



# TALLULAH FALLS SCHOOL

## 2024 HIGH SCHOOL CROSS COUNTRY



[WWW.TALLULAHFALLS.ORG](http://WWW.TALLULAHFALLS.ORG)      UPDATED 6.20.24

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	HOME/ AWAY	OUT TIME	LEAVE TFS	APX RETURN
<b>Official Practice Starts Mon July 29</b>							
Tue	8/13	Big Peach Running Company Mobile Shoe Night 3:00–6:30 at TFS Natatorium Parent Meeting 5:45–6:30 Natatorium					
Sat	8/17	8:30 VG 9:00 VB 9:30 JVG 10:00 JVB	<b>NE GA Championships</b> @ Athens Christian 1270 Highway 29 N, Athens, GA 30601 <a href="https://ga.milesplit.com/meets/505484-nega-cross-country-championships-2023">https://ga.milesplit.com/meets/505484-nega-cross-country-championships-2023</a>	Away		6:30	1:00
TUE	8/20	4:30	Gorge to Beach 3k XC Gathering TFS Farm Course/Tallulah Gorge/Tallulah Beach	Home			
THUR	8/22	4:00	Annual Quadrathlon (kayak, swim, bike, run) Tallulah Falls beach area – Note: \$5 parking 5:30 FCA Pancake Supper – Families Invited!	TF Beach			
Sat	8/24	8:05 B 8:55 G 9:45 JVB 10:20 JVG	<b>North GA Championships</b> @ Lamar Murphy Park 180 I W Davis Rd, Jefferson, GA 30549 <a href="https://ga.milesplit.com/meets/503542-north-georgia-championships-2023#.ZGqdLnblM2w">https://ga.milesplit.com/meets/503542-north-georgia-championships-2023#.ZGqdLnblM2w</a> <b>SAT Test Date</b>	Away		6:15	12:30
Thur	8/29	4:00 MS G 4:25 MS B 5:10 VG 5:45 VB	<b>TFS Heroes Invitational</b> TFS Farm Course	Home			
TUE	9/3	4:00 MS G 4:25 MS B 5:10 VG 5:45 VB	<b>Cookies ‘n Quotes XC Festival MS/HS</b> TFS Farm Course	Home		2:25 2:40 Shuttle 1 3:30 Shuttle 2	
Thur	9/12	4:30 JV 5:10 VG 5:45 VB	<b>Southern Traditions XC Jamboree – Senior Day</b> TFS Farm Course	Home	2:25	2:40	
Sat	9/14	JVG 9:30 JVB 10 VG 10:30 VB 11:00	<b>North Ga Invite – ACT Test date</b> U of N GA Campus XC Course 3820 Mundy Mill Road, Oakwood, Ga <a href="https://www.lumpkinxc.com/north-georgia-xc-invitational">https://www.lumpkinxc.com/north-georgia-xc-invitational</a>				

**MidMester Sept 16-20 Mon - Fri - All workouts are OYO (Fartlek, Threshold, EZ, Intervals, Progression)**  
**SATURDAY, SEPTEMBER 21 IS MANDATORY PRACTICE 9-11AM!**

THUR	Oct 3	4:00 BJV 4:30 GJV 5:00 VB 5:30 VG	<b>Mountain Invite</b> Unicoi State Park, Unicoi Bottoms Road, Helen GA Rain Date - Tue Oct 8	Away	1:40	2:00	7:30
Fall Break Fri Oct 4 Noon - Sun Oct 13 See Workouts <b>SAT Test Saturday Oct 5</b>							
Fri	10/11	8:15PM G 8:45PM B	<b>Pickens 'n Grinning Night Under the Lights</b> Roper Park, Jasper, GA <b>NOTE: This is during Fall Break</b> <a href="https://ga.milesplit.com/meets/593772-pickens-and-grinnin-invitational-2024">https://ga.milesplit.com/meets/593772-pickens-and-grinnin-invitational-2024</a>	Away		5:00	11:30
Wed	10/16	4:15 JV 5:00 VB 5:40 VG	<b>GIAA Region 4-AAA @ Tallulah Falls</b> 1270 Highway 29 N, Athens, GA 30601	HOME	JV 2:45		
Sat	10/19	9:30 JV 10:15 V G 11:00 V B	<b>TFS Harrier Harvest</b> TFS Farm Course	Home			
Sat	10/26	G 10:30 B 11:15	<b>GIAA XC State Championships</b> @ Peake Cross Country Trail (Macon) 3450 Fulton Mill Rd, Macon, GA 31206 <b>ACT test date - DO NOT SIGN UP for this date!</b>	Away		Fri 1:45	Sat 4:00
Tue	11/12	6:45-8:00	<b>XC End of Season Banquet - Location TBD - Dress Up (Tie) Attire</b>				

COACHES	EMAIL	PHONE
Scott Neal, Head Coach, Athletic Director	<a href="mailto:scott.neal@tallulahfalls.org">scott.neal@tallulahfalls.org</a>	706-968-9879 cell
Assistant Coaches: Ty Cox		