

2023 TFS Cross Country Home Meets TEAMS and Overview

4-10-2023

The TFS cross country boys and girls teams organize four GREAT home themed meets to provide a memorable experience, utilize innovation in prizes, and interact actively and positively with guest teams. A packet with course maps and a Course Legacy List (also available at www.tallulahfalls.org) are provided and sent to coaches. Mile times one and two are visible, results are available via the PT Timing Group, and a course map banner and a themed banner are posted for all to see. There is plenty of team tent space, concessions are sold, themed and inspirational music blares, and unique prizes are awarded. Each meet is designed for a memorable experience, though not necessarily a personal record. It is a challenging course with plenty of opportunities for fans to see runners.

Gorge To Beach XC 3K+ Experience - Tue Aug 22

Teams compete in a 3k at the TFS Farm, then go to Tallulah Gorge incredible views, then visit Tallulah Beach for an optional swim, pizza, and popsicles! \$100 per school, includes pizza and popsicles. No password needed. 4:30 race; 5:15 Gorge rim trails; 6:15 Beach, Pizza, Popsicles; 7:00 On your way home!

Teams: Rabun Co

TFS Cookies 'n Quotes XC Festival (MS and HS) - Tue Sept 5 \$150/HS - \$100 MS; \$200 both MS + HS

Timed by PT Timing Group. Enter through ga.milesplit.com. - *Frozen Frenzee*

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Every runner, manager, and coach receives a decorated bag with their name on it and three homemade cookies and three inspirational quotes in it. Individual winners receive a prize donated by Tallulah Point Overlook. Concessions, Big Peach Running Company, and Frozen Frenzee. Free Parking/admission. 3:45 Coaches Meeting, 4:00 MSG, 4:30 MSB (May be combined at 4:15) 5:00 JV Combined, 5:45 VG (Top 10), 6:15 VB (Top 10)

MS Teams: Rabun Co,

HS Teams: Rabun Co

TFS Heroes Invitational (HS only) - Sat. Sept 24.

\$150/school or \$100 per girls team and \$100 per boys team

VB 9:00am (unlimited), VG 9:30 (unlimited), Awards 10:15

Timed by PT Timing Group. Enter through ga.milesplit.com

No password needed

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Each year, the Heroes Invite will honor those who serve our society, whether military, emergency, or security personnel. Music, decorations, and prizes of a patriotic theme add to the aura. Concessions sold. Free Parking and admission.

Teams:

TFS Harrier Harvest (HS only) - Tue Oct 17 \$150/school

- *Frozen Frenzee*

\$150/school or \$100 per girls team and \$100 per boys team

4:15 JV Combined, 5:00 VB (Top 10), 5:30 VG (Top 10)

Timed by PT Timing Group. Enter through ga.milesplit.com

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A fall harvest oriented meet adorned with painted hay bales and pumpkins decorated by TFS students, the Harrier Harvest incorporates a hay bale at each mile marker in honor of "true cross country." Unique prizes are given to the top 10, the winners receive a homemade pumpkin pie, and the team winners receive the "World's Best Apple Pie." Concessions. Free parking and admission

2023 Teams:

Course map link

<https://www.tallulahfalls.org/skins/userfiles/files/College%20cross%20country%20course.pdf>

Team Tent/Parking map <https://www.tallulahfalls.org/athletics/protocols.cms>

For those new to the area, PLEASE take a couple minutes to enjoy a free look at Tallulah Gorge at the Tallulah Point Overlook. It is on the same road as the parking area and is ½ mile from the course. Definitely worth 10 extra minutes for your team!!

Address/Directions to the TFS Farm Course. (NOTE: The meet is NOT at the high school but across the street from the middle school at the old Tallulah Gallery. Basically, turn immediately before TFS MS - 295 Tallulah Gorge Scenic Loop, Tallulah Falls, GA 30573. <http://goo.gl/maps/LPif7>

TFS XC web page link https://www.tallulahfalls.org/athletics/varsity_crosscountry.cms

Frozen Frenzee

Way2Baked Mini Donuts 762-230-1421