First Practice: August 15th First Scrimmage: August 20th First Game Day: August 26th

Wednesday September 7th 2022

Midd-West @ Central Columbia Mifflinburg @ Bloomsburg Warrior Run @ Southern

Monday September 12th 2022

Central Columbia @ Warrior Run Midd-West @ Bloomsburg Southern @ Mifflinburg

Wednesday September 14th 2022

Midd-West @ Mifflinburg Bloomsburg @ Warrior Run Central Columbia @ Southern

Monday September 19th 2022

Warrior Run @ Mifflinburg Central Columbia @ Bloomsburg Southern @ Midd-West

Wednesday September 21st 2022

Mifflinburg @ Central Columbia Midd-West @ Warrior Run Bloomsburg @ Southern

Tuesday October 4th 2022

Central Columbia @ Midd-West Bloomsburg @ Mifflinburg Southern @ Warrior Run

Thursday October 6th 2022

Warrior Run @ Central Columbia Bloomsburg @ Midd-West Mifflinburg @ Southern

Tuesday October 11th 2022

Mifflinburg @ Midd-West Warrior Run @ Bloomsburg Southern @ Central Columbia

Thursday October 13th 2022

Mifflinburg @ Warrior Run Bloomsburg @ Central Columbia Midd-West @ Southern

Tuesday October 18th 2022

Central Columbia @ Mifflinburg Warrior Run @ Midd-West Southern @ Bloomsburg