



# Sierra Foothill League Track 2023 Schedule

Starting Time 2:00

| <b>Wednesday, March 1st</b>              |
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| <b>Host-Rocklin, Co-Host--Whitney</b>    |
| Rocklin vs Del Oro                       |
| Granite Bay vs Whitney                   |
| Rocklin vs Folsom                        |
| Whitney vs Oak Ridge                     |
| <b>Wednesday, March 22nd</b>             |
| <b>Host-Folsom, Co-Host-Oak Ridge</b>    |
| Rocklin vs Oak Ridge                     |
| Folsom vs Whitney                        |
| Del Oro vs Granite Bay                   |
| Folsom vs Del Oro                        |
| Granite Bay vs Oak Ridge                 |
| <b>Wednesday April 12th</b>              |
| <b>Host-Granite Bay, Co-Host-Del Oro</b> |
| Rocklin vs Whitney                       |
| Folsom vs Granite Bay                    |
| Del Oro vs Oak Ridge                     |
| Rocklin vs Granite Bay                   |
| Folsom vs Oak Ridge                      |
| Del Oro vs Whitney                       |

League Rep: Matt Eckman-Rocklin HS

SFL Championships: May 3rd and May 5th at Del Oro

Practice Begins: February 6th

1st Scrimmage: February 17th

1st Contest February 24th

Sit-Out Period: April 1<sup>st</sup>

Last Contest: May 6<sup>th</sup>

11/17/2022