

## Tallulah Falls School Cross Country Home Meet Protocol 2023

8-22-2023

Location/Directions/Address: XC course is across the street from 295 Tallulah Gorge Scenic Loop Road, Tallulah Falls, GA 30573 (see map) and is on the corner of that road and Tugalo Village Rd. This address sometimes comes up as Clarkesville, GA but it is Tallulah Falls.

Spectators: Fans are allowed to watch from anywhere outside the actual course itself. Fans are NOT allowed on the course, start line, finish, or chute area!

Coaches are allowed to roam the course.

Drop off and Parking link:

- Bus drop off at the team area or at the MS parking lot.
- Security will direct where to park, turn around, etc.
- Parking and admission is FREE

Team tent area: Spread out on the grass area across the road from the course.

Music; Please do NOT bring your own music system in the team area. Athletes are certainly allowed to have headphones, earbuds, etc. at the team area, but please do not have music playing out loud.

Pets are NOT allowed inside the white fence! If you have a pet, please keep them outside the perimeter fence and do not bring them on the course or viewing area.

Packet and Team Folder Pick Up at Registration/Awards Tent

Warm up area: An additional warm up area is along the grass in front of and behind the tent area all the way down the grass fields on the same side (watch out for the bee hives  $\frac{2}{3}$  of the way down!)

- Runners for the upcoming race can use behind the start area to finish warm ups/strides.

Bathrooms: Portable toilets are near the team areas, inside the spectator area, and at the start line area (start area porta potties are for runners only, please. Though we try to keep hand sanitizer available at those locations, please bring your own.

Medical/Water: Medical personnel will be at the finish and will have water for those in distress. Medical tent is at the end of the chute. Three water stations will be available on the course: at the top fence corner area, at the top of the gallery hill, and at the top of the hill next to the pump house on the back pasture.

Finish line/chute: Only medical personnel are allowed in the chute area. A coach may enter the chute if attending to a distressed runner. Parents are not allowed in the chute area!

Results: [www.pttiminggrouponline.com](http://www.pttiminggrouponline.com) or [www.ga.milesplit.com](http://www.ga.milesplit.com)

**Chips: It is the responsibility of the coach to turn in every chip in your team packet to PT Timing Group. Do not turn in to any TFS volunteers. Chips not turned in results in a fee/chip.**

Awards will be provided, winners and placers will be recognized. Athletes may have their picture taken on the awards platform.

Course Monitors; If anyone sees a runner in distress, contact Athletic Director/Coach Scott Neal  
706-968-9879

Concessions will be sold within the fan area:

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)

Course Legacy List links

HS Boys:

file:///C:/Users/scott.neal/Downloads/TFS%20Farm%20(old%20switchback)%20&%20College%20(new)%20XC%20Course%20Legacy%20Lists%20-%20HS%20B%20College%20Course%205k%20LL%20(1).pdf

HS Girls:

file:///C:/Users/scott.neal/Downloads/TFS%20Farm%20(old%20switchback)%20&%20College%20(new)%20XC%20Course%20Legacy%20Lists%20-%20HS%20G%20College%20Course%205k%20LL.pdf

MS Girls and Boys:

file:///C:/Users/scott.neal/Downloads/TFS%20Farm%20(old%20switchback)%20&%20College%20(new)%20XC%20Course%20Legacy%20Lists%20-%20Upper%20Course%20MS%203k.pdf