



# Sierra Foothill League Cross Country 2019 Schedule

**League Meet #1 Wednesday, September 18th at Willow Hill 5:45**

**League Championships, Friday, November 1st at Springview-Johnson Park time TBA**

**League Rep: Steve Kinoshita, Folsom**

**Dead Period Begins July 15th**

**Practice Begins August 5th**

**1st Scrimmage August 16th**

**1st Contest August 23rd**

**Sit Out Period September 27th**

**Last Contest November 2nd**

**9/17/18**