Spring Cup 2024 Alignment

Open - Pool A	
AC Milan Women (EDM)	
Force United (CGY)	
Kickers (RD)	
Lightning FC (ED)	
Rugrats (CGY)	

Open - Pool B	
Group A	Group B
Adrenaline Eagles (CGY)	Edmonton Ice (EDM)
Be Better (CGY)	Rapids FC Inferno (CGY)
CADS (RD)	Stealth Nighthawks (EDM)
Storm (EDM)	Winnipeg Sour Patches (WPG)

Open - Pool C	
Group A	Group B
NCU Wildcats (CGY)	Chaos (CGY)
Scorpions (CGY)	Fireballs (EDM)
TORNADOS (EDM)	Mirage (CGY)
Vixens F.C. (CGY)	WEST (EDM)

Over 30 - Pool A	
Group A	Group B
Merkins (EDM)	Double Ds FC (EDM)
Mixed Baggage (CGY)	Red Deer Wolfpack (RD)
Orange Fireballs (WPG)	Stealth Women (EDM)

Team Locations	# of Teams
Calgary (CGY)	25
Edmonton (EDM)	20
Winnipeg (WPG)	5
Red Deer (RD)	4
Grande Prairie (GP)	1
Lethbridge (LETH)	1
Total	56

Over 40 - Pool A
Calgary West Banyana Banyana (CGY)
Estrellas FC (CGY)
Power Play (EDM)
