



2025 SFL Water Polo Schedule

Start Times: 4:00, 5:00, 6:00, 7:00

Boys Play First on Mondays, Girls Play First on Wednesdays

Wednesday, September 10th	Monday, October 6th
Rocklin at St. Francis/Jesuit Del Oro at Whitney Oak Ridge at Granite Bay Davis Bye	St. Francis/Jesuit at Rocklin Whitney at Del Oro Granite Bay at Oak Ridge Davis Bye
Monday, September 15th	Wednesday, October 8th
Del Oro at Rocklin Whitney at Oak Ridge Granite Bay at Davis St. Francis/Jesuit Bye	Rocklin at Del Oro Oak Ridge at Whitney Davis at Granite Bay St. Francis/Jesuit Bye
Wednesday, September 17th	Monday, October 13th
Oak Ridge at Del Oro St. Francis/Jesuit at Granite Bay Davis at Whitney Rocklin Bye	Del Oro at Oak Ridge Granite Bay at St. Francis/Jesuit Whitney at Davis Rocklin Bye
Monday, September 22nd	Wednesday, October 15th
Rocklin at Oak Ridge Davis at Del Oro Whitney at St. Francis/Jesuit Granite Bay Bye	Oak Ridge at Rocklin Del Oro at Davis St. Francis/Jesuit at Whitney Granite Bay Bye
Wednesday, September 24th	Monday, October 20th
Rocklin at Granite Bay Oak Ridge at Davis Del Oro at St. Francis/Jesuit Whitney Bye	Granite Bay at Rocklin Davis at Oak Ridge St. Francis/Jesuit at Del Oro Whitney Bye
Monday, September 29th	Wednesday, October 22nd
Davis at Rocklin Granite Bay at Whitney St Francis/Jesuit at Oak Ridge Del Oro Bye	Rocklin at Davis Whitney at Granite Bay Oak Ridge at St. Francis/Jesuit Del Oro Bye
Wednesday, October 1st	Monday, October 27th
Rocklin at Whitney St. Francis/Jesuit at Davis Del Oro at Granite Bay Oak Ridge Bye	Whitney at Rocklin Davis at St. Francis/Jesuit Granite Bay at Del Oro Oak Ridge Bye

League Rep: Tyson Frenn, Granite Bay HS

Practice Begins: August 4th

1st Scrimmage: August 15th

1st Contest: August 22nd

Sit-Out Period: September 26th

Last Contest: October 29th

1/16/2025