| DATE | LINCOLN | LODI | ST. MARY'S | ΤΟΚΑΥ | TRACY | WEST |
|----------|---|------------|---|------------|---------------|---------------|
| Thursday | | | | | | |
| 3/28/19 | Lodi | at Lincoln | West | Tracy | at Tokay | at St. Mary's |
| Thursday | | | | | | |
| 4/4/19 | at Tracy | St. Mary's | at Lodi | at West | Lincoln | Tokay |
| Thursday | | | | | | |
| 4/11/19 | Tokay | West | Tracy | at Lincoln | at St. Mary's | at Lodi |
| Thursday | | | | | | |
| 4/18/19 | at West | at Tracy | at Tokay | St. Mary's | Lodi | Lincoln |
| Thursday | | | | | | |
| 4/25/19 | at St. Mary's | Tokay | Lincoln | at Lodi | at West | Tracy |
| | Preseason Dead Period Practice Begins 1st Scrimmage 1st Contest Sit out period TCAL Track Meet Last Contest | | Jan 14Feb Feb 4 Feb 15 Feb 22 March 29 May 13 May 4 | 3 | | |