

Cross Country 2024

Head Coach: Steve Kinoshita thekinos@sbcglobal.net

Booster Rep: Amber Wiseley arwiseley@gmail.com

Tryouts: Tryouts will be August 5th-10th. On Saturday, August 10th we will hold a time trial. To make the team girls must complete a two mile run in 18 minutes without walking and boys must complete the run in 16 minutes without walking. Additionally, students must have a positive attitude and work hard.

Practices: Weekday practices generally begin at 4:00 PM, with the exception of Thursdays which begin at 2:30 PM. Practices last 90 minutes to 2 hours. Saturday and school holiday practices typically begin at 8:00 AM but may vary based on weather.

Schedule: Subject to Change – specific details will be posted the week of the event on BAND

- Aug 5th-10th: Tryouts
- Aug 10th: Parent Meet following Time Trial
- Aug 31st: Oakmont Invitational @ Johnson Springview Park
- Sept 14th: Josh Ruff Memorial Invitational @ Willow Hills – Folsom High School
- Sept 18th: SFL Meet @ Sunset Whitney Recreational Area, Rocklin (first race 9:00 AM)
- Sept 28th: Jessup Invitational @ William Jessup University
- Oct 5th: Tom Laythe Invitational @ Willow Hills – Folsom High School
- Oct 12th: Clovis Invitational (TOP 7 Varsity only) @ Woodward Park, Fresno
- Oct 19th: Grizzly Invitational @ Granite Bay High School
- Nov. 2nd: SFL Championships @ William Jessup University
- Nov 9th: Sac-Joaquin Subsection Championship @ Angels Camp
- Nov 16th: Sac-Joaquin Section Championship (QUALIFIERS from Subsections) @ Willow Hills – FHS
- Nov 30th: CIF State Championship (QUALIFIERS from Sections) @ Woodward Park, Fresno

Update for Track & Field 2025

Tryouts: Tryouts will be February 10th-15th. On Saturday, February 15th we will hold a time trial for track events. Field event tryouts will happen during the week. There will be minimum standards a student must achieve to make the team.

Practices: Weekday practices generally begin at 4:00 PM, with the exception of Thursdays which begin at 2:30 PM. Practices last 90 minutes to 2 hours. Saturday and school holiday practices will vary based on event coaches' schedules.

Schedule: TBD

