



2026 SFL Cross Country Schedule

League Meet #1 Wednesday, September 16th at Jessup University
at 9:00 am

League Championships, Saturday, October 31st at Jessup University at
12:00 pm

League Rep: Steve Kinoshita, Folsom HS

Dead Period: July 1-14

Practice Begins: August 3rd

1st Scrimmage: August 14th

1st Contest: August 21st

Sit Out Period: September 26th

Last Contest: October 31st

1/8/2026