

#	Date	Location	Home	Visitor	
2	Fri, Sep. 23, 2022 7:00 PM	Henderson Ice Centre (Big Ice)	Lethbridge Hurricanes (11)	Golden Suns (2)	
3	Fri, Sep. 23, 2022 7:00 PM	Cochrane Arena	Bow Valley Timberwolves (7)	Olds Grizzlys (2)	
4	Fri, Sep. 23, 2022 7:00 PM	Collicutt Centre Arena	Red Deer Steel Kings (2)	West Central Tigers (0)	
1	Fri, Sep. 23, 2022 7:30 PM	Strathmore Family Centre	Wheatland Warriors (8)	Airdrie Lightning (4)	
7	Sat, Sep. 24, 2022 11:00 AM	Ron Ebbesen Twin Arena Blue	Airdrie Lightning (2)	Bow Valley Timberwolves (6)	
5	Sat, Sep. 24, 2022 5:30 PM	Tom Hornecker Recreation Centre	Foothills Bisons (5)	Golden Suns (6)	
6	Sat, Sep. 24, 2022 8:00 PM	Okotoks Recreation Centre - Murray Arena	Okotoks Oilers (5)	Medicine Hat SEAC Tigers (2)	
8	Sat, Sep. 24, 2022 8:15 PM	Gary Moe Group Sportsplex - Echo Energy Arena #1	Central Alberta Selects (2)	Red Deer Steel Kings (4)	
9	Sun, Sep. 25, 2022 4:30 PM	Olds & District Sports Complex (Main Rink)	Olds Grizzlys (1)	Wheatland Warriors (4)	
10	Sun, Sep. 25, 2022 4:30 PM	Hockey Hounds Recreation Centre	Medicine Hat SEAC Tigers (4)	Lethbridge Hurricanes (4)	
12	Fri, Sep. 30, 2022 7:00 PM	Cochrane Arena	Bow Valley Timberwolves (5)	West Central Tigers (2)	
11	Fri, Sep. 30, 2022 8:15 PM	Taber Community Centre - Large	Golden Suns (2)	Lethbridge Hurricanes (4)	

#	Date	Location	Home	Visitor	
14	Sat, Oct. 01, 2022 5:30 PM	Tom Hornecker Recreation Centre	Foothills Bisons (2)	Wheatland Warriors (7)	
17	Sat, Oct. 01, 2022 6:30 PM	Olds & District Sports Complex (Main Rink)	Olds Grizzlys (2)	Bow Valley Timberwolves (3)	
13	Sat, Oct. 01, 2022 7:15 PM	Henderson Ice Centre (Big Ice)	Lethbridge Hurricanes (3)	Airdrie Lightning (3)	
15	Sat, Oct. 01, 2022 8:00 PM	Okotoks Recreation Centre - Murray Arena	Okotoks Oilers (13)	Golden Suns (2)	
16	Sat, Oct. 01, 2022 8:15 PM	Gary Moe Group Sportsplex - Echo Energy Arena #1	Central Alberta Selects (3)	Red Deer Steel Kings (4)	
19	Sun, Oct. 02, 2022 1:15 PM	Strathmore Family Centre	Wheatland Warriors (3)	Red Deer Steel Kings (3)	
21	Sun, Oct. 02, 2022 2:30 PM	Hockey Hounds Recreation Centre	Medicine Hat SEAC Tigers (3)	Foothills Bisons (2)	
20	Sun, Oct. 02, 2022 3:00 PM	Ron Ebbesen Twin Arena - Murray Buchanan	Airdrie Lightning (4)	West Central Tigers (3)	
18	Sun, Oct. 02, 2022 5:00 PM	Olds & District Sports Complex (Main Rink)	Olds Grizzlys (3)	Okotoks Oilers (6)	
22	Fri, Oct. 07, 2022 7:00 PM	Henderson Ice Centre (Big Ice)	Lethbridge Hurricanes (3)	Red Deer Steel Kings (4)	
32	Fri, Oct. 07, 2022 7:30 PM	Olds & District Sports Complex (Aux Rink)	Olds Grizzlys (5)	Foothills Bisons (0)	
26	Sat, Oct. 08, 2022 11:15 AM	Ron Ebbesen Twin Arena Blue	Airdrie Lightning (3)	Olds Grizzlys (2)	

