| DATE | LINCOLN | LODI | ST. MARY'S | TOKAY | TRACY | WEST |
|---|----------|------------|----------------------------|---|------------|------------|
| Wednesday 1/5/22 | TOKAY | WEST | at TRACY | at LINCOLN | SM | at LODI |
| Friday 1/7/22 | LODI | at LINCOLN | WEST | TRACY | at TOKAY | at SM |
| Wednesday 1/12/22 | at SM | TOKAY | LINCOLN | at LODI | at WEST | TRACY |
| Friday 1/14/22 | at TRACY | SM | at LODI | at WEST | LINCOLN | TOKAY |
| Wednesday 1/19/22 | WEST | at TRACY | at TOKAY | SM | LODI | at LINCOLN |
| Friday 1/21/22 | at TOKAY | at WEST | TRACY | LINCOLN | at SM | LODI |
| Wednesday 1/26/22 | at LODI | LINCOLN | at WEST | at TRACY | TOKAY | SM |
| Friday 1/28/22 | SM | at TOKAY | at LINCOLN | LODI | WEST | at TRACY |
| Monday 1/31/22 | TRACY | at SM | LODI | WEST | at LINCOLN | at TOKAY |
| Wednesday 2/2/22 | at WEST | TRACY | TOKAY | at SM | at LODI | LINCOLN |
| Practice Starts 1st Scrimmage Date 1st Contest Date Sit-Out Period Date Last Contest Date | | | Novemb Novemb Decemb | per 1, 2021 per 12, 2021 per 19,2021 per 27, 2021 y 4, 2022 | | |