



Sierra Foothill League Swim and Dive

2020 Schedule

Starting Time 3:30

Thursday, March 12th
Whitney at Rocklin Del Oro at Granite Bay Oak Ridge at Folsom
Thursday, March 19th
Whitney at Folsom Rocklin at Granite Bay Del Oro at Oak Ridge
Thursday, March 26th
Granite Bay at Folsom Rocklin at Del Oro Whitney at Oak Ridge
Thursday April 2nd
Folsom at Del Oro Oak Ridge at Rocklin Granite Bay at Whitney o
Thursday, April 16th
Folsom at Rocklin Del Oro at Whitney Oak Ridge at Granite Bay

League Rep: John Sherman, Granite Bay
SFL Championships April 24th and 25th @ TBA
CIF Section Trials- May 7th and 8th @ Tokay
CIF Section Finals- May 9th @ Tokay
Preseason Dead Period Begins January 20th
Practice Begins February 10th
1st Scrimmage February 21st
1st Contest February 28th
Sit-Out Period March 27th
Last Contest April 25th
End of Season Dead Period May 31st

2/26/19