

FCS Cross Country Schedule Fall 2023

August through October

(Practices and Meets)

All Practices will be from 3:15-4:30 either on FCS campus or at Sharon Park or other local park Coach Farley finds (will use school transportation there and back)

Always bring filled water bottle to practice

(Practice schedule subject to change on the go)

DATE	EVENT	LOCATION
Thursday, August 10 th	Informational Meeting	Coach Farley's Room 214
Monday, August 14 th	FIRST PRACTICE	Meet in lunchroom. Practice on the perimeter of FCS campus or get in van to go to Sharon Park
Wednesday, August 16 th	Practice	FCS campus or park
Saturday, August 19th (leave from FCS early in the morning, time TBD... most likely meet at 6:30 am)	First Meet GCAA Invitational	People's Baptist Academy 850 Mill Rd, McDonough, GA 30253
Monday, August 21 st	Practice	FCS campus or park
Wednesday, August 23 rd	Practice	
Monday, August 28 th	Practice	
Wednesday August 30 th	Practice	
Monday, September 4 th	Labor Day: OFF (run on your own)	
Thursday, September 7th (After school)	MEET: Conquer Clash	Macedonia World Baptist Missions Office: 4418 GA-332, Hoschton, GA 30548
Monday, September 11 th	Practice	
Wednesday, September 13 th	Practice	
Saturday, September 16th (meet at school in the morning, time TBD)	MEET: Stallion Stampede	Maranatha Christian Academy 5135 McEver Rd, Oakwood, GA 30566
Tuesday, September 19 th	Practice	

Thursday, September 21 st	Practice	
September 25th-29th	FALL BREAK	RUN ON YOUR OWN
Monday, October 2 nd	Practice	
Wednesday, October 4 th	Practice	
Wednesday, October 11 th	Practice	
Tuesday, October 17th (After school)	MEET: Jackson Trail Invitational	Jackson Trail Christian School: 371 Hope Haven Rd, Jefferson, GA 30549
Rest of the days TBD because of Basketball Season starting. Possible Practice on Monday the 23 rd and Wednesday the 25 th		
Saturday, October 28th (Meet at school early in the morning)	STATE CHAMPIONSHIP MEET	People's Baptist Academy 850 Mill Rd, McDonough, GA 30253

Always RUN ON YOUR OWN on off days and weekend. It will be very hot many practices and we might not get much running in. It is best to run late at night when it is cooler.

Coach Farley email and cell if needed (for parents only):

jordan.farley@fcsga.org

419-930-7597

*In order to compete in the state championships, a runner/team must compete in at least **two** GCAA meets prior to Oct. 28.

Regular Season: Top four runners per team will be scored to determine team standings.

State Championship Meet: Trophies & medals awarded for 1st and 2nd place teams in each division. Medals awarded for top 5 runners in each division.