



Sierra Foothill League Cross Country 2023 Schedule

League Meet #1 Wednesday, September 20th at Sunset-Whitney Recreation Area at 5:00 PM

League Championships, Saturday, October 28th at William Jessup University at 9:00 AM

League Rep: Steve Kinoshita, Folsom

Dead Period Begins July 10th

Practice Begins July 31st

1st Scrimmage August 11th

1st Contest August 18th

Sit Out Period September 22nd

Last Contest October 28th

3/8/2023