



Sierra Foothill League Cross Country 2020 Schedule

League Meet #1 Wednesday, September 16th at Willow Hill 5:45

League Championships, Friday, October 30th at Springview-Johnson Park time TBA

League Rep: Steve Kinoshita, Folsom

Dead Period Begins July 13th

Practice Begins August 3rd

1st Scrimmage August 14th

1st Contest August 21st

Sit Out Period September 25th

Last Contest October 31st

7/11/19