| 16 | POOL D | | 1 | 2 | 3 | 4 | 5 | 6 | W | L | PTS | POS |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | MI-Pistons | #5 | | 13 | 13 | 13 | 5 | 13 | 5 | 0 | 57 | 1 |
| 2 | IN-Ohio Valley | | -13 | | 13 | 1 | -1 | -9 | 2 | 3 | -9 | 4 |
| 3 | SO/LA-West New Orleans Pride | | -13 | -13 | | -13 | -13 | -13 | 0 | 5 | -65 | 6 |
| 4 | VA-BWSL-Virginia Miracles | | -13 | -1 | 13 | | 1 | -13 | 2 | 3 | -13 | 5 |
| 5 | FG-Premier Jaguars | | -5 | 1 | 13 | -1 | | -12 | 2 | 3 | -4 | 3 |
| 6 | OK-Tulsa Swoosh | | -13 | 9 | 13 | 13 | 12 | | 4 | 1 | 34 | 2 |

| DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| WED | 12:00P | S8 | WED | 12:00P | S9 | WED | 12:00P | S10 | WED | 7:00P | S8 | WED | 7:00P | S9 |
| 1 | vs | 2 | 3 | vs | 4 | 5 | vs | 6 | 4 | vs | 5 | 6 | vs | 1 |
| 79 | — | 57 | 44 | — | 58 | 54 | — | 66 | 59 | — | 58 | 59 | — | 74 |
| DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM |
| WED | 7:00P | S10 | THU | 12:00P | S4 | THU | 12:00P | S5 | THU | 12:00P | S6 | THU | 7:00P | S4 |
| 2 | vs | 3 | 3 | vs | 1 | 2 | vs | 5 | 4 | vs | 6 | 6 | vs | 2 |
| 64 | — | 51 | 53 | — | 71 | 68 | — | 69 | 56 | — | 81 | 83 | — | 74 |
| DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM |
| THU | 7:00P | S5 | THU | 7:00P | S6 | FRI | 12:00P | S10 | FRI | 12:00P | S11 | FRI | 12:00P | S12 |
| 1 | vs | 4 | 5 | vs | 3 | 4 | vs | 2 | 3 | vs | 6 | 1 | vs | 5 |
| 71 | — | 51 | 58 | — | 40 | 81 | — | 82 | 53 | — | 69 | 79 | — | 74 |

| 16 | POOL E | | 1 | 2 | 3 | 4 | 5 | 6 | W | L | PTS | POS |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | VA-Suffolk Lady Blazers | #9 | | 2 | -13 | -2 | -13 | 13 | 2 | 3 | -13 | 4 |
| 2 | MA-Philadelphia Belles | | -2 | | -13 | -4 | -13 | -9 | 0 | 5 | -41 | 6 |
| 3 | SW-Texas Express Nationals '89 | | 13 | 13 | | 13 | -3 | 13 | 4 | 1 | 49 | 2 |
| 4 | OK-Air Oklahoma Stars-Holley | | 2 | 4 | -13 | | -13 | 13 | 3 | 2 | -7 | 3 |
| 5 | MN-Minnesota Metro Stars | | 13 | 13 | 3 | 13 | | 2 | 5 | 0 | 44 | 1 |
| 6 | SC-Carolina Heat | | -13 | 9 | -13 | -13 | -2 | | 1 | 4 | -32 | 5 |

| DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| WED | 8:30A | S11 | WED | 8:30A | S14 | WED | 8:30A | S13 | WED | 3:30P | S11 | WED | 3:30P | S14 |
| 1 | vs | 2 | 3 | vs | 4 | 5 | vs | 6 | 4 | vs | 5 | 6 | vs | 1 |
| 63 | — | 61 | 84 | — | 55 | 70 | — | 68 | 45 | — | 63 | 65 | — | 78 |
| DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM |
| WED | 3:30P | S13 | THU | 3:30P | S1 | THU | 3:30P | S2 | THU | 3:30P | S3 | FRI | 10:15A | S7 |
| 2 | vs | 3 | 3 | vs | 1 | 2 | vs | 5 | 4 | vs | 6 | 6 | vs | 2 |
| 56 | — | 72 | 98 | — | 54 | 63 | — | 77 | 77 | — | 59 | 66 | — | 57 |
| DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM |
| FRI | 10:15A | S8 | FRI | 10:15A | S9 | FRI | 5:15P | S7 | FRI | 5:15P | S8 | FRI | 5:15P | S9 |
| 1 | vs | 4 | 5 | vs | 3 | 4 | vs | 2 | 3 | vs | 6 | 1 | vs | 5 |
| 71 | — | 73 | 63 | — | 60 | 63 | — | 59 | 79 | — | 63 | 51 | — | 98 |

| 16 | POOL F | | 1 | 2 | 3 | 4 | 5 | 6 | W | L | PTS | POS |
|---|---|---|---|---|---|---|---|---|---|---|---|---|
| 1 | OH-Royals Basketball | #9 | | -3 | 13 | 10 | 12 | -13 | 3 | 2 | 19 | 3 |
| 2 | PV-Virginia Cardinals | | 3 | | 2 | 13 | 13 | 9 | 5 | 0 | 40 | 1 |
| 3 | SO/LA-Baton Rouge Amazons | | -13 | -2 | | -9 | 13 | -8 | 1 | 4 | -19 | 5 |
| 4 | MN-North Tartan Blue | | -10 | -13 | 9 | | 13 | -13 | 2 | 3 | -14 | 4 |
| 5 | MA-Lady Runnin' Rebels-Mc | | -12 | -13 | -13 | -13 | | -9 | 0 | 5 | -60 | 6 |
| 6 | FG-City of Hollywood Eagles | | 13 | -9 | 8 | 13 | 9 | | 4 | 1 | 34 | 2 |

| DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM |
|---|---|---|---|---|---|---|---|---|---|---|---|---|---|---|
| WED | 1:45P | S8 | WED | 1:45P | S9 | WED | 1:45P | S10 | WED | 8:45P | S8 | WED | 8:45P | S9 |
| 1 | vs | 2 | 3 | vs | 4 | 5 | vs | 6 | 4 | vs | 5 | 6 | vs | 1 |
| 63 | — | 66 | 73 | — | 82 | 44 | — | 53 | 77 | — | 62 | 73 | — | 45 |
| DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM |
| WED | 8:45P | S10 | THU | 3:30P | S4 | THU | 3:30P | S5 | THU | 3:30P | S6 | FRI | 8:30A | S10 |
| 2 | vs | 3 | 3 | vs | 1 | 2 | vs | 5 | 4 | vs | 6 | 6 | vs | 2 |
| 79 | — | 77 | 57 | — | 84 | 74 | — | 54 | 61 | — | 76 | 56 | — | 65 |
| DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM | DAY | TIME | GYM |
| FRI | 8:30A | S11 | FRI | 8:30A | S12 | FRI | 3:30P | S10 | FRI | 3:30P | S11 | FRI | 3:30P | S12 |
| 1 | vs | 4 | 5 | vs | 3 | 4 | vs | 2 | 3 | vs | 6 | 1 | vs | 5 |
| 72 | — | 62 | 56 | — | 73 | 65 | — | 80 | 51 | — | 59 | 52 | — | 40 |