



## **2025 SFL Cross Country Schedule**

League Meet #1 Wednesday, September 17th at Sunset Whitney  
Recreational Area at 9:00 am

League Championships, Saturday, November 1<sup>st</sup> at William Jessup  
University at 9:00 am

League Rep: Steve Kinoshita, Folsom HS

Dead Period Begins: July 14th

Practice Begins: August 4th

1st Scrimmage: August 15th

1st Contest: August 22nd

Sit Out Period: September 27th

Last Contest: November 1st

1/2/2025