

Event Name	Participant	Status
HS Girls Flag Football Practice Mon 08/04/2025 10:00 am - 12:00 pm SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Tue 08/05/2025 8:00 am - 10:00 am SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Wed 08/06/2025 10:00 am - 12:00 pm SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Thu 08/07/2025 1:00 pm - 3:00 pm SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Fri 08/08/2025 1:00 pm - 3:00 pm SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Mon 08/11/2025 7:00 am - 9:00 am SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Tue 08/12/2025 12:00 pm - 2:00 pm SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Wed 08/13/2025 8:00 am - 10:00 am SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice & Team Photos Thu 08/14/2025 3:00 pm - 5:30 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Fri 08/15/2025 6:30 am - 8:00 am SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Flag Football Practice Mon 08/18/2025 6:30 am - 8:00 am SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Tue 08/19/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Wed 08/20/2025 3:00 pm - 5:00 pm	Flag Football - Women - Varsity	Active

Location		
SFC - Baseball Diamond		
HS Girls Flag Football Practice Thu 08/21/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS V Flag Football vs Point Loma Fri 08/22/2025 3:00 pm - 5:00 pm SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Flag Football Practice Mon 08/25/2025 6:30 am - 8:00 am SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS V Girls Flag Football Practice Tue 08/26/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Wed 08/27/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice (split field) Thu 08/28/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS Flag Football Team Retreat Fri 08/29/2025 12:00 pm - 1:00 pm William Heise County Park	Flag Football - Women - Varsity	Active
HS Flag Football Team Retreat Sat 08/30/2025 12:00 pm - 1:00 pm William Heise County Park	Flag Football - Women - Varsity	Active
HS Flag Football Team Retreat Sun 08/31/2025 12:00 pm - 1:00 pm William Heise County Park	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Tue 09/02/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Wed 09/03/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS Flag Football Practice Thu 09/04/2025 6:30 am - 8:00 am SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Flag Football vs El Camino	Flag Football - Women - Varsity	Active

Date	Equipment	
Fri 09/05/2025 4:00 pm - 5:00 pm SFC - Football/Upper Field		
HS Flag Football Outreach (Helen Woodward Surf-Dog-A-Thon) Sun 09/07/2025 7:00 am - 12:00 pm Del Mar Dog Beach	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Tue 09/09/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS V Girls Flag Football Practice Wed 09/10/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Fri 09/12/2025 6:30 am - 8:00 am SFC - Football/Upper Field	Flag Football - Women - JV Flag Football - Women - Varsity	Active
HS Flag Football vs Francis Parker Mon 09/15/2025 3:00 pm - 5:00 pm SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Tue 09/16/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS Flag Football vs Canyon Crest Academy Wed 09/17/2025 5:00 pm - 7:00 pm SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Thu 09/18/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Fri 09/19/2025 6:30 am - 8:30 am SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Flag Football @ Orange Glen Mon 09/22/2025 4:00 pm - 5:30 pm Orange Glen High School	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Tue 09/23/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Wed 09/24/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active

Event Name	Participant	Status
HS Flag Football @ Tri City Thu 09/25/2025 4:00 pm - 6:00 pm SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Fri 09/26/2025 6:30 am - 8:30 am SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS JV FLAG Football @ Coastal Academy Tue 09/30/2025 2:30 pm - 5:00 pm SoCal Sports Complex	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Tue 09/30/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS V FLAG Football @ Coastal Academy Tue 09/30/2025 4:00 pm - 6:30 pm SoCal Sports Complex	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Wed 10/01/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Thu 10/02/2025 6:30 am - 8:30 am SFC - Softball Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Fri 10/03/2025 6:30 am - 8:00 am SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Girls JV Flag Football @ CCA Mon 10/06/2025 4:00 pm - 5:00 pm Canyon Crest Academy	Flag Football - Women - Varsity	Active
HS Flag Football vs Escondido Charter Tue 10/07/2025 4:00 pm - 6:00 pm SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Wed 10/08/2025 2:30 pm - 4:30 pm Baseball Diamond	Flag Football - Women - Varsity	Active
HS Flag Football vs Pac Ridge Thu 10/09/2025 3:30 pm - 5:30 pm SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS V Girls Flag Football Practice Tue 10/14/2025 3:00 pm - 5:00 pm	Flag Football - Women - Varsity	Active

Location		
SFC - Softball Field		
HS Girls JV Flag Football @ LCC Tue 10/14/2025 6:00 pm - 7:00 pm La Costa Canyon High School	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Wed 10/15/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS JV Girls Flag Football Practice Thu 10/16/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS Girls JV Flag Football @ Classical Academy Thu 10/16/2025 4:30 pm - 5:30 pm Hidden Valley Middle School	Flag Football - Women - Varsity	Cancelled
HS Girls V Flag Football @ Classical Academy Thu 10/16/2025 5:30 pm - 7:00 pm Hidden Valley Middle School	Flag Football - Women - Varsity	Active
HS Flag Football vs San Ysidro Fri 10/17/2025 4:00 pm - TBD (11:59 pm) SFC - Football/Upper Field	Flag Football - Women - Varsity	Cancelled
HS Flag Football Practice Mon 10/20/2025 3:00 pm - 5:00 pm SFC - Softball Field	Flag Football - Women - Varsity	Active
HS Flag Football vs Southwest EC Tue 10/21/2025 4:30 pm - 6:30 pm SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS JV Flag Football @ Del Norte Wed 10/22/2025 4:00 pm - 5:30 pm Del Norte High School	Flag Football - Women - Varsity	Cancelled
HS V Flag Football @ Del Norte Wed 10/22/2025 6:00 pm - 7:30 pm Del Norte High School	Flag Football - Women - Varsity	Active
HS Flag Football vs SDJA Thu 10/23/2025 4:30 pm - 5:30 pm SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Girls Flag Football Practice Fri 10/24/2025 6:30 am - 8:00 am SFC - Football/Upper Field	Flag Football - Women - Varsity	Active
HS Flag Football Practice	Flag Football - Women - Varsity	Active

Date	Equipment	
Mon 10/27/2025 6:30 am - 8:00 am SFC - Football/Upper Field		
HS Girls Flag Football Playoff vs Our Lady of Peace Tue 10/28/2025 3:00 pm - 5:00 pm SFC - Football/Upper Field	Flag Football - Women - Varsity	Active