

**DELTA LEAGUE**  
**2025 VARSITY, JUNIOR VARSITY FLAG FOOTBALL SCHEDULE**

**TUESDAY, SEPTEMBER 9**

Pleasant Grove	@	Laguna Creek
Franklin	@	Sheldon
Monterey Trail	@	Cosumnes Oaks
Elk Grove	BYE	

**THURSDAY, OCTOBER 2**

Laguna Creek	@	Pleasant Grove
Sheldon	@	Franklin
Cosumnes Oaks	@	Monterey Trail
Elk Grove	BYE	

**THURSDAY, SEPTEMBER 11**

Franklin	@	Monterey Trail
Sheldon	@	Laguna Creek
Elk Grove	@	Pleasant Grove
Cosumnes Oaks	BYE	

**TUESDAY, OCTOBER 7**

Monterey Trail	@	Franklin
Laguna Creek	@	Sheldon
Pleasant Grove	@	Elk Grove
Cosumnes Oaks	BYE	

**TUESDAY, SEPTEMBER 16**

Cosumnes Oaks	@	Sheldon
Pleasant Grove	@	Franklin
*Elk Grove	@	Laguna Creek
Monterey Trail	BYE	

**THURSDAY, OCTOBER 9**

Sheldon	@	Cosumnes Oaks
Franklin	@	Pleasant Grove
*Laguna Creek	@	Elk Grove
Monterey Trail	BYE	

**THURSDAY, SEPTEMBER 18**

Sheldon	@	Elk Grove
Laguna Creek	@	Monterey Trail
Cosumnes Oaks	@	Franklin
Pleasant Grove	BYE	

**TUESDAY, OCTOBER 14**

Elk Grove	@	Sheldon
Monterey Trail	@	Laguna Creek
Franklin	@	Cosumnes Oaks
Pleasant Grove	BYE	

**TUESDAY, SEPTEMBER 23**

Monterey Trail	@	Pleasant Grove
Elk Grove	@	Cosumnes Oaks
Franklin	@	Laguna Creek
Sheldon	BYE	

**THURSDAY, OCTOBER 16**

Pleasant Grove	@	Monterey Trail
Cosumnes Oaks	@	Elk Grove
Laguna Creek	@	Franklin
Sheldon	BYE	

**THURSDAY, SEPTEMBER 25**

Laguna Creek	@	Cosumnes Oaks
Monterey Trail	@	Elk Grove
Pleasant Grove	@	Sheldon
Franklin	BYE	

**TUESDAY, OCTOBER 21**

Cosumnes Oaks	@	Laguna Creek
Elk Grove	@	Monterey Trail
Sheldon	@	Pleasant Grove
Franklin	BYE	

**TUESDAY, SEPTEMBER 30**

Elk Grove	@	Franklin
Cosumnes Oaks	@	Pleasant Grove
Monterey Trail	@	Sheldon
Laguna Creek	BYE	

**THURSDAY, OCTOBER 23**

Franklin	@	Elk Grove
Pleasant Grove	@	Cosumnes Oaks
Sheldon	@	Monterey Trail
Laguna Creek	BYE	

**Dead Period:** July 1 - July 14  
**Limited Period:** July 15 - Aug. 3  
**Practice Begins:** August 4  
**First Scrimmage:** August 15  
**First Contest:** August 20  
**Last Contest:** October 23

\*Games reversed to avoid 4pm start @ Elk Grove

**Varsity Game Time:** 7:00pm (Exception: Games on Tuesday will be played at 4:00PM at Elk Grove)

Section Playoffs: TBD

**Delta League Rep:** George Smith, Cosumnes Oaks  
**Athletic Director Rep:** George Smith, Cosumnes Oaks