

| Teams | | County | 15-May | 22-May | 29-May | 5-Jun | 12-Jun | 19-Jun | 26-Jun | 3-Jul | 10-Jul | 17-Jul | 24-Jul | Host Meets |
|------------------|------|--------|--------|--------|--------|--------|---------|---------|---------|-------|---------|---------|--------|------------|
| Arden Park | AP | Sac | | @DN | | @ST | H - FEC | | H - AM | | | | | 2 (2) |
| Arden Hills | | | | | | | | | | | | | | 0 |
| Amador | A | Amador | | | | | H - RV | @G | @AP | | @LC | | | 1 |
| Carmichael | CARM | Sac | | | | | | | | | | | | |
| Del Norte | DN | Sac | | H - AP | | | @RDO | H - JR | H - FEC | | H - WS | | | 4 (4) |
| Dixon | DIX | Solano | | | | | | | H - LC | X | H - SAC | @RDO | | 4 (2) |
| Elk Grove | ELK | Sac | | H - WS | | | H - WC | | @GR | | @JR | | | 2 (2) |
| Fair Oaks | FO | Sac | | | | @RW | | @FEC | @SUN | | | @ST | | 0 |
| Fulton El Camino | FEC | Sac | | | | TT | @AP | H - FO | @DN | | H - SUN | @LC | | 3 (2) |
| Highlands | | | | | | | | | | | | | | 0 |
| Galt | G | Sac | | | | | | H - A | @RV | | H - RW | @SUN | | 5 (2) |
| Glen Oaks | GO | Sac | TT | | | H - GR | H - SUN | @WC | H - WS | | @JR | | | 2 (3) |
| Gold River | GR | Sac | | | | @GO | @JR | H - RW | H - ELK | | | | | 3 (2) |
| Johnson Ranch | JR | Placer | | | | @WC | H - GR | @DN | | | H - GO | | | 3 (2) |
| Laguna Creek | LC | Sac | TT | | | | H - RW | @WS | @DIX | | H - A | H - FEC | | 3 (3) |
| Rio Del Oro | RDO | Sac | | | | TT | H - DN | @GR | H - ST | | H - WC | H - DIX | | 5 (4) |
| Rio Vista | RV | Solano | | | | | @A | H - SAC | H - G | | | | | 1 or 2 (2) |
| Rocklin | | | | | | | | | | | | | | 0 |
| Rollingwood | RW | Sac | | TT | | H - FO | @LC | | @WC | | @G | | | 1 (1) |
| Sac Town | ST | Sac | | | | H - AP | | @RV | @RDO | | @DIX | | H - FO | 2 (2) |
| Sunrise | SUN | Sac | | | | | @GO | | H - FO | | @FEC | H - G | | 2 (2) |
| Woodcreek | WC | Placer | TT | | | H - JR | @ELK | H - GO | H - RW | | @RDO | | | 3 (3) |
| West Sacramento | WS | Yolo | | @ELK | | | | H - LG | @GO | | @DN | | | 1 |

Meets Scheduled

4

4

5

3

4

4

5

4

5

4

4

5

5

3

4

5

4

5

4

 Scheduled Home Meets
 Questioning