



Sierra Foothill League Swim and Dive 2024 Schedule

Starting Time 4:00

Thursday, March 7th
Del Oro at Folsom Rocklin at Oak Ridge Whitney at Granite Bay
Thursday, March 14th
Rocklin at Folsom Whitney at Del Oro Granite Bay at Oak Ridge
Thursday, March 21st
Folsom at Whitney Granite Bay at Rocklin Oak Ridge at Del Oro
Thursday April 4th
Folsom at Granite Bay Del Oro at Rocklin Oak Ridge at Whitney
Thursday, April 11th
Whitney at Rocklin Granite Bay at Del Oro Folsom at Oak Ridge

League Rep: John Sherman, Granite Bay

SFL Championships: April 19-20

Practice Begins: February 5th

1st Scrimmage: February 16th

1st Contest February 23rd

Sit-Out Period: March 23rd

Last Contest: April 20th

3/8/2023

