

**DELTA LEAGUE
2026 VARSITY, JUNIOR VARSITY FLAG FOOTBALL SCHEDULE**

WEDNESDAY, SEPTEMBER 2

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

WEDNESDAY, SEPTMBER 30

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

WEDNESDAY, SEPTEMBER 9

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

MONDAY, OCTOBER 5

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

MONDAY, SEPTEMBER 14

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

WEDNESDAY, OCTOBER 7

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

WEDNESDAY, SEPTEMBER 16

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

MONDAY, OCTOBER 12

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

MONDAY, SEPTEMBER 21

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

WEDNESDAY, OCTOBER 14

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

WEDNESDAY, SEPTEMBER 23

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

MONDAY, OCTOBER 19

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

MONDAY, SEPTEMBER 28

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

WEDNESDAY, OCTOBER 21

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

Dead Period: July 1 - July 14
Out of Season Period: July 15 - Aug. 2
Practice Begins: August 3
First Scrimmage: August 14
First Contest: August 19
Last Contest: October 22

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

Delta League Rep: Jeremiah Taylor, Pleasant Grove
Athletic Director Rep: Jeremiah Taylor, Pleasant Grove