



Sierra Foothill League Swim and Dive 2018

Starting Time 3:30

Friday, March 2
Rocklin at Del Oro Oak Ridge at Granite Bay Nevada Union at Folsom Woodcreek Bye
Friday, March 9
Granite Bay at Nevada Union Del Oro at Oak Ridge Woodcreek at Rocklin Folsom Bye
Friday, March 16
Woodcreek at Granite Bay Rocklin at Folsom Oak Ridge at Nevada Union Del Oro Bye
Thursday, March 22
Folsom at Oak Ridge Granite Bay at Rocklin Del Oro at Woodcreek Nevada Union Bye
Friday, April 6
Nevada Union at Rocklin Folsom at Woodcreek Granite Bay at Del Oro Oak Ridge Bye
Friday, April 13
Oak Ridge at Woodcreek Nevada Union at Del Oro Folsom at Granite Bay Rocklin Bye
Friday, April 20
Del Oro at Folsom Woodcreek at Nevada Union Rocklin at Oak Ridge Granite Bay Bye

League Rep: John Sherman, Granite Bay
SFL Championships April 27th and 28th @ Roseville Aquatics Center
Preseason Dead Period Begins January 15
Practice Begins February 5
1st Scrimmage February 17
1st Contest February 23
Last Contest April 28
End of Season Dead Period May 31