



Foothill High School

Home of the "Cougars"
Swimming Schedule 2022

Day	Date	Opponent	Location	Time
Wednesday	September 7	Shasta*	Foothill	4:00 PM
Wednesday	September 14	Chico*	Chico	4:30 PM
Wednesday	September 21	Pleasant Valley*	Pleasant Valley	4:30 PM
Friday	September 30	Nor Cal Varsity Invitational***	TBA	10:00 AM
Saturday	October 1	Nor Cal Novice Invitational***	TBA	10:30 AM
Wednesday	October 5	Enterprise*	Foothill	4:00 PM
Wednesday	October 12	Red Bluff*	Red Bluff	4:00 PM
Thursday	October 20	EAL-SRL League Championship**	Foothill	11:00 AM
Wednesday	October 26	Division 1/2 Championships**	Shasta College	Noon
Saturday	October 29	Masters Meet**	Shasta College	10:00 AM

* League

**Championships

***Non-League

Principal: Kevin Greene

Varsity Coach: Aaron Turnipseed

Address: 9733 Deschutes Road

Palo Cedro, CA 96073

Phone: (530) 547-1700

Athletic Administrator: Shawn Anstine Athletic Director: Stephanie Ahluwalia

Assisatant Coach: LeiLani Jefcoat

Mascot: Cougars

League: Eastern Athletic-Sac River

Revised 8/8/22