



## 2023 SFL Flag Football Schedule

**Starting Time: JV 7:00, Varsity 8:00, St. Francis Home Games start time is 4:30.**

|  |  |
|--|--|
| <b>Tuesday, September 5th</b>  | <b>Thursday, September 28th</b>  |
| Granite Bay at St. Francis<br>Folsom at Davis<br>Rocklin at Del Oro<br>Whitney Bye | Del Oro at Granite Bay<br>Whitney at Rocklin<br>St. Francis at Davis<br>Folsom Bye         |
| <b>Thursday, September 7th</b>   | <b>Tuesday, October 3rd</b>  |
| Davis at Del Oro<br>Rocklin at Whitney<br>Folsom at Granite Bay<br>St. Francis Bye | Rocklin at St. Francis<br>Granite Bay at Folsom<br>Whitney at Davis<br>Del Oro Bye         |
| <b>Tuesday, September 12th</b>   | <b>Thursday, October 5th</b>   |
| Whitney at St. Francis<br>Rocklin at Davis<br>Granite Bay at Del Oro<br>Folsom Bye | St. Francis at Del Oro<br>Folsom at Rocklin<br>Granite Bay at Whitney<br>Davis Bye         |
| <b>Thursday, September 14th</b>  | <b>Tuesday, October 10th</b>   |
| St. Francis at Folsom<br>Del Oro at Whitney<br>Davis at Granite Bay<br>Rocklin Bye | Del Oro at Folsom<br>St. Francis at Granite Bay<br>Davis at Whitney<br>Rocklin Bye         |
| <b>Tuesday, Sept. 19th</b>   | <b>Thursday, October 12th</b>  |
| Granite Bay at Rocklin<br>Del Oro at St. Francis<br>Folsom at Whitney<br>Davis Bye | Del Oro at Rocklin<br>Whitney at Folsom<br>Granite Bay at Davis<br>St. Francis Bye         |
| <b>Thursday, September 21<sup>st</sup></b>   | <b>Tuesday, October 17<sup>th</sup></b>  |
| St. Francis at Rocklin<br>Davis at Folsom<br>Whitney at Granite Bay<br>Del Oro Bye | Davis at Rocklin<br>Whitney at Del Oro<br>Folsom at St. Francis<br>Granite Bay Bye         |
| <b>Tuesday, September 26<sup>th</sup></b>  | <b>Thursday, October 19th</b>  |
| Del Oro at Davis<br>St. Francis at Whitney<br>Rocklin at Folsom<br>Granite Bay Bye | Folsom at Del Oro<br>Rocklin at Granite Bay<br>Davis at St. Francis (10/18)<br>Whitney Bye |

**League Rep – Steve Birch, Del Oro**  
**Practice Begins July 31st**  
**1st Scrimmage August 11th**  
**1st Contest August 18th**  
**Sit Out Period September 19th**  
**Last Contest October 19th**

