| Date | Location | Start Time |
| --- | --- | --- |
| 4/14/23 | FHS | 3 pm |
| 4/21/23 | FHS | 3 pm |
| 4/28/23 | FHS  | 3 pm |
| 5/5/23 | FHS  | 3 pm |
| 5/12/23 | Foothill High - Champs | 3 pm |

Events:

100

400

800

Standing broad jump

Softball throw

Relay: 4 x 100