

**Sierra Foothill League Swim and Dive**

 **2023 Schedule**

**Starting Time 3:30/4:00**

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| **Thursday, March 9th** |
|  **Folsom at Rocklin****Del Oro at Whitney** **Granite Bay at Oak Ridge**  |
| **Thursday, March 16th** |
|  **Whitney at Folsom**  **Rocklin at Granite Bay** **Del Oro at Oak Ridge** |
| **Thursday, March 23rd** |
|  **Granite Bay at Folsom** **Rocklin at Del Oro****Whitney at Oak Ridge**  |
| Thursday March 30th |
| **Folsom at Del Oro** **Oak Ridge at Rocklin** **Granite Bay at Whitney**  |
| **Thursday, April 13th** |
|  **Rocklin at Whitney** **Del Oro at Granite Bay**  **Oak Ridge at Folsom**  |

**League Rep: John Sherman, Granite Bay**

 **SFL Championships: April 21-22**

 **Practice Begins: February 6th**

**1st Scrimmage: February 17th**

 **1st Contest February 24th**

 **Sit-Out Period: March 25th**

 **Last Contest: April 22nd**

**2/9/2022**