

# Long Day's Night Meet Information Sheet

## Schedule

### Friday, Nov. 14 – US Night-O Championships

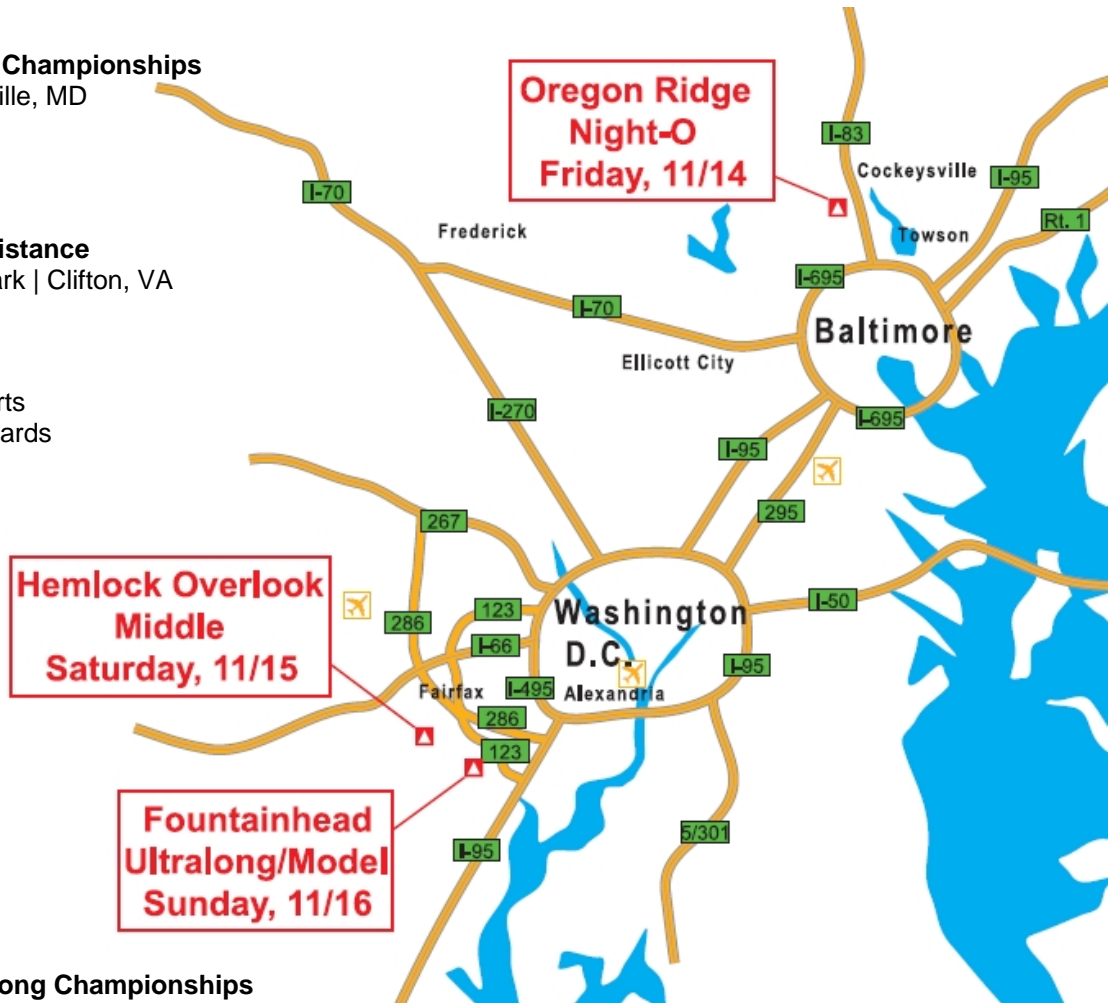
Oregon Ridge Park | Cockeyville, MD  
16:00 Registration opens  
17:37 First start  
22:00 Courses close

### Saturday, Nov. 15 – Middle Distance

Hemlock Overlook Regional Park | Clifton, VA  
09:00 Registration opens  
12:00 First start  
13:00 First recreational starts  
14:00 End of recreational starts  
15:00 Night-O and middle awards  
16:00 Courses close