#	Date	Location	Home	Visitor	
23	Sat, Oct. 08, 2022 1:30 PM	Cochrane Arena	Bow Valley Timberwolves (3)	Wheatland Warriors (2)	
24	Sat, Oct. 08, 2022 2:15 PM	Hockey Hounds Recreation Centre	Medicine Hat SEAC Tigers (2)	Central Alberta Selects (2)	
25	Sat, Oct. 08, 2022 5:30 PM	Tom Hornecker Recreation Centre	Foothills Bisons (4)	Red Deer Steel Kings (3)	
29	Sun, Oct. 09, 2022 11:45 AM	Nexsource Centre Sylvan Lake	West Central Tigers (0)	Olds Grizzlys (2)	
27	Sun, Oct. 09, 2022 1:00 PM	Taber Community Centre - Large	Golden Suns (1)	Central Alberta Selects (5)	
28	Sun, Oct. 09, 2022 5:00 PM	Hockey Hounds Recreation Centre	Medicine Hat SEAC Tigers (2)	Okotoks Oilers (6)	
35	Sat, Oct. 15, 2022 2:00 PM	Servus Arena	Red Deer Steel Kings (1)	Bow Valley Timberwolves (3)	
34	Sat, Oct. 15, 2022 8:00 PM	Okotoks Recreation Centre - Murray Arena	Okotoks Oilers (7)	Golden Suns (5)	
36	Sun, Oct. 16, 2022 3:15 PM	Eagle Builders Centre 1	Central Alberta Selects (7)	Foothills Bisons (3)	
38	Sun, Oct. 16, 2022 4:15 PM	Kinplex I	Medicine Hat SEAC Tigers (2)	Wheatland Warriors (8)	
37	Sun, Oct. 16, 2022 5:15 PM	Cochrane Arena	Bow Valley Timberwolves (4)	Okotoks Oilers (1)	
41	Fri, Oct. 21, 2022 7:00 PM	Henderson Ice Centre (Big Ice)	Lethbridge Hurricanes (3)	Okotoks Oilers (5)	

#	Date	Location	Home	Visitor	
42	Fri, Oct. 21, 2022 8:30 PM	Gary Moe Group Sportsplex - Echo Energy Arena #1	Central Alberta Selects (1)	Olds Grizzlys (2)	
46	Sat, Oct. 22, 2022 11:15 AM	Ron Ebbesen Twin Arena Blue	Airdrie Lightning (4)	West Central Tigers (0)	
47	Sat, Oct. 22, 2022 4:15 PM	Cochrane Arena	Bow Valley Timberwolves (6)	Red Deer Steel Kings (3)	
45	Sat, Oct. 22, 2022 4:45 PM	Strathmore Family Centre	Wheatland Warriors (6)	Lethbridge Hurricanes (1)	
43	Sat, Oct. 22, 2022 5:45 PM	Gary Moe Group Sportsplex - Echo Energy Arena #1	Central Alberta Selects (4)	Golden Suns (3)	
33	Sun, Oct. 23, 2022 1:15 PM	Strathmore Family Centre	Wheatland Warriors (1)	West Central Tigers (3)	
48	Sun, Oct. 23, 2022 1:45 PM	Kinsmen Twin Arenas A (Red Deer)	Red Deer Steel Kings (5)	Golden Suns (1)	
124	Sun, Oct. 23, 2022 6:00 PM	Okotoks Recreation Centre - Murray Arena	Okotoks Oilers (3)	Olds Grizzlys (1)	
51	Fri, Oct. 28, 2022 7:30 PM	Hussar Arena	Wheatland Warriors (14)	Medicine Hat SEAC Tigers (0)	
50	Fri, Oct. 28, 2022 8:00 PM	Kinsmen Twin Arenas A (Red Deer)	Red Deer Steel Kings (5)	Lethbridge Hurricanes (1)	
52	Sat, Oct. 29, 2022 11:15 AM	Ron Ebbesen Twin Arena Blue	Airdrie Lightning (2)	Lethbridge Hurricanes (4)	
192	Sat, Oct. 29, 2022 4:45 PM	Strathmore Family Centre	Wheatland Warriors (12)	Golden Suns (3)	

