



Foothill High School

Home of the Cougars

Track and Field 2023-2024



DAY	DATE	OPPONENT	LOCATION	LEVEL	TIME
Saturday	March 16	Vegetable Relays	Foothill	JV/Varsity	9:30
Friday	March 22	Eagle Relays	West Valley	JV/Varsity	1:30
Wednesday	March 27	Red Bluff*	Foothill	JV/Varsity	3:00
Saturday	March 30	Delta Mustang Invite	Chaves HS	Varsity	8:30
Saturday	April 13	Jim Deaver/Hornet Invite	Enterprise	JV/Varsity	9:30
Wednesday	April 17	Sweet Elite – Dist. Meet*	Foothill	JV/Varsity	2:30
Friday	April 19	West Valley Invite	West Valley	Varsity	1:00
Saturday	April 20	Sacramento Meet of Champ.	American River College	Varsity	11:00
Friday	April 26	Top of the State Invite	Foothill	JV/Varsity	2:00
Friday	May 3	EAL/SRL Championship	Foothill	Varsity	2:00
Thursday	May 9	Div. 1 Pole Vault	Foothill	JV/Varsity	2:00
Friday	May 10	Div. 1 Championship	Pleasant Valley	JV/Varsity	2:00
Friday	May 17	NSCIF Section Finals	West Valley	Varsity	3:00
Friday	May 24	State Championships	Buchanan High	Varsity	TBA
Saturday	May 25	State Championships	Buchanan High	Varsity	TBA

Varsity Coach: Natalie Hendrickson

Assistant Coaches: Adam Doelker, Angela Rowe, David Cook, Brett Hodge, Bill Moran, Sarah Crye

Principal: Kevin Greene

Phone #: (530) 547-1700

Athletic Director: Stephanie Ahluwalia

Fax #: (530) 245-2700

Athletic Administrator: Shawn Anstine

League: Eastern Athletic-Sac River

***League Games**

****Play-Off Games**

*****Non-League**

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