

**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**