



2019 SFL Track Schedule

Starting Times:

Duels: 3:30 PM

Wednesday, March 20th
Whitney at Del Oro Granite Bay at Oak Ridge Rocklin at Folsom
Wednesday, March 27th
Folsom at Whitney Granite Bay at Rocklin Oak Ridge at Del Oro
Wednesday, April 3rd
Folsom at Granite Bay Oak Ridge at Whitney Del Oro at Rocklin
Wednesday, April 10th
Del Oro at Folsom Rocklin at Oak Ridge Whitney at Granite Bay
Wednesday, April 24th
Folsom at Oak Ridge Granite Bay at Del Oro Rocklin at Whitney

SFL Championships—May 1st and May 3rd at Oak Ridge

League Rep: Matt Eckman, Rocklin HS

Practice Begins—February 4th

1st Scrimmage—February 15th

1st Contest—February 22nd

Sit-Out Period Date---March 29th

Last Contest—May 4th

End of Season Dead Period---May 31st