



**CIF SAN FRANCISCO SECTION**  
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**CIF SAN FRANCISCO SECTION**  
**SIT OUT PERIOD DATES**  
**2022-23**

<b>FALL SPORTS</b>	<b>SOP DATE*</b>
CROSS COUNTRY	9/23/22
FOOTBALL	9/20/22
GIRLS' GOLF	9/4/22
SPIRIT SQUAD	10/5/22
GIRLS' TENNIS	9/9/22
GIRLS' VOLLEYBALL	9/10/22
<b>WINTER SPORTS</b>	
BASKETBALL	12/23/22
SOCCER	12/25/22
WRESTLING	12/17/22
<b>SPRING SPORTS</b>	
BADMINTON	3/15/23
BASEBALL	3/19/23
FENCING	3/13/23
FLAG FOOTBALL	3/5/23
BOYS' GOLF	3/17/23
LACROSSE	3/19/23
SOFTBALL	3/18/23
SWIMMING	3/18/23
BOYS' TENNIS	3/16/23
TRACK	3/19/23
BOYS' VOLLEYBALL	3/19/23

\*The SOP dates will be adjusted for those students who transfer after a school has played its first game.