



SFL Girls Volleyball 2023 Schedule

Starting Time: 5:00 Frosh/JV, 6:00 Varsity

Thursday, September 14th	Thursday, October 5th
Oak Ridge at Rocklin Del Oro at Folsom Granite Bay at Whitney	Rocklin at Oak Ridge Folsom at Del Oro Whitney at Granite Bay
Tuesday, September 19th	Tuesday, October 10th
Rocklin at Folsom Granite Bay at Oak Ridge Whitney at Del Oro	Folsom at Rocklin Oak Ridge at Granite Bay Del Oro at Whitney
Thursday, Sept. 21st	Thursday, October 12th
Rocklin at Granite Bay Folsom at Whitney Oak Ridge at Del Oro	Granite Bay at Rocklin Whitney at Folsom Del Oro at Oak Ridge
Tuesday, September 26th	Tuesday, October 17th
Del Oro at Rocklin Whitney at Oak Ridge Folsom at Granite Bay	Rocklin at Del Oro Oak Ridge at Whitney Granite Bay at Folsom
Thursday, Sept. 28th	Thursday, October 19th
Oak Ridge at Folsom Rocklin at Whitney Granite Bay at Del Oro	Folsom at Oak Ridge Whitney at Rocklin Del Oro at Granite Bay

League Rep - Dave Muscarella, Rocklin
Preseason Dead Period Begins July 10th
Practice Begins July 31st
1st Scrimmage August 11th
1st Contest August 18th
Sit Out Period September 19th
Last Contest October 19th
End of Season Dead Period November 26th

3/29/2022

