



CIF SAN FRANCISCO SECTION
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CIF SAN FRANCISCO SECTION
SIT OUT PERIOD DATES
2018-19

FALL SPORTS	SOP DATE*
CROSS COUNTRY	9/21/18
FOOTBALL	9/21/18
GIRLS' GOLF	9/10/18
SPIRIT SQUAD	10/6/18
GIRLS' TENNIS	9/9/18
GIRLS' VOLLEYBALL	9/12/18
WINTER SPORTS	
BASKETBALL	12/23/18
SOCCER	12/24/18
WRESTLING	12/16/18
SPRING SPORTS	
BADMINTON	3/14/19
BASEBALL	3/15/19
FENCING	3/4/19
FLAG FOOTBALL	3/8/19
BOYS' GOLF	3/18/19
LACROSSE	3/17/19
SOFTBALL	3/18/19
SWIMMING	3/12/19
BOYS' TENNIS	3/14/19
TRACK	3/18/19
BOYS' VOLLEYBALL	3/18/19

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