



TALLULAH FALLS SCHOOL

2023 MIDDLE SCHOOL CROSS COUNTRY



WWW.TALLULAHFALLS.ORG
UPDATED 9.10.2023

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.tallulahfalls.org/skins/userfiles/files/College%20cross%20country%20course.pdf>
 3k course map link [https://www.tallulahfalls.org/skins/userfiles/files/MS%20XC%203K%20Course%20Map\(1\).pdf](https://www.tallulahfalls.org/skins/userfiles/files/MS%20XC%203K%20Course%20Map(1).pdf)

DAY	DATE	TIME	OPPONENT	OUT TIME	LEAVE TFS	APX RETURN
THUR	8/10		Parent Meeting 5:45-6:45 and Big Peach RC Shoe Night 3-6:30 @ TFS Natatorium			
Sat	8/19	11:40 G 12:10 B	NE GA Championships 3k @ Athens Christian 1270 Highway 29 N, Athens, GA 30601		9:15	3:00
THUR	8/24	3:15	Annual Quadrathlon (kayak, swim, bike, run) Tallulah Falls beach- NOTE: \$5 parking 5:00 Pancake Supper	2:30	2:40	
SAT	8/26	10:50 B 11:10 G	North GA Championships 2 mile Lamar Murphy Park, 180 I W Davis Rd, Jefferson, GA https://ga.milesplit.com/meets/503542-north-georgia-championships-2023#.ZgqdLnbMI2w		8:30	1:15
TUE	9/5	4:00 B 4:20 G	Cookies 'n Quotes XC Festival 3k TFS Farm Course 3k			
THUR	9/7	3:30 B 4:00 G	North Hall North Hall Community Center 4175 Nopone Rd, Gainesville	1:30	1:45	6:30
TUE	9/12	4:30	Tri State #2 @ TFS Farm			
Sat	9/16	8:30 G 9:00 B	North Ga Invite U of N GA Campus XC Course 3820 Mundy Mill Road, Oakwood, Ga https://www.lumpkinxc.com/north-georgia-xc-invitational		6:45	10:45
TUE	9/19	4:30	Tri State #3 @ Rabun Gap 339 Nacoochee Dr, Rabun Gap, GA 30568	1:30	1:45	6:00
TUE	9/26	4:30	Tri State #4 @ Towns County GA Mountains Fairgrounds GPS: 1311 Music Hall Rd.	2:30	2:45	7:30
THUR	9/28	3:00 B 3:30 G	Mountain Invite Unicoi State Park, Helen GA	12:45	1:00	5:30 Not eating
THUR	10/5	4:30	Tri State Championship @ Summit Charter 370 Mitten Lane, Cashiers, NC 28717	1:30	1:45	7:00
Sat	10/7	TBD	GIAA EOS XC Invite - OPTIONAL @ Middle GA State Uni - 3450 Fulton Mill Rd, Macon, GA Registration ter by Sept 15 https://gisaschools.wufoo.com/forms/xbxcl8c0c2atmw/ DURING FALL BREAK			

Sat	10/14	See link	GA MS State Championships - Optional Bleckley County Elementary School Hwy 26, Cochran GA https://ga.milesplit.com/meets/507955-georgia-middle-school-state-cross-country-championships-2023#.ZDR60XbMI2w	This is during Fall Break		
Wed	11/1	2:30-3:00	End of Season XC Party @ MS Fire Pit			

COACHES	EMAIL	PHONE
Scott Neal - Head Coach	scott.neal@tallulahfalls.org	706-968-9879 cell
Susan Nichols, Ashley Dillingham - Assistant Coaches	susan.nichols@tallulahfalls.org , ashley.dillingham@tallulahfalls.org	