



# Foothill High School

## Home of the Cougars

### Cross Country 2024/2025



<u>DAY</u>	<u>DATE</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>TIME</u>
Friday	August 30	Springhorn Classic	Shasta College	10:00AM
Friday	September 6	Trinity X-C Invitational	Trinity Golf Course	2:00PM
Friday	September 20	Black Butte Invitational	Black Butte Lake	10:00AM
Wednesday	October 2	League 1	Foothill	3:00 PM
Friday	October 11	West Valley Invite	West Valley	TBA
Saturday	October 19	P.Wilder Mariner Invite	Hayward High	TBA
Wednesday	October 23	League 2	Chico/PV	3:00 PM
Saturday	October 26	Flat Sac Invite	Gibson Ranch, Sac.	TBA
Thursday	November 7	League	Foothill	2:00 PM
Thursday	November 14	NSCIF	West Valley	2:00 PM
Saturday	November 30	State Meet	Fresno	TBA

Walk Course 3:00

Frosh/Soph Girls 3:30

Frosh/ Soph Boys 4:00

Varsity Girls 4:30

Varsity Boys 5:00

Principal: Kevin Green

Head Coach: Dave Cook

Address: 9733 Deschutes Road

Mascot: Cougar

Athletic Administrator: Shawn Anstine

Palo Cedro, CA 96073

Phone: (530) 547-1700

Athletic Director: Stephanie Ahluwalia