



TALLULAH FALLS SCHOOL

2023 HIGH SCHOOL CROSS COUNTRY



WWW.TALLULAHFALLS.ORG **UPDATED 7.25.23**

Home meets are at the Upper Farm Course across from the Middle School Campus · 295 Scenic Loop Road, Tallulah Falls, GA 30573
 5k course map link <https://www.tallahulahfalls.org/skins/userfiles/files/College%20cross%20country%20course.pdf>
 3k course map link [https://www.tallahulahfalls.org/skins/userfiles/files/MS%20XC%203K%20Course%20Map\(1\).pdf](https://www.tallahulahfalls.org/skins/userfiles/files/MS%20XC%203K%20Course%20Map(1).pdf)

DAY	DATE	TIME	OPPONENT	HOME/ AWAY	OUT TIME	LEAVE TFS	APX RETURN
Unofficial Practice Starts Monday, July 31 – Official Practice Starts Mon Aug 7							
THUR	8/10	Big Peach Running Company Mobile Shoe Night 3:00–6:30 at TFS Natatorium Parent Meeting 5:45–6:30 Natatorium					
Sat	8/19	9:00 G 9:30B 10 JVG 10:25 JVB	NE GA Championships @ Athens Christian 1270 Highway 29 N, Athens, GA 30601 https://ga.milesplit.com/meets/505484-nega-cross-country-championships-2023	Away		6:30	1:00
TUE	8/22	4:30	Gorge to Beach XC Experience 3k TFS Farm Course/Tallahulah Gorge/Tallahulah Beach	Home			
THUR	8/24	4:30	Annual Quadrathlon (kayak, swim, bike, run) Tallulah Falls beach area – Note: \$5 parking 5:30 FCA Pancake Supper – Families Invited!	TF Beach			
Sat	8/26	8:05 B 8:55 G 9:45 JVB 10:20 JVG	North GA Championships @ Lamar Murphy Park 180 I W Davis Rd, Jefferson, GA 30549 https://ga.milesplit.com/meets/503542-north-georgia-championships-2023#.ZGqdlNbMI2w	Away		6:15	12:30
Thur	8/31	4:30 G 5:10 B	Rabun Gap 339 Nacoochee Dr, Rabun Gap, GA 30568	RG	2:45	3:00	6:30
TUE	9/5	4:15 MS 5:00 J V 5:45 VB 6:15 VG	Cookies ‘n Quotes XC Festival MS/HS TFS Farm Course	Home		2:25 2:40 Shuttle 1 3:30 Shuttle 2	
MidMester Mon – Fri Sept 18-22 – All workouts are OYO (Fartlek, Threshold, EZ, Intervals, Progression)							
SAT	9/23	B 9:00 G 9:30	TFS Heroes Invitational TFS Farm Course	Home		Be at course 7:30	
THUR	9/28	4:00 BJV 4:30 GJV 5:00 VB 5:30 VG	Mountain Invite Unicoi State Park, Unicoi Bottoms Road, Helen GA Rain Date – Tue Oct 3	Away	1:40	2:00	7:30

Fall Break Fri Oct 6 Noon – Sun Oct 15 See Workouts

TUE	10/17	4:30 JV 5:10 VG 5:45 VB	TFS Harrier Harvest – Senior Day TFS Farm Course	Home	2:25	2:40	
Thur	10/19	4:30 Boys 5:00 Girls	Athens Academy 1281 Spartan Lane, Athens, Georgia 30606	Away	1:45	2:00	7:30
THUR	10/26	4:15 JV 5:00 VB 5:40 VG	Region 8AD1 @ Athens Christian 1270 Highway 29 N, Athens, GA 30601	Away	1:40	2:00	8:30
FRI	11/3	B 10:30 G 11:15	State Championships @ Carrollton <i>Carrollton Elementary, Ben Scott Boulevard, Carrollton, GA</i> https://www.ghsa.net/ghsa-state-cross-country-championships	Away	Thur 1:30	Thur 1:45	Fri 2:00
Mon	11/13	6:45–8:00	XC End of Season Banquet – Location TBD – Dress Up (Tie) Attire				

COACHES	EMAIL	PHONE
Scott Neal, Head Coach, Athletic Director	scott.neal@tallulahfalls.org	706-968-9879 cell
Assistant Coaches: Cole Hansen		