#	Date	Location	Home	Visitor	
53	Sat, Oct. 29, 2022 5:30 PM	Tom Hornecker Recreation Centre	Foothills Bisons (1)	Olds Grizzlys (4)	
39	Sun, Oct. 30, 2022 11:00 AM	Ron Ebbesen Twin Arena Blue	Airdrie Lightning (4)	Olds Grizzlys (2)	
44	Sun, Oct. 30, 2022 1:15 PM	Tom Hornecker Recreation Centre	Foothills Bisons (1)	Medicine Hat SEAC Tigers (9)	
40	Sun, Oct. 30, 2022 2:45 PM	Vern Poffenroth Memorial Arena	West Central Tigers (2)	Red Deer Steel Kings (3)	
57	Fri, Nov. 04, 2022 7:00 PM	Henderson Ice Centre (Big Ice)	Lethbridge Hurricanes (0)	Bow Valley Timberwolves (3)	
58	Fri, Nov. 04, 2022 8:00 PM	Kinsmen Twin Arenas A (Red Deer)	Red Deer Steel Kings (1)	Olds Grizzlys (1)	
59	Sat, Nov. 05, 2022 4:45 PM	Bentley Arena	West Central Tigers (6)	Golden Suns (3)	
61	Sat, Nov. 05, 2022 4:45 PM	Strathmore Family Centre	Wheatland Warriors (1)	Okotoks Oilers (2)	
60	Sat, Nov. 05, 2022 5:30 PM	Tom Hornecker Recreation Centre	Foothills Bisons (3)	Central Alberta Selects (4)	
66	Sun, Nov. 06, 2022 11:45 AM	Nexsource Centre Sylvan Lake	West Central Tigers (3)	Airdrie Lightning (6)	
64	Sun, Nov. 06, 2022 4:30 PM	Logan Boulet Arena	Lethbridge Hurricanes (4)	Central Alberta Selects (0)	
62	Sun, Nov. 06, 2022 4:45 PM	Olds & District Sports Complex (Main Rink)	Olds Grizzlys (5)	Golden Suns (1)	

#	Date	Location	Home	Visitor	
65	Sun, Nov. 06, 2022 6:00 PM	Okotoks Recreation Centre - Murray Arena	Okotoks Oilers (4)	Wheatland Warriors (3)	
67	Fri, Nov. 11, 2022 7:30 PM	Hussar Arena	Wheatland Warriors (6)	Okotoks Oilers (1)	
71	Sat, Nov. 12, 2022 11:45 AM	Hockey Hounds Recreation Centre	Medicine Hat SEAC Tigers (2)	Airdrie Lightning (4)	
68	Sat, Nov. 12, 2022 5:30 PM	Tom Hornecker Recreation Centre	Foothills Bisons (5)	Okotoks Oilers (12)	
70	Sat, Nov. 12, 2022 5:30 PM	Taber Community Centre - Large	Golden Suns (3)	Olds Grizzlys (3)	
69	Sat, Nov. 12, 2022 7:15 PM	Henderson Ice Centre (Big Ice)	Lethbridge Hurricanes (1)	West Central Tigers (3)	
72	Sun, Nov. 13, 2022 1:15 PM	Tom Hornecker Recreation Centre	Foothills Bisons (5)	West Central Tigers (6)	
73	Sun, Nov. 13, 2022 4:30 PM	Logan Boulet Arena	Lethbridge Hurricanes (3)	Olds Grizzlys (2)	
76	Fri, Nov. 18, 2022 8:00 PM	Okotoks Recreation Centre - Murray Arena	Okotoks Oilers (10)	Medicine Hat SEAC Tigers (3)	
75	Fri, Nov. 18, 2022 8:15 PM	Taber Community Centre - Large	Golden Suns (2)	Foothills Bisons (4)	
80	Sat, Nov. 19, 2022 4:30 PM	Ron Ebbesen Twin Arena Blue	Airdrie Lightning (4)	Central Alberta Selects (3)	
78	Sat, Nov. 19, 2022 4:45 PM	Strathmore Family Centre	Wheatland Warriors (0)	Bow Valley Timberwolves (4)	

