

## **XC Updates for the Week of September 28**

Hi Team. I hope everyone is enjoying their weekend. Please read the following updates for this upcoming week:

### **Kona Ice Trinity XC Fall Classic Recap:**

Our runners that did not have the opportunity to run at Carrollton earlier this month ran at ONE Church this weekend and, as expected, represented Starr's Mill well. Our girl's team placed 2nd within the Group 1 teams and our boy's team placed 3rd within the Group 1 teams.

Individual Top 20 finishers: Allie Walker (2nd), Emily Aguilera-Morton (15th), Jessica Doyle (18th), Kylee McCullum (19th)

### **New Practice Times/Locations:**

With the cooler weather, we are shifting our practices to the afternoons. All practices will be at ONE Church (meet at the pavilion) except for Friday.

- Monday, Tuesday, and Thursday - 4:30-6:15pm
- Wednesday - 4:00-5:45pm
- Friday (SMHS track) - 4:00-5:30pm

### **Upcoming Meets:**

- October 3: Alexander/Asics Invitational - **\*NEW LOCATION\***: Chattahoochee Hills Eventing Center (GPS Address - 10045 Cedar Grove Rd, Fairburn); As of now, we do not have race times. A remind message with the times and bus sign-up will be sent as soon as they are available
- October 17: Coach Wood Invitational - McIntosh Reserve Park (same location as our first meet); Times - TBD
- October 24: Region Meet - ONE Church; Be on the lookout for volunteer signups within the next week

### **Thank You!:**

A big THANK YOU to the parents who helped with set-up and break-down of today's meet!

Have a great week!

*Sent for the FLBC by  
Kelly Anderson*