

# Seabreeze Girls CC

## Schedule

2022-23

August	Meet	Location	Race Start Times
Saturday 27 <sup>th</sup>	Spike and Spurs (JV/V)	Flagler Fairgrounds	7:40am
<b>September</b>			
Saturday, 3 <sup>rd</sup>	Florida Horse Park Invitational (JV/V)	Ocala	7:40am(V)8:40(JV)
Wednesday, 7 <sup>th</sup>	University Invitational	University HS	5:00pm(JV) 5:45(V)
Saturday, 10 <sup>th</sup>	Buchholz Bobcat Classic	Santa Fe College Gainesville	8:00am(V)9:00(JV)
Saturday, 17 <sup>th</sup>	Embry Riddle	Embry Riddle	8:15am(V)/9:05(JV)
Wednesday, 21 <sup>st</sup>	Beach Run	Harvard Approach	4:00pm
Saturday, 24 <sup>th</sup>	Tohopekaliga XC Invitational	Austin-Tindall Sports Complex	7:20am(V)/8:30(JV)
<b>October</b>			
Saturday, 1 <sup>st</sup>	HOKA Flrunners.com Invitational 23 2022	Holloway Park	9:55am(JV) TBD(V)
Wednesday, 5 <sup>th</sup>	Freshman/Sophomore	Matanzas HS	6:00pm
Friday, 7 <sup>th</sup>	Pre-State JV	Apalachee Park, Tallahassee	TBD
Saturday, 8 <sup>th</sup>	Pre-State Varsity	Apalachee Park, Tallahassee	TBD
Wednesday, 12 <sup>th</sup>	Beach Run (Senior Night)	Harvard Approach	4:00pm
Saturday, 15 <sup>th</sup>	Five Star	Leeper Park(NSB)	8:40am (V)/9:30(JV)
Friday, 21 <sup>st</sup>	District	Central Winds Park	8:00am
Thursday, 27 <sup>th</sup>	Regional	Holloway Park, Lakeland	8:45am
<b>November</b>			
Saturday, 5 <sup>th</sup>	State	Apalachee Park, Tallahassee	TBD

Coaching Staff: Head Coach: Brad Montgomery

**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

*Seabreeze High School*  
2700 North Oleander Ave.  
Daytona Beach, Fl 32118  
<http://seabreezehigh.org/>  
386-258-4674  
Athletics – x 54652

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