

LOUISIANA TECH MOOK 4 CROSS COUNTRY INVITATIONAL

MEET INFORMATION

DATE: Saturday, September 15, 2018

SITE: Louisiana Tech Farm (Parking available on Ben Grafton Rd. via Tech Farm Rd.)

SCHEDULE: 8:30am Men's 4-Mile

9:15am Women's 4-Kilometer

ENTRY PROCEDURE: All entries should be made online at *DirectAthletics.com*, entries will close at 11:59pm, Tuesday, September 11

ENTRY FEE: \$100/Gender, or \$200/Team

Incomplete Teams (<5 individuals): \$20/individual

Checks should be written to **LOUISIANA TECH TRACK AND FIELD FOUNDATION**

COURSES: Men's 4-Mile- 100% grass course with rolling hills beginning with 2 half-mile loops, into 2 larger 1.5-mile loops

Women's 4-Kilometer- Follows the same course as the men's 4-mile, beginning with 2 half-mile loops, followed by one 1.5-mile loop

CHECK-IN/PACKET PICK UP: Beginning at 7:15am

AWARDS: The Top-7 in each race will receive Mook 4 T-shirts

SPECTATOR INFORMATION: Admission is free

TIMING AND RESULTS: Timing will be done by Port City Timing; results will be available following competition at latechsports.com and tfrrs.org

DIRECTIONS TO COURSE: Search "TECH FARM" on GoogleMaps, GPS, etc.

From I-20 East and West: (1)Exit I-20 at *Exit 84*. (2)Continue on *Tech Drive* following signs for Louisiana Tech University. (3) Turn RIGHT on *California Ave*. (4)Turn LEFT on *Tech Farm Road*. (5)Turn LEFT on *Ben Grafton Road* and proceed to parking.

From the North: (1)Travel South on *LA-167*, when you've entered Ruston this road will become *Trenton St*. (2)Turn RIGHT on *California Ave*. (3)Turn LEFT on *Tech Farm Road*. (4) Turn LEFT on *Ben Grafton Road* and proceed to parking.

From the South: (1) Travel North on *LA-167*. (2) Turn LEFT on *Tennessee Ave* at LifeChurch Ruston. (3)Turn RIGHT on *Tech Farm Road*. (4)Turn RIGHT on *Ben Grafton Road* and proceed to parking.

QUESTIONS: Adam Malloy, Assistant Track and Field Coach: (318) 257-5424 or admally@latech.edu