#	Date	Location	Home	Visitor	
79	Sat, Nov. 19, 2022 5:30 PM	Tom Hornecker Recreation Centre	Foothills Bisons (4)	Lethbridge Hurricanes (7)	
77	Sat, Nov. 19, 2022 5:30 PM	Taber Community Centre - Large	Golden Suns (1)	West Central Tigers (10)	
81	Sun, Nov. 20, 2022 12:15 PM	Co-Op Place	Medicine Hat SEAC Tigers (2)	West Central Tigers (7)	
55	Sun, Nov. 20, 2022 2:45 PM	Spray Lake Sawmills Family Sports Centre - Totem 1	Bow Valley Timberwolves (5)	Red Deer Steel Kings (2)	
83	Sun, Nov. 20, 2022 3:15 PM	Eagle Builders Centre 1	Central Alberta Selects (6)	Airdrie Lightning (2)	
82	Sun, Nov. 20, 2022 4:00 PM	Okotoks Recreation Centre - Murray Arena	Okotoks Oilers (3)	Lethbridge Hurricanes (2)	
84	Fri, Nov. 25, 2022 7:15 PM	Olds & District Sports Complex (Aux Rink)	Olds Grizzlys (4)	Central Alberta Selects (3)	
85	Fri, Nov. 25, 2022 8:00 PM	Kinsmen Twin Arenas A (Red Deer)	Red Deer Steel Kings (3)	West Central Tigers (3)	
86	Sat, Nov. 26, 2022 11:15 AM	Ron Ebbesen Twin Arena Blue	Airdrie Lightning (1)	Red Deer Steel Kings (1)	
89	Sat, Nov. 26, 2022 4:15 PM	Cochrane Arena	Bow Valley Timberwolves (9)	Olds Grizzlys (2)	
88	Sat, Nov. 26, 2022 5:15 PM	Okotoks Recreation Centre - Murray Arena	Okotoks Oilers (4)	Lethbridge Hurricanes (2)	
87	Sat, Nov. 26, 2022 7:30 PM	Hussar Arena	Wheatland Warriors (10)	Golden Suns (0)	

#	Date	Location	Home	Visitor	
90	Sun, Nov. 27, 2022 1:15 PM	Tom Hornecker Recreation Centre	Foothills Bisons (4)	Okotoks Oilers (9)	
56	Sun, Nov. 27, 2022 5:30 PM	Spray Lake Sawmills Family Sports Centre - Totem 1	Bow Valley Timberwolves (8)	West Central Tigers (4)	
91	Fri, Dec. 02, 2022 7:30 PM	Hussar Arena	Wheatland Warriors (7)	Foothills Bisons (1)	
92	Fri, Dec. 02, 2022 8:00 PM	Kinsmen Twin Arenas A (Red Deer)	Red Deer Steel Kings (4)	Central Alberta Selects (5)	
93	Sat, Dec. 03, 2022 11:15 AM	Ron Ebbesen Twin Arena Blue	Airdrie Lightning (10)	Foothills Bisons (1)	
94	Sat, Dec. 03, 2022 2:45 PM	Hockey Hounds Recreation Centre	Medicine Hat SEAC Tigers (2)	Olds Grizzlys (3)	
96	Sat, Dec. 03, 2022 4:45 PM	Bentley Arena	West Central Tigers (4)	Bow Valley Timberwolves (6)	
95	Sat, Dec. 03, 2022 5:30 PM	Taber Community Centre - Large	Golden Suns (1)	Okotoks Oilers (3)	
99	Sun, Dec. 04, 2022 1:15 PM	Genesis Place Rink - Shane Homes	Airdrie Lightning (3)	Medicine Hat SEAC Tigers (2)	
98	Sun, Dec. 04, 2022 1:45 PM	Kinsmen Twin Arenas A (Red Deer)	Red Deer Steel Kings (4)	Wheatland Warriors (4)	
49	Sun, Dec. 04, 2022 3:30 PM	Gold Arena - Pason Centennial Arena	Okotoks Oilers (5)	Foothills Bisons (3)	
100	Sun, Dec. 04, 2022 5:00 PM	Olds & District Sports Complex (Main Rink)	Olds Grizzlys (1)	West Central Tigers (1)	

