

# Seabreeze Boys CC

## Schedule

2022-23

<u>August</u>	<u>Meet</u>	<u>Location</u>	<u>Race Start Times</u>
Saturday 27 <sup>th</sup>	Spike and Spurs (JV/V)	Flagler Fairgrounds	7:15am
<u>September</u>			
Saturday, 3 <sup>rd</sup>	Deland Invitational	Sperling Sports Complex	8:10am(V) 9:30(JV)
Wednesday, 7 <sup>th</sup>	University Invitational	University HS	5:00pm(JV) 5:45(V)
Saturday, 10 <sup>th</sup>	Joe McKinney Classic	Doris Leeper Park	8:45am(V) 9:30(JV)
Saturday, 17 <sup>th</sup>	Embry Riddle	Embry Riddle	8:40am(V)/9:30(JV)
Wednesday, 21 <sup>st</sup>	Beach Run	Harvard Approach	4:00pm
Saturday, 24 <sup>th</sup>	Spruce Creek Memorial	Spruce Creek HS	7:30am(V) TBD(JV)
<u>October</u>			
Saturday, 1 <sup>st</sup>	HOKA Flrunners.com Invitational 23 2022	Holloway Park	8:45am(V)9:30am(JV)
Wednesday, 5 <sup>th</sup>	Freshman/Sophomore	Matanzas HS	5:30pm
Saturday, 15 <sup>th</sup>	Five Star	Leeper Park(NSB)	9:10am (V)/10:10(JV)
Friday, 21 <sup>st</sup>	District	Central Winds Park	8:30am
Thursday, 27 <sup>th</sup>	Regional	Holloway Park, Lakeland	9:10am
<u>November</u>			
Saturday, 5 <sup>th</sup>	State	Apalachee Park, Tallahassee	TBD

Coaching Staff: Head Coach: Don Staller

**Principal:** Tucker Harris

**Assistant Principals:** Stinamay Lagrotta,

Dhand Pressley, Jacquelyn Bynum, Tajiki Picott

**Athletic Director:** Brad Montgomery

**Assistants:** Tarisa Craig-Craggy,

**Trainer:** Kelley Lemon,

**Activities:** Janet Savary

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