



TALLULAH FALLS SCHOOL

2023 MIDDLE SCHOOL CROSS COUNTRY



WWW.TALLULAHFALLS.ORG

UPDATED 6.2.2023

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	RESULT
THUR	8/10	Parent Meeting 5:45-6:45 and Big Peach RC Shoe Night 3-6:30 @ TFS Natatorium					
Sat	8/19	12:05 G 12:55 B	NE GA Championships 3k @ Athens Christian 1270 Highway 29 N, Athens, GA 30601		9:45	3:30	
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	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 @ Highlands 545 Pierson Dr, Highlands, NC 28741	2:25	2:35	6:45	
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	10/14	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				

Tallulah Falls School • PO Box 10 • Tallulah Falls, GA 30573 • 706-754-0400 • 706-839-2004 (Athletics) • www.tallulahfalls.org

FACEBOOK @TallulahFallsSchoolAthletics · TWITTER @AthleticsTFS · INSTAGRAM @TFS_Athletics_ **Be GREAT**

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