

FCS Cross Country Schedule Fall 2025

August through October

(Practices and Meets)

All Practices will be from 3:15-4:30, Mondays and Wednesdays, on FCS campus. There is a possibility to run at a local park with parent consent and if transportation is available. PARENT

VOLUNTEERS ARE MUCH APPRECIATED

Always bring filled water bottle to practice

(Practice schedule subject to change on the go)

DATE	EVENT	LOCATION
Monday, August 18 th	FIRST PRACTICE	After school: FCS Soccer Field (around school campus)
Thursday, August 21 st	Practice	School OR Local Park
Monday, August 25 th	Practice	TBD
Wednesday, August 27 th	Practice	TBD
Monday, September 1 st	LABOR DAY	<i>(run on your own)</i>
Wednesday, September 3 rd	Practice	TBD
Saturday, September 6th (morning). Times TBD	MEET	Frogtown Trail- 8799 Nicholson, Rd, Cumming, GA 30028
Monday, September 8 th	Practice	TBD
Thursday, September 11th (after school)	MEET (Middle School/HS ONLY, 5th-8th)	TBD (most likely Manning Mill Park) 163 Manning Mill Rd, Adairsville, GA 30103
Saturday, September 13th (morning)	MEET <i>Condor Flyover #2</i>	ONE Church- 2130 Redwine Rd, Fayetteville, GA 30214
Monday, September 15 th	Practice	TBD
Wednesday, September 17 th	Practice	TBD
September 22 nd -26 th	FALL BREAK	RUN ON YOUR OWN!
Saturday, September 27th Second Saturday of Fall Break (moring)	MEET <i>Condor Flyover #3</i>	ONE Church- 2130 Redwine Rd, Fayetteville, GA 30214
Monday, September 29 th	Practice	TBD
Wednesday, October 1 st	Practice	TBD
Saturday, October 4th (morning)	2025 GAPPS MS and Elementary CHAMPIONSHIPS	ONE Church- 2130 Redwine Rd, Fayetteville, GA 30214

Saturday, August 18th	HIGH SCHOOL ONLY Region 1 Championship	1270 Sawnee Dr, Cumming, GA 30040

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

- If you 100% plan on joining the Cross-Country Team, parents please contact Coach Farley ASAP (if not done so)
 - You need to decide and be committed by August 25th. There will be no joining the team after
 - Please try to be at practice as much as you can. Try to run at home in the evening when it is cooler or on the weekends.
 - Give Coach Farley your T-Shirt Size (we'll try to order shirts as soon as we can)
 - Parents, please send a cell number and download the **GROUP ME APP** so I can start a parent group text for reminders
- With the transfer to GAPPS conference, we now offer elementary division
 - Elementary= 2nd-5th graders (some 5th graders will run Middle School), 1 MILE RACE
 - Middle School = 5th-8th grade- 3K race (around 2 miles)
 - High School- 5K race (around 3 miles)
- **SPORTS FEE** (See Alla Rudishina in the front office. Must pay by the first week of September):
 - Elementary kids= \$150
 - Upper School= \$250
- You must have an updated **Physical Form** on file in the office by the first meet
- Before each meet, I will give students a hand-copy of information about the meet, what to bring, when we will leave, location, etc.
- Volunteer drivers and helpers would be much appreciated, especially the days we go "off campus" to a park for practice.