



# **Foothill High School**

## **Home of the Cougars**

### **Cross Country 2025/2026**



<b>DAY</b>	<b>DATE</b>	<b>OPPONENT</b>	<b>LOCATION</b>	<b>TIME</b>
Friday	August 29	Springhorn Classic	Shasta College	10:00AM
Friday	September 5	Trinity Invite	Trinity	9:00 AM
Friday	September 12	Las Plumas Invite	Oroville	TBA
Friday	September 19	Steve Nesheim Invite	Mount Shasta	TBA
Fri-Sun	September 26-28	Clam Beach Invite	Clam Beach (Trinidad)	TBA
Wednesday	October 1	League 1	Chico	3:30 PM
Friday	October 10	West Valley Coed Invite	West Valley	TBA
Saturday	October 18	Yreka Elks Invite	Yreka	TBA
Wednesday	October 22	League 2	Foothill	3:30 PM
Saturday	October 25	Flat Sac Invite	Gibson Ranch, Sac.	TBA
Thursday	November 6	League Championship	Chico	2:00 PM
Thursday	November 13	NSCIF	West Valley	2:00 PM
Saturday	November 29	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 Greene

Head Coach: Dave Cook

Address: 9733 Deschutes Road Palo Cedro, CA 96073

Mascot: Cougar Phone: (530) 547-1700

Athletic Administrator: Joey Brown

Athletic Director: Stephanie Ahluwalia

Updated: 8/25/25