



TALLULAH FALLS SCHOOL

2022 MIDDLE SCHOOL CROSS COUNTRY



WWW.TALLULAHFALLS.ORG

UPDATED 8.18.2022

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 *Region Match	HOME/ AWAY	OUT TIME	LEAVE TFS	APX RETURN	RESULT	
MON	8/8		Practice Starts – Shuttle to HS track						
THUR	8/11		Parent Meeting 5:45–6:45 and Big Peach RC Shoe Night 3–6:30 @ TFS Natatorium						
THUR	8/25	3:15	Annual Quadrathlon (kayak, swim, bike, run) Tallahulah Falls beach– NOTE: \$5 parking 5:00 Pancake Supper		2:30	2:40			
SAT	8/27	10:50	North GA Championships 2 mile Lamar Murphy Park, 180 I W Davis Rd, Jefferson, GA			8:30	12:45		
THUR	9/1	MSG: 4:45 MS B 5:10	MS / HS @ North Oconee Rocky Branch Road, Bogart, GA https://ga.milesplit.com/meets/457481-nohs-home-meet-2022#.YIXh3zjMKQ		2:20	2:30	7:45		
TUE	9/6	4:00 G 4:30 B	Cookies 'n Quotes XC Festival 3k TFS Farm Course 3k						
THUR	9/8	4:15	Athens Academy 3k Spartan Lane, Athens, GA		1:30	1:45	7:15		
TUE	9/13	4:30	Highlands (NC) 545 Pierson Drive, Highlands, NC 28741		2:30	2:40	7:15		
TUE	9/20	4:30	Towns County GA Mountains Fairgrounds GPS: 1311 Music Hall Rd.		2:55	3:05	6:00		
TUE	9/27	4:30	Summit Charter 370 Mitten Lane, Cashiers, NC 28717		2:00	2:10	7:20		
TUE	10/4	3:00 B 3:30 G	Mountain Invite Unicoi State Park, Helen GA		12:45	1:00	5:30 Not eating		
THUR	10/6	4:30	Tri State Championship @ Rabun Gap 339 Nacoochee Dr, Rabun Gap, GA 30568		2:15	2:30	7:30		
SAT	10/15	12:30 B 1:00 G	GA MS State Championships – optional – OYO Bleckley County Elementary School Hwy 26 Cochran , GA https://ga.milesplit.com/meets/464831-georgia-middle-school-state-cross-country-championships-2022#.YpTeQdrMI2w						
TUE	10/25	2:30–3:30	End of Season XC Party @ MS Fire Pit						

COACHES	EMAIL	PHONE
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