



2026 SFL JV and Frosh Girls Basketball Schedule

Frosh Start Times: Thursday 5:30, Monday, Tuesday, Wednesday 4:30

JV Start Times: Thursday 7:00, Monday, Tuesday, Wednesday 6:00

Monday, January 5th	Monday, January 26th
Davis at Whitney Del Oro at St. Francis Granite Bay at Oak Ridge Rocklin at Folsom	Whitney at Davis St. Francis at Del Oro Oak Ridge at Granite Bay Folsom at Rocklin
Wednesday, January 7th	Wednesday, January 28th
Oak Ridge at Rocklin St Francis at Granite Bay Whitney at Del Oro Folsom at Davis	Rocklin at Oak Ridge Granite Bay at St. Francis Del Oro at Whitney Davis at Folsom
Thursday, January 8th	Thursday, January 29th
Whitney at St. Francis Rocklin at Del Oro Folsom at Granite Bay Davis at Oak Ridge	St. Francis at Whitney Del Oro at Rocklin Granite Bay at Folsom Oak Ridge at Davis
Tuesday, January 13th	Tuesday, February 3rd
Granite Bay at Davis Del Oro at Folsom St. Francis at Rocklin Oak Ridge at Whitney	Davis at Granite Bay Folsom at Del Oro Rocklin at St. Francis Whitney at Oak Ridge
Thursday, January 15th	Thursday, February 5th
St. Francis at Oak Ridge Folsom at Whitney Davis at Del Oro Granite Bay at Rocklin	Oak Ridge at St. Francis Whitney at Folsom Del Oro at Davis Rocklin at Granite Bay
Tuesday, January 20th	Tuesday, February 10th
Granite Bay at Whitney Oak Ridge at Del Oro Folsom at St. Francis Rocklin at Davis	Whitney at Granite Bay Del Oro at Oak Ridge St Francis at Folsom Davis at Rocklin
Thursday, January 22nd	Thursday, February 12th
Oak Ridge at Folsom Del Oro at Granite Bay Whitney at Rocklin St. Francis at Davis	Folsom at Oak Ridge Granite Bay at Del Oro Rocklin at Whitney Davis at St. Francis

League Rep: Steve White, Oak Ridge HS

Practice Begins: November 3rd

1st Scrimmage: November 14th

1st Contest: November 21st

Sit-Out Period: January 3rd

Last Contest: February 13th

4/14/2025