



Sierra Foothill League Swim and Dive 2019 Schedule

Starting Time 3:30

Thursday, February 28th
Rocklin at Folsom Whitney at Del Oro Granite Bay at Oak Ridge
Thursday, March 7th
Folsom at Whitney Granite Bay at Rocklin Oak Ridge at Del Oro
Thursday, March 14th
Folsom at Granite Bay Del Oro at Rocklin Oak Ridge at Whitney
Thursday March 21st
Del Oro at Folsom Rocklin at Oak Ridge Whitney at Granite Bay
Thursday, April 4th
Folsom at Oak Ridge Granite Bay at Del Oro Rocklin at Whitney

League Rep: John Sherman, Granite Bay
SFL Championships April 10th and 11th @ Del Oro High School
Preseason Dead Period Begins January 14th
Practice Begins February 4th
1st Scrimmage February 15
1st Contest February 22nd
Sit-Out Period March 21st
Last Contest April 20th
End of Season Dead Period May 31st

5/25/18