



Foothill High School

Home of the "Cougars"
Swimming Schedule 2023

Day	Date	Opponent	Location	Time
Wednesday	September 6	Shasta*	Shasta	4:00 PM
Wednesday	September 13	Chico*	Foothill	4:00 PM
Wednesday	September 20	Pleasant Valley*	Foothill	4:00 PM
Friday	September 29	Nor Cal Varsity Invitational***	Anderson	10:00 AM
Saturday	September 30	Nor Cal Novice Invitational***	Anderson	10:30 AM
Wednesday	October 4	Enterprise*	Enterprise	4:00 PM
Wednesday	October 11	Red Bluff*	Foothill	4:00 PM
Thursday	October 19	EAL-SRL League Championship**	Foothill	11:00 AM
Wednesday	October 25	Division 1/2 Championships**	Shasta College	Noon
Saturday	October 28	Masters Meet**	Shasta College	10:00 AM

* League

**Championships

***Non-League

Principal: Kevin Greene

Athletic Administrator: Shawn Anstine Athletic Director: Stephanie Ahluwalia

Varsity Coach: Aaron Turnipseed

Assisatant Coach: LeiLani Jefcoat

Mascot: Cougars

Address: 9733 Deschutes Road

League: Eastern Athletic-Sac River

Palo Cedro, CA 96073

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