

**Sierra Foothill League**

2023 Competitive Sport Cheer Schedule

**Start Time: 5:30, 6:30, 7:30**

|  |  |  |
| --- | --- | --- |
| **Friday, February 24th** |  | **Friday, March 24th** |
| **All SFL at Granite Bay**Folsom vs Oak Ridge 5:30Rocklin vs Del Oro 6:30Granite Bay vs Whitney 7:30 |  | **All SFL at Oak Ridge**Granite Bay vs. Whitney 5:30Rocklin vs Folsom 6:30Del Oro vs Oak Ridge 7:30 |
| **Friday, March 3rd** |  | **Friday, March 31st** |
| Del Oro/TBA at Folsom Oak Ridge/TBA at Granite BayWhitney/TBA at Rocklin |  | Rocklin/Granite Bay at Del OroOak Ridge/Whitney at Folsom |
| **Friday, March 10th** |  |  **Friday, April 14th** |
| Granite Bay/TBA at Oak Ridge Folsom/TBA at RocklinWhitney/TBA at Del Oro |  | Folsom/TBA at WhitneyOak Ridge/TBA at Del OroGranite Bay/TBA at Rocklin |
| **Friday, March 17th** |  | **Friday, April 21st** |
| Del Oro/Folsom at Granite BayWhitney/Rocklin at Oak Ridge  |  | **All SFL at Whitney**Granite Bay vs. Folsom 5:30Rocklin vs Oak Ridge 6:30Whitney vs Del Oro 7:30 |

**League Rep--Debi DeVinna**

**Practice Begins---February 6th**

**1st Scrimmage—February 17th**

**1st Contest---February 24th**

**Sit-Out Period Date---March 27th**

**Last Contest---April 26th**

**End of Season Dead Period---May 31st**

**2/9/2022**