera!!

From I-270: Stay on I-270 until you get to the exit for I-370 (also marked for the Metro). On I-370 you will want to be in one of the left-hand lanes. The two right hand lanes end as "off-ramps". From the I-270/I-370 junction you will travel about 2 ½ miles before you get off at the exit marked "Shady Grove Road East". Follow Shady Grove road about 2 miles. Turn right onto Muncaster Mill (MD 115). At the first light (McDonald's/7-11) turn left on to Muncaster Road. Follow Muncaster Road for 1.2 miles. Turn left on Farm Park Access Road (18400 Muncaster Road). From the entrance go straight for ½ mile to the parking lot.