

XC Updates for the Week of Sept. 14

Hi Team. I hope everyone had a great week. Please read the updates below for this week:

Weekend Recap:

This weekend our top 14 runners competed in the Carrollton Orthopaedic Invitational (State Preview Meet) and represented SMHS Cross Country well. See all results at: <https://ga.milesplit.com/meets/388944-carrollton-orthopaedic-invitational/results#.X10Y8mhKhPY>

Overall team finishes:

- JV Girls - 3rd
- JV Boys - 4th
- Varsity Girls - 2nd
- Varsity Boys - 3rd

Individual Top 20 finishes:

- JV Girls: 10 - Gabby Roach, 11 - Kaylee Macoy, 12 - Lyric Stevens, 20 - Lucy Virnig
- JV Boys: 9 - Bankson Roach, 16 - Drew Moore
- Varsity Girls: 12 - Blakeley Wingo, 15 - Emma Wright, 18 - Hailey Ross
- Varsity Boys: 2 - Colton Olvey, 14 - Kolby Smith

A big thank you to all of the parents that came to support us while wearing masks and keeping your distance from the team tent. We know this is not the ideal situation, but we appreciate everything you are doing to make sure our athletes can have a full season!

While we were away at Carrollton, practice still went on for those not racing. I heard great reports about how hard everyone worked on that hill workout! I can't wait to see those that didn't race Saturday compete Sept. 26 at ONE Church in the Kona Ice Trinity Meet.

Practice this week:

We are back to our normal practice times and locations.

Monday - Thursday - 6am-7:30am - SMHS Track

Friday - 4pm-5:15pm - SMHS Track

Saturday - 7:30am-9:30am - Location TBD

Remind Messages:

As of this weekend, we have exceeded the number of members that we are allowed to have and still send out messages. If there is a family with multiple accounts that would be willing to remove a member and share messages with each other, please email rock.kelly@mail.fcboe.org and I can remove you. Otherwise, we will not be able to send messages to anyone.

Upcoming Meets:

Sept. 26 - Kona Ice Trinity Meet - ONE Church

Oct. 3 - Asics Invitational - Foxhall Farms

Oct. 17 - Coach Wood Invitational - McIntosh Nature Reserve

Oct. 24 - Region Meet - ONE Church (Volunteer sign-ups coming first of October)

Have a great week!

*Sent for the FLBC by
Kelly Anderson*