#	Date	Location	Home	Visitor	
97	Sun, Dec. 04, 2022 5:15 PM	Cochrane Arena	Bow Valley Timberwolves (4)	Lethbridge Hurricanes (2)	
101	Fri, Dec. 09, 2022 8:00 PM	Kinsmen Twin Arenas A (Red Deer)	Red Deer Steel Kings (4)	Foothills Bisons (3)	
102	Fri, Dec. 09, 2022 8:15 PM	Taber Community Centre - Large	Golden Suns (6)	Medicine Hat SEAC Tigers (3)	
107	Sat, Dec. 10, 2022 11:15 AM	Ron Ebbesen Twin Arena Blue	Airdrie Lightning (5)	Bow Valley Timberwolves (7)	
105	Sat, Dec. 10, 2022 1:00 PM	Kinplex I	Medicine Hat SEAC Tigers (5)	Lethbridge Hurricanes (5)	
104	Sat, Dec. 10, 2022 5:15 PM	Okotoks Recreation Centre - Murray Arena	Okotoks Oilers (6)	Central Alberta Selects (2)	
106	Sat, Dec. 10, 2022 5:30 PM	Taber Community Centre - Large	Golden Suns (3)	Wheatland Warriors (12)	
103	Sat, Dec. 10, 2022 5:30 PM	Rocky Arena Complex - Bunch Arena	West Central Tigers (5)	Foothills Bisons (3)	
109	Sun, Dec. 11, 2022 11:45 AM	Olds & District Sports Complex (Main Rink)	Olds Grizzlys (2)	Central Alberta Selects (3)	
63	Sun, Dec. 11, 2022 1:45 PM	Kinsmen Twin Arenas A (Red Deer)	Red Deer Steel Kings (7)	Medicine Hat SEAC Tigers (2)	
110	Sun, Dec. 11, 2022 2:30 PM	Vern Poffenroth Memorial Arena	West Central Tigers (3)	Airdrie Lightning (2)	
74	Sun, Dec. 11, 2022 3:30 PM	Taber Community Centre - Large	Golden Suns (1)	Bow Valley Timberwolves (16)	

#	Date	Location	Home	Visitor	
108	Sun, Dec. 11, 2022 4:30 PM	Logan Boulet Arena	Lethbridge Hurricanes (6)	Wheatland Warriors (4)	
111	Fri, Dec. 16, 2022 7:00 PM	Henderson Ice Centre (Big Ice)	Lethbridge Hurricanes (4)	Medicine Hat SEAC Tigers (4)	
113	Sat, Dec. 17, 2022 12:30 PM	Hockey Hounds Recreation Centre	Medicine Hat SEAC Tigers (4)	Golden Suns (0)	
115	Sat, Dec. 17, 2022 3:45 PM	Olds & District Sports Complex (Main Rink)	Olds Grizzlys (1)	Airdrie Lightning (6)	
112	Sat, Dec. 17, 2022 7:45 PM	Nexsource Centre Sylvan Lake	West Central Tigers (4)	Okotoks Oilers (2)	
117	Sun, Dec. 18, 2022 1:00 PM	Taber Community Centre - Large	Golden Suns (2)	Foothills Bisons (7)	
118	Sun, Dec. 18, 2022 3:15 PM	Rocky Arena Complex - Bunch Arena	West Central Tigers (2)	Olds Grizzlys (2)	
116	Sun, Dec. 18, 2022 4:00 PM	Eagle Builders Centre 1	Central Alberta Selects (2)	Okotoks Oilers (2)	
120	Sat, Jan. 07, 2023 4:45 PM	Caroline Community Hub	West Central Tigers (4)	Medicine Hat SEAC Tigers (2)	
122	Sat, Jan. 07, 2023 7:15 PM	Henderson Ice Centre (Big Ice)	Lethbridge Hurricanes (0)	Wheatland Warriors (5)	
31	Sat, Jan. 07, 2023 8:15 PM	Gary Moe Group Sportsplex - Echo Energy Arena #1	Central Alberta Selects (3)	Airdrie Lightning (6)	
127	Sun, Jan. 08, 2023 2:30 PM	Vern Poffenroth Memorial Arena	West Central Tigers (0)	Bow Valley Timberwolves (5)	

#	Date	Location	Home	Visitor	
123	Sun, Jan. 08, 2023 3:15 PM	Eagle Builders Centre 1	Central Alberta Selects (4)	Medicine Hat SEAC Tigers (1)	
54	Sun, Jan. 08, 2023 3:15 PM	Okotoks Recreation Centre - Murray Arena	Okotoks Oilers (3)	Wheatland Warriors (7)	
126	Sun, Jan. 08, 2023 3:45 PM	Ron Ebbesen Twin Arena Blue	Airdrie Lightning (4)	Red Deer Steel Kings (4)	
119	Fri, Jan. 13, 2023 7:00 PM	Cochrane Arena	Bow Valley Timberwolves (2)	Airdrie Lightning (4)	
128	Fri, Jan. 13, 2023 7:30 PM	Strathmore Family Centre	Wheatland Warriors (7)	Medicine Hat SEAC Tigers (1)	
130	Fri, Jan. 13, 2023 8:00 PM	Kinsmen Twin Arenas A (Red Deer)	Red Deer Steel Kings (3)	Olds Grizzlys (3)	
129	Fri, Jan. 13, 2023 8:30 PM	Gary Moe Group Sportsplex - Echo Energy Arena #1	Central Alberta Selects (3)	West Central Tigers (3)	
131	Sat, Jan. 14, 2023 11:15 AM	Ron Ebbesen Twin Arena Blue	Airdrie Lightning (3)	Wheatland Warriors (3)	
132	Sat, Jan. 14, 2023 12:15 PM	Hockey Hounds Recreation Centre	Medicine Hat SEAC Tigers (2)	Foothills Bisons (3)	
134	Sat, Jan. 14, 2023 5:15 PM	Nexsource Centre Sylvan Lake	West Central Tigers (3)	Red Deer Steel Kings (3)	
133	Sat, Jan. 14, 2023 5:30 PM	Taber Community Centre - Large	Golden Suns (3)	Okotoks Oilers (10)	
136	Sun, Jan. 15, 2023 1:00 PM	Taber Community Centre - Large	Golden Suns (3)	Lethbridge Hurricanes (5)	

#	Date	Location	Home	Visitor	
137	Sun, Jan. 15, 2023 2:00 PM	Gary Moe Group Sportsplex - Echo Energy Arena #1	Central Alberta Selects (1)	Olds Grizzlys (3)	
135	Sun, Jan. 15, 2023 5:15 PM	Spray Lake Sawmills Family Sports Centre - Totem 2	Bow Valley Timberwolves (10)	Foothills Bisons (1)	
138	Fri, Jan. 20, 2023 7:30 PM	Hockey Hounds Recreation Centre	Medicine Hat SEAC Tigers (4)	Okotoks Oilers (6)	
139	Sat, Jan. 21, 2023 2:15 PM	Hockey Hounds Recreation Centre	Medicine Hat SEAC Tigers (8)	Golden Suns (2)	
141	Sat, Jan. 21, 2023 4:15 PM	Cochrane Arena	Bow Valley Timberwolves (3)	Airdrie Lightning (1)	
142	Sat, Jan. 21, 2023 6:15 PM	Stettler Recreation Centre Blue	Central Alberta Selects (3)	West Central Tigers (4)	
143	Sat, Jan. 21, 2023 6:45 PM	Olds & District Sports Complex (Main Rink)	Olds Grizzlys (2)	Red Deer Steel Kings (6)	
140	Sat, Jan. 21, 2023 7:30 PM	Hussar Arena	Wheatland Warriors (4)	Foothills Bisons (2)	
145	Sun, Jan. 22, 2023 3:15 PM	Eagle Builders Centre 1	Central Alberta Selects (2)	Bow Valley Timberwolves (7)	
144	Sun, Jan. 22, 2023 4:00 PM	Okotoks Recreation Centre - Murray Arena	Okotoks Oilers (3)	Airdrie Lightning (7)	
146	Sun, Jan. 22, 2023 5:00 PM	Olds & District Sports Complex (Main Rink)	Olds Grizzlys (2)	West Central Tigers (4)	
30	Fri, Jan. 27, 2023 5:00 PM	Nicholas Sheran Leisure Center	Lethbridge Hurricanes (4)	Medicine Hat SEAC Tigers (0)	

#	Date	Location	Home	Visitor	
147	Fri, Jan. 27, 2023 7:00 PM	TBA	Red Deer Steel Kings (2)	Central Alberta Selects (1)	
148	Sat, Jan. 28, 2023 11:15 AM	Ron Ebbesen Twin Arena Blue	Airdrie Lightning (7)	Golden Suns (3)	
151	Sat, Jan. 28, 2023 4:45 PM	Cochrane Arena	Bow Valley Timberwolves (6)	Central Alberta Selects (1)	
149	Sat, Jan. 28, 2023 5:30 PM	Tom Hornecker Recreation Centre	Foothills Bisons (2)	Wheatland Warriors (7)	
150	Sat, Jan. 28, 2023 7:15 PM	Henderson Ice Centre (Big Ice)	Lethbridge Hurricanes (4)	Okotoks Oilers (7)	
153	Sun, Jan. 29, 2023 12:30 PM	Hockey Hounds Recreation Centre	Medicine Hat SEAC Tigers (2)	Wheatland Warriors (7)	
154	Sun, Jan. 29, 2023 1:30 PM	Olds & District Sports Complex (Aux Rink)	Olds Grizzlys (0)	Red Deer Steel Kings (4)	
152	Sun, Jan. 29, 2023 5:15 PM	Cochrane Arena	Bow Valley Timberwolves (6)	Golden Suns (3)	
155	Fri, Feb. 03, 2023 7:30 PM	Strathmore Family Centre	Wheatland Warriors (7)	Olds Grizzlys (2)	
157	Sat, Feb. 04, 2023 11:15 AM	Ron Ebbesen Twin Arena Blue	Airdrie Lightning (5)	Okotoks Oilers (1)	
160	Sat, Feb. 04, 2023 11:15 AM	Ponoka Culture & Recreation Complex	Central Alberta Selects (4)	Bow Valley Timberwolves (4)	
159	Sat, Feb. 04, 2023 4:15 PM	Vulcan Iceplex	Foothills Bisons (4)	Medicine Hat SEAC Tigers (4)	

#	Date	Location	Home	Visitor	
156	Sat, Feb. 04, 2023 5:15 PM	Nexsource Centre Sylvan Lake	West Central Tigers (3)	Lethbridge Hurricanes (4)	
158	Sat, Feb. 04, 2023 5:30 PM	Taber Community Centre - Large	Golden Suns (1)	Red Deer Steel Kings (5)	
164	Sun, Feb. 05, 2023 1:00 PM	Taber Community Centre - Large	Golden Suns (3)	Airdrie Lightning (13)	
163	Sun, Feb. 05, 2023 3:00 PM	Hockey Hounds Recreation Centre	Medicine Hat SEAC Tigers (3)	Red Deer Steel Kings (4)	
162	Sun, Feb. 05, 2023 3:15 PM	Okotoks Recreation Centre - Murray Arena	Okotoks Oilers (4)	West Central Tigers (7)	
121	Sun, Feb. 05, 2023 3:30 PM	Blackie Arena	Foothills Bisons (1)	Bow Valley Timberwolves (16)	
161	Sun, Feb. 05, 2023 4:30 PM	Gary Moe Group Sportsplex - Echo Energy Arena #1	Central Alberta Selects (4)	Lethbridge Hurricanes (3)	
125	Fri, Feb. 10, 2023 6:30 PM	Blackie Arena	Foothills Bisons (2)	Lethbridge Hurricanes (5)	
166	Fri, Feb. 10, 2023 7:30 PM	Olds & District Sports Complex (Main Rink)	Olds Grizzlys (1)	Bow Valley Timberwolves (5)	
165	Fri, Feb. 10, 2023 8:15 PM	Taber Community Centre - Large	Golden Suns (2)	Wheatland Warriors (10)	
167	Sat, Feb. 11, 2023 4:45 PM	Strathmore Family Centre	Wheatland Warriors (8)	Central Alberta Selects (1)	
168	Sat, Feb. 11, 2023 5:00 PM	Hockey Hounds Recreation Centre	Medicine Hat SEAC Tigers (1)	Bow Valley Timberwolves (4)	

