

| Date | Location | Time | Region | B-G | Division | HmTeam | VisTeam | Notes | |
|-----------------------------|------------------|-------------|---------------|------------|-----------------|---------------------|-------------------|--------------------------------|-------------|
| Friday, January 08, 2010 | Spruce | 5:00 PM | North | B | Training | St. Veronicas Green | OLA | Ferrari / Richardson | |
| Saturday, January 16, 2010 | OLA | 6:30 PM | North | B | Training | OLA | St. Roberts Red | | |
| Saturday, January 23, 2010 | St. Tims | 9:00 AM | North | B | Training | St. Tims Black | OLA | | |
| Saturday, January 30, 2010 | OLA | 5:30 PM | North | B | Training | OLA | St. Catherines | | |
| Saturday, February 06, 2010 | BSC CT3 | 1:00 PM | North | B | Training | St. Dunstans Green | OLA | | |
| Friday, February 19, 2010 | Terra Bay | 6:00 PM | North | B | Training | All Souls | OLA | | |
| Saturday, February 27, 2010 | OLA | 7:30 PM | North | B | Training | OLA | St. Matts | | |
| Friday, January 08, 2010 | Spruce | 6:00 PM | East | B | Training | St. Veronicas White | OLA Blue | Dunleavy | |
| Friday, January 15, 2010 | OLA | 5:30 PM | East | B | Training | OLA Blue | St. Matts Blue | | |
| Friday, January 22, 2010 | Vanos | 6:00 PM | East | B | Training | St. Gregs | OLA Blue | | |
| Saturday, January 23, 2010 | St. Tims | 10:00 AM | East | B | Training | St. Tims White | OLA Blue | | |
| Saturday, January 30, 2010 | OLA | 6:30 PM | East | B | Training | OLA Blue | St. Roberts Blue | | |
| Saturday, February 06, 2010 | BSC CT2 | 2:00 PM | East | B | Training | St. Dunstans White | OLA Blue | | |
| Friday, February 26, 2010 | OLA | 5:30 PM | East | B | Training | OLA Blue | St. Charles Black | | |
| Friday, January 15, 2010 | OLA | 6:30 PM | West | B | Training | OLA White | St. Matts Gold | Alexander / Fitzpatrick | |
| Friday, January 22, 2010 | Vanos | 8:00 PM | West | B | Training | St. Gregs Gold | OLA White | | |
| Sunday, January 24, 2010 | IHM | 1:30 PM | West | B | Training | IHM Black | OLA White | | |
| Saturday, January 30, 2010 | Nativity Half CT | 9:00 AM | West | B | Training | Nativity Royal Blue | OLA White | | |
| Sunday, February 07, 2010 | Nativity | 4:00 PM | West | B | Training | Nativity Royal Blue | OLA White | | DNC for NRB |
| Monday, February 08, 2010 | OLA | 4:30 PM | West | B | Training | OLA White | St. Matts Gold | | |
| Friday, February 26, 2010 | OLA | 6:30 PM | West | B | Training | OLA White | St. Pius White | | |
| Saturday, February 27, 2010 | St. Charles | 11:00 AM | West | B | Training | St. Charles White | OLA White | | |
| Friday, January 08, 2010 | Spruce | 7:00 PM | North | B | Lions-5 | St. Veronicas | OLA | DNC for NAT | |
| Sunday, January 10, 2010 | St. Matts | 4:30 PM | North | B | Lions-5 | St. Matts | OLA | | |
| Sunday, January 17, 2010 | OLA | 12:30 PM | North | B | Lions-5 | OLA | St. Roberts | | |
| Saturday, January 30, 2010 | Nativity | 1:00 PM | South | B | Lions-5 | Nativity | OLA | | |
| Sunday, January 31, 2010 | OLA | 12:30 PM | North | B | Lions-5 | OLA | St. Catherines | | |
| Monday, February 08, 2010 | OLA | 5:30 PM | North | B | Lions-5 | OLA | St. Gregs Gold | | |
| Sunday, February 28, 2010 | OLA | 12:30 PM | North | B | Lions-5 | OLA | St. Matts Blue | | |

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| Friday, January 08, 2010 | Spruce | 8:00 PM North | B | Cubs | St. Veronicas | OLA | |
| Sunday, January 17, 2010 | OLA | 1:30 PM North | B | Cubs | OLA | St. Roberts | |
| Sunday, January 24, 2010 | St. Tims | 12:30 PM North | B | Cubs | St. Tims | OLA | |
| Sunday, January 31, 2010 | OLA | 1:30 PM North | B | Cubs | OLA | St. Catherines | |
| Saturday, February 06, 2010 | BSC CT3 | 9:00 AM North | B | Cubs | St. Dunstans | OLA | |
| Sunday, February 21, 2010 | Terra Bay | 1:00 PM North | B | Cubs | All Souls | OLA | |
| Sunday, February 28, 2010 | OLA | 1:30 PM North | B | Cubs | OLA | St. Matts | |
| Sunday, January 03, 2010 | OLA | 5:30 PM North | B | Lions-6 | OLA | IHM | |
| Sunday, January 10, 2010 | Spruce | 12:30 PM North | B | Lions-6 | St. Veronicas | OLA | |
| Sunday, January 17, 2010 | OLA | 2:30 PM North | B | Lions-6 | OLA | St. Roberts Red | |
| Sunday, January 31, 2010 | OLA | 2:30 PM North | B | Lions-6 | OLA | St. Catherines | |
| Saturday, February 06, 2010 | BSC CT3 | 10:00 AM North | B | Lions-6 | St. Dunstans | OLA | |
| Sunday, February 21, 2010 | Vanos | 2:30 PM North | B | Lions-6 | St. Gregs Gold | OLA | |
| Sunday, February 28, 2010 | OLA | 2:30 PM North | B | Lions-6 | OLA | St. Matts Blue | |
| Sunday, January 03, 2010 | OLA | 6:30 PM North | B | Eagles | OLA | Mt. Carmel | |
| Sunday, January 10, 2010 | Spruce | 1:30 PM North | B | Eagles | St. Veronicas | OLA | |
| Sunday, January 17, 2010 | OLA | 3:30 PM North | B | Eagles | OLA | St. Roberts | |
| Sunday, January 24, 2010 | St. Tims | 1:30 PM North | B | Eagles | St. Tims | OLA | |
| Sunday, January 31, 2010 | OLA | 3:30 PM North | B | Eagles | OLA | St. Catherines | |
| Sunday, February 21, 2010 | Terra Bay | 2:00 PM North | B | Eagles | All Souls | OLA | |
| Sunday, February 28, 2010 | OLA | 3:30 PM North | B | Eagles | OLA | St. Matts | |
| Sunday, January 03, 2010 | OLA | 7:30 PM North | B | Sharks-7 | OLA | Mt. Carmel | DNC for OLA |
| Sunday, January 10, 2010 | St. Veronicas | 2:30 PM North | B | Sharks-7 | St. Veronicas | OLA | |
| Sunday, January 17, 2010 | OLA | 4:30 PM North | B | Sharks-7 | OLA | St. Roberts | |
| Wednesday, January 20, 2010 | St. Charles | 5:30 PM South | B | Sharks-7 | St. Charles | OLA | |
| Sunday, January 31, 2010 | OLA | 4:30 PM North | B | Sharks-7 | OLA | St. Catherines | |
| Saturday, February 06, 2010 | BSC CT3 | 12:00 PM North | B | Sharks-7 | St. Dunstans Green | OLA | |
| Sunday, February 07, 2010 | St. Veronicas | 2:30 PM North | B | Sharks-7 | St. Veronicas | OLA | |
| Saturday, February 27, 2010 | OLA | 5:30 PM North | B | Sharks-7 | OLA | St. Matts Blue | |

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| Sunday, January 10, 2010 | St. Veronicas | 3:30 PM North | B | JV | St. Veronicas | OLA |
| Sunday, January 17, 2010 | OLA | 5:30 PM North | B | JV | OLA | St. Roberts |
| Sunday, January 24, 2010 | Parkside | 8:30 PM North | B | JV | St. Roberts | OLA |
| Sunday, January 31, 2010 | OLA | 5:30 PM North | B | JV | OLA | All Souls |
| Saturday, February 06, 2010 | BSC CT3 | 2:00 PM North | B | JV | St. Dunstans | OLA |
| Sunday, February 21, 2010 | Terra Bay | 3:00 PM North | B | JV | All Souls | OLA |
| Saturday, February 27, 2010 | OLA | 6:30 PM North | B | JV | OLA | St. Matts |
| Sunday, January 10, 2010 | St. Veronicas | 4:30 PM North | B | Sharks-8 | St. Veronicas | OLA |
| Sunday, January 17, 2010 | OLA | 6:30 PM North | B | Sharks-8 | OLA | St. Roberts |
| Sunday, January 24, 2010 | St. Tims | 2:30 PM North | B | Sharks-8 | St. Tims | OLA |
| Sunday, January 31, 2010 | OLA | 6:30 PM North | B | Sharks-8 | OLA | St. Catherines |
| Sunday, February 21, 2010 | Terra Bay | 4:00 PM North | B | Sharks-8 | All Souls | OLA |
| Friday, February 26, 2010 | Nativity | 5:00 PM South | B | Sharks-8 | Nativity | OLA |
| Sunday, February 28, 2010 | OLA | 5:30 PM North | B | Sharks-8 | OLA | St. Matts Blue |
| Sunday, January 10, 2010 | St. Veronicas | 5:30 PM North | B | Varsity | St. Veronicas | OLA |
| Sunday, January 17, 2010 | OLA | 7:30 PM North | B | Varsity | OLA | St. Roberts |
| Sunday, January 24, 2010 | St. Tims | 3:30 PM North | B | Varsity | St. Tims | OLA |
| Sunday, January 31, 2010 | OLA | 7:30 PM North | B | Varsity | OLA | St. Catherines |
| Friday, February 05, 2010 | Payes Place | 7:00 PM North | B | Varsity | St. Dunstans | OLA |
| Sunday, February 21, 2010 | Terra Bay | 5:00 PM North | B | Varsity | All Souls | OLA |
| Sunday, February 28, 2010 | OLA | 7:30 PM North | B | Varsity | OLA | St. Matts |