



**Sierra Foothill League
Competitive Sport Cheer Schedule
Start Time: (4:30), 5:30, 6:30, 7:30**

Friday, February 23rd	Friday, March 22nd
All SFL OPEN	at Rocklin Rocklin vs Oak Ridge 4:30 Granite Bay vs Oak Ridge 5:30 Folsom vs Granite Bay 6:30 Folsom vs Rocklin 7:30 at Whitney Del Oro vs. Whitney 5:30 Cordova vs Del Oro 6:30 Cordova vs Whitney 7:30
Friday, March 1st	Friday, April 5th
at Oak Ridge Oak Ridge vs. Whitney 4:30 Whitney vs Folsom 5:30 Folsom vs Cordova 6:30 Oak Ridge vs Cordova 7:30 at Granite Bay Granite Bay vs. Del Oro 5:30 Rocklin vs Del Oro 6:30 Granite Bay vs Rocklin 7:30	at Folsom Folsom vs. Whitney 4:30 Whitney vs Oak Ridge 5:30 Oak Ridge vs Cordova 6:30 Folsom vs Cordova 7:30 at Granite Bay Granite Bay vs. Del Oro 5:30 Rocklin vs Del Oro 6:30 Granite Bay vs Rocklin 7:30
Friday, March 8th	Friday, April 12th
at Rocklin Rocklin vs Cordova 4:30 Cordova vs Granite Bay 5:30 Granite Bay vs Whitney 6:30 Rocklin vs Whitney 7:30 at Del Oro Oak Ridge vs. Del Oro 5:30 Folsom vs Oak Ridge 6:30 Del Oro vs Folsom 7:30	at Cordova Cordova vs Granite Bay 4:30 Whitney vs Granite Bay 5:30 Rocklin vs Whitney 6:30 Rocklin vs Cordova 7:30 at Del Oro Oak Ridge vs. Del Oro 5:30 Folsom vs Oak Ridge 6:30 Del Oro vs Folsom 7:30
Friday, March 15th	Friday, April 19th
at Oak Ridge Oak Ridge vs. Rocklin 4:30 Rocklin vs Folsom 5:30 Folsom vs Granite Bay 6:30 Oak Ridge vs Granite Bay 7:30	at Whitney Whitney vs Del Oro 5:30 Cordova vs Del Oro 6:30 Whitney vs Cordova 7:30

**League Rep—James Blunk, Oak Ridge
Practice Begins---February 5th
1st Scrimmage—February 16th
1st Contest---February 23th
Sit-Out Period Date---March 25th
Last Contest---April 24th**

11/22/2023