



FRANKLIN HIGH SCHOOL WILDCATS

2024 BOYS' AND GIRLS' CROSS COUNTRY

Head Varsity Coach: John Clemons

Athletic Director: Mike Cody

Principal: Adam Wood

6400 Whitelock Parkway Elk Grove, CA 95757 (916) 714-8150 www.frhs.egusd.net

<u>DATE</u>	<u>OPPONENT</u>	<u>LOCATION</u>	<u>LEVEL</u>	<u>Bus Load/Start Time</u>
Saturday, August 24 th	Sierra Invitational	Sierra College (Rocklin)	All	5:45/8:00
Saturday, August 31 st	Lagoon Valley	Lagoon Valley (Vacaville)	All	5:30/8:30
Saturday, September 7 th	Soiree at SWRA	Sunset Whitney Rec Area (Rocklin)	All	None/8:30
Saturday, September 14 th	Josh Ruff Invite	Willow Hills (Folsom)	All	None/9:00
Saturday, September 21 st	DLS Nike Invitational	Newhall Park (Concord)	All	5:15/8:00
Wednesday, October 2 nd	Delta Center Meet	William Jessup (Rocklin)	All	7:45/10:00
Saturday, October 5 th	Tom Laythe Invite	Willow Hills (Folsom)	All	None/9:00
Saturday, October 12 th	Clovis Invite	Woodward Park (Fresno)	Varsity Only	None/9:00
Saturday, October 19 th	Grizzly 3200 Meters	Granite Bay High School	All	None/8:00
Saturday, November 2 nd	Delta Championship	William Jessup (Rocklin)	All	None/8:45
Saturday, November 9 th	Sub Sections	Angels Camp	All	5:35/9:00
Saturday, November 16 th	Sections	Willow Hills (Folsom)	All	None/9:00
Saturday, November 30 th	State	Woodward Park (Fresno)	Varsity Only	None/TBA

Co- Varsity Coach: Mike Clemons

Assistant Coach: Israel Babbit

School Colors: Purple, Black, Silver, White