



Sierra Foothill League Track 2024 Schedule

Starting Time 2:00

Wednesday, March 6th
Host-Whitney, Co-Host--Rocklin
Rocklin vs Del Oro
Granite Bay vs Whitney
Rocklin vs Folsom
Whitney vs Oak Ridge

Wednesday, March 20th
Host-Oak Ridge, Co-Host-Folsom
Rocklin vs Oak Ridge
Folsom vs Whitney
Del Oro vs Granite Bay
Folsom vs Del Oro
Granite Bay vs Oak Ridge

Wednesday April 10th
Host-Del Oro, Co-Host-Granite Bay
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 1st and May 3rd at Folsom
Practice Begins: February 5th
1st Scrimmage: February 16th
1st Contest February 23rd
Sit-Out Period: March 30th
Last Contest: May 4th
3/8/2024