



**CIF SAN FRANCISCO SECTION**  
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**CIF SAN FRANCISCO SECTION**  
**SIT OUT PERIOD DATES**  
**2019-20**

<b>FALL SPORTS</b>	<b>SOP DATE*</b>
CROSS COUNTRY	10/11/19
FOOTBALL	9/24/19
GIRLS' GOLF	9/15/19
SPIRIT SQUAD	10/14/19
GIRLS' TENNIS	9/18/19
GIRLS' VOLLEYBALL	9/21/19
<b>WINTER SPORTS</b>	
BASKETBALL	12/26/19
SOCCER	12/27/19
WRESTLING	12/20/19
<b>SPRING SPORTS</b>	
BADMINTON	3/21/20
BASEBALL	3/14/20
FENCING	3/7/20
FLAG FOOTBALL	3/7/20
BOYS' GOLF	3/17/20
LACROSSE	3/23/20
SOFTBALL	3/17/20
SWIMMING	3/11/20
BOYS' TENNIS	3/17/20
TRACK	3/21/20
BOYS' VOLLEYBALL	3/18/20

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