### Sunday, Nov. 16 – US Ultra Long Championships

Fountainhead Regional Park | Fairfax Station, VA  
07:00 Registration opens  
07:45 First shuttle bus to assembly area  
(O/Br/G/R/Bl, no bus ride for W/Y)  
08:20 Last shuttle bus to assembly area  
08:45 Walk to mass start from assembly area  
09:00 Mass start  
09:15 First W/Y start  
09:45 First recreational starts  
12:00 End of recreational starts  
13:00 Ultra long and overall weekend awards  
14:00 Courses close



## Directions and Parking

**Oregon Ridge Park** (Friday) – 13401 Beaver Dam Rd, Cockeyville, MD 21030 Lat/Long: 39.4918N/76.6808W From I-83, take exit 20B for Shawan Rd West. Signs will be posted from the junction of Shawan Rd and Beaver Dam Rd. Parking will be in a large paved lot. Registration will be in the Seneca Room in the southeast end of the large building on the southwest side of the parking lot.

**Hemlock Overlook Regional Park** (Saturday) – 13220 Yates Ford Rd, Clifton, VA 20124 Lat/Long: 38.7670N/77.4080W Signs will be posted from the junction of Ox Rd (VA-123) and Clifton Rd (SR-645). Parking will be on the grass along both sides of a road as directed by event volunteers. There will be a 300-900m walk from parking to registration, adjacent to the finish.

**Fountainhead Regional Park** (Sunday) – 10875 Hampton Rd, Fairfax Station, VA 22039 Lat/Long: 38.7245N/77.3303W Signs will be posted from the junction of Ox Rd (VA-123) and Hampton Rd (SR-647). Parking will be in a large paved lot. Registration will be in the picnic shelter by the southwest corner of the parking lot.

## Busing and Walk to Start

	Night	Middle	Ultra Long
Bus to assembly area	N/A	N/A	10 min for Orange/Brown /Green/Red/Blue only - bus departures between 07:45 and 08:20
Walk to start from registration or assembly area	10min (~400m steep uphill)	White/Yellow/Orange – 8min (~500m) Brown/Green/Red/Blue – 25min (~1500m)	White/Yellow – 1min Orange/Brown/Green/Red/Blue – 5min (~400m) guided walk to start begins at 08:45

## Course Info

### Map Scales

Night-O maps will be printed at a scale of 1:10,000 except for White and Yellow maps, which will be at 1:7,500

Middle distance maps will be 1:10,000 except for White and Yellow at 1:5,000 and Orange at 1:7,500

Ultra Long maps will be 1:10,000 except for White and Yellow at 1:5,000, and M/F-21+ Blue and Red at 1:15,000

Course	Classes	Night	Middle	Ultra Long
White	F-10, F-12, M-10, M-12, M/F-White	2.4km/50m/7 cntrls	2.0 km/75m/11 cntrls	1.9 km/50m/9 cntrls
Yellow	F-14, M-14, M-Yellow, F-Yellow	2.5 km/70m/7 cntrls	2.1 km/80m/12 cntrls	3.1 km/140m/13 cntrls
Orange	F-16, M-16, F-Orange, M-Orange	4.1 km/200m/7 cntrls	3.2 km/125m/14 cntrls	7.2 km/330m/11 cntrls
Brown	F65+ to F90+, M75+ to M90+, F-Brown, M-Brown	4.2 km/170m/10 cntrls	3.3 km/175m/13 cntrls	7.6 km/260m/13 cntrls
Green X	M50+, M55+, M60+	5.7 km/240m/13 cntrls	3.7 km/175m/12 cntrls	11.8 km/445m/17 cntrls
Green Y	F-20, F35+, F40+, F45+, F50+, M-18, F-Green, M-Green	5.8 km/230m/13 cntrls	3.6 km/180m/13 cntrls	
Red	F-21+, M-20, M35+, M40+, M45+, M-Red	8.2 km/390m/18 cntrls	4.2 km/185m/15 cntrls	15.2 km/590m/21 cntrls
Blue	M-21+	10.1 km/520m/22 cntrls	5.2 km/260m/17 cntrls	20.0 km/690m/24 cntrls

