



CIF SAN FRANCISCO SECTION
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CIF SAN FRANCISCO SECTION
SIT OUT PERIOD DATES
2021-22

FALL SPORTS	SOP DATE*
CROSS COUNTRY	9/20/21
FOOTBALL	9/21/21
GIRLS' GOLF	8/30/21
SPIRIT SQUAD	10/2/21
GIRLS' TENNIS	9/10/21
GIRLS' VOLLEYBALL	9/10/21
WINTER SPORTS	
BASKETBALL	12/29/21
SOCCER	12/30/21
WRESTLING	12/18/21
SPRING SPORTS	
BADMINTON	3/15/22
BASEBALL	3/20/22
FENCING	3/8/22
FLAG FOOTBALL	3/6/22
BOYS' GOLF	3/25/22
LACROSSE	3/20/22
SOFTBALL	3/20/22
SWIMMING	3/13/22
BOYS' TENNIS	3/16/22
TRACK	3/20/22
BOYS' VOLLEYBALL	3/19/22

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