

| Day Date | Time | Visitor Team | Home Team |
|----------------|--------|--------------|-----------|
| Tue 09/08/2009 | 6:00p | Whitecaps | cobras |
| Wed 09/09/2009 | 6:00p | Flash | Vipers |
| Thu 09/10/2009 | 6:00p | Islanders | United |
| Sat 09/12/2009 | 8:00a | United | cobras |
| Sat 09/12/2009 | 9:30a | Flash | Whitecaps |
| Sat 09/12/2009 | 11:00a | Islanders | Vipers |
| Tue 09/15/2009 | 6:00p | Whitecaps | Islanders |
| Wed 09/16/2009 | 6:00p | Flash | cobras |
| Thu 09/17/2009 | 6:00p | Vipers | United |
| Sat 09/19/2009 | 8:00a | cobras | Islanders |
| Sat 09/19/2009 | 9:30a | United | Flash |
| Sat 09/19/2009 | 11:00a | Vipers | Whitecaps |
| Tue 09/22/2009 | 6:00p | Islanders | Flash |
| Wed 09/23/2009 | 6:00p | United | Whitecaps |
| Thu 09/24/2009 | 6:00p | cobras | Vipers |
| Sat 09/26/2009 | 8:00a | United | Islanders |
| Sat 09/26/2009 | 9:30a | cobras | Whitecaps |
| Sat 09/26/2009 | 11:00a | Vipers | Flash |
| Tue 09/29/2009 | 5:30p | cobras | United |
| Wed 09/30/2009 | 5:30p | Whitecaps | Flash |
| Thu 10/01/2009 | 5:30p | Vipers | Islanders |

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|----------------|--------|-----------|-----------|
| Sat 10/03/2009 | 8:00a | United | Vipers |
| Sat 10/03/2009 | 9:30a | Islanders | Whitecaps |
| Sat 10/03/2009 | 11:00a | cobras | Flash |
| Tue 10/06/2009 | 5:30p | Whitecaps | Vipers |
| Wed 10/07/2009 | 5:30p | Flash | United |
| Thu 10/08/2009 | 5:30p | Islanders | cobras |
| Sat 10/10/2009 | 8:00a | Flash | Islanders |
| Sat 10/10/2009 | 9:30a | Vipers | cobras |
| Sat 10/10/2009 | 11:00a | Whitecaps | United |
| Tue 10/13/2009 | 5:30p | Whitecaps | cobras |
| Wed 10/14/2009 | 5:30p | Flash | Vipers |
| Thu 10/15/2009 | 5:30p | Islanders | United |
| Sat 10/17/2009 | 8:00a | United | cobras |
| Sat 10/17/2009 | 9:30a | Flash | Whitecaps |
| Sat 10/17/2009 | 11:00a | Islanders | Vipers |
| Tue 10/20/2009 | 5:30p | Vipers | United |
| Wed 10/21/2009 | 5:30p | Whitecaps | Islanders |
| Thu 10/22/2009 | 5:30p | cobras | Flash |
| Sat 10/24/2009 | 8:00a | Vipers | Whitecaps |
| Sat 10/24/2009 | 9:30a | United | Flash |
| Sat 10/24/2009 | 11:00a | cobras | Islanders |