



# TFS CROSS COUNTRY



## QUICK FACTS

### ACCOMPLISHMENTS

Four team state meet appearances (3 in a row) for the girls, finishing 7<sup>th</sup> in 2023. Five team state appearances in a row for the boys, finishing top-15 four of those times.

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### NEXT-LEVEL RUNNERS

3 runners competed at the college level.

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### FACILITIES

The TFS XC teams have their own home course (5K), which hosts several big events per season.

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### HEAD COACH

Scott Neal: 40 years of coaching experience. Is the acting Athletic Director at TFS. Has coached 6 podium teams in track & field and coached 2 State Championship teams. He's coached several State Champion individuals.

## PROGRAM HIGHLIGHTS

The TFS XC teams have success going back decades. The Indians had had a few individual Area Champions and one State Champion, and have made the state meet every year as a team since 2019, coming in 9<sup>th</sup> that season and recently 13<sup>th</sup> in 2023. The girls have been represented at state six years in a row beginning in 2018, and came in a program-best 7<sup>th</sup> place in 2023. The program has its own course.

The TFS Farm Course was re-designed in 2015 and hosts several events each season. Coach Scott Neal has been coaching the program since 1999, and has coached up several State Champions and helps each team develop a family atmosphere. There have been a few go on to run XC at the college level. There is a varsity and middle school team for both boys and girls.