#	Date	Location	Home	Visitor	
169	Sat, Feb. 11, 2023 5:15 PM	Okotoks Recreation Centre - Murray Arena	Okotoks Oilers (5)	Foothills Bisons (2)	
170	Sun, Feb. 12, 2023 1:45 PM	Kinsmen Twin Arenas A (Red Deer)	Red Deer Steel Kings (2)	Okotoks Oilers (3)	
172	Sun, Feb. 12, 2023 2:45 PM	Olds & District Sports Complex (Aux Rink)	Olds Grizzlys (2)	Airdrie Lightning (6)	
171	Sun, Feb. 12, 2023 4:30 PM	Logan Boulet Arena	Lethbridge Hurricanes (5)	Golden Suns (5)	
114	Sun, Feb. 12, 2023 5:45 PM	Rocky Arena Complex - Bunch Arena	Bow Valley Timberwolves (4)	Central Alberta Selects (3)	
173	Fri, Feb. 17, 2023 7:00 PM	Henderson Ice Centre (Big Ice)	Lethbridge Hurricanes (8)	Foothills Bisons (3)	
174	Fri, Feb. 17, 2023 8:00 PM	Kinsmen Twin Arenas A (Red Deer)	Red Deer Steel Kings (2)	Airdrie Lightning (5)	
178	Sat, Feb. 18, 2023 5:15 PM	Nexsource Centre Sylvan Lake	West Central Tigers (5)	Central Alberta Selects (2)	
176	Sat, Feb. 18, 2023 5:30 PM	Tom Hornecker Recreation Centre	Foothills Bisons (4)	Airdrie Lightning (5)	
175	Sat, Feb. 18, 2023 6:45 PM	Olds & District Sports Complex (Main Rink)	Olds Grizzlys (3)	Medicine Hat SEAC Tigers (1)	
177	Sat, Feb. 18, 2023 7:30 PM	Hussar Arena	Wheatland Warriors (3)	Lethbridge Hurricanes (1)	
180	Sun, Feb. 19, 2023 3:15 PM	Okotoks Recreation Centre - Murray Arena	Okotoks Oilers (3)	Red Deer Steel Kings (3)	

#	Date	Location	Home	Visitor	
181	Sun, Feb. 19, 2023 3:15 PM	Rocky Arena Complex - Bunch Arena	West Central Tigers (2)	Central Alberta Selects (1)	
179	Sun, Feb. 19, 2023 5:30 PM	Spray Lake Sawmills Family Sports Centre - Totem 1	Bow Valley Timberwolves (6)	Medicine Hat SEAC Tigers (1)	
182	Fri, Feb. 24, 2023 7:00 PM	Henderson Ice Centre (Big Ice)	Lethbridge Hurricanes (4)	Foothills Bisons (2)	
184	Fri, Feb. 24, 2023 8:00 PM	Kinsmen Twin Arenas A (Red Deer)	Red Deer Steel Kings (1)	Bow Valley Timberwolves (7)	
183	Fri, Feb. 24, 2023 8:15 PM	Taber Community Centre - Large	Golden Suns (2)	Medicine Hat SEAC Tigers (3)	
188	Sat, Feb. 25, 2023 11:15 AM	Ron Ebbesen Twin Arena Blue	Airdrie Lightning (5)	Central Alberta Selects (4)	
185	Sat, Feb. 25, 2023 4:45 PM	Nexsource Centre Sylvan Lake	West Central Tigers (1)	Wheatland Warriors (4)	
186	Sat, Feb. 25, 2023 5:15 PM	Okotoks Recreation Centre - Murray Arena	Okotoks Oilers (2)	Bow Valley Timberwolves (6)	
187	Sat, Feb. 25, 2023 5:30 PM	Tom Hornecker Recreation Centre	Foothills Bisons (7)	Golden Suns (1)	
191	Sun, Feb. 26, 2023 1:45 PM	Kinsmen Twin Arenas A (Red Deer)	Red Deer Steel Kings (3)	Airdrie Lightning (3)	
189	Sun, Feb. 26, 2023 5:00 PM	Olds & District Sports Complex (Main Rink)	Olds Grizzlys (4)	Lethbridge Hurricanes (3)	
190	Sun, Feb. 26, 2023 5:00 PM	Stettler Recreation Centre Blue	Central Alberta Selects (3)	Wheatland Warriors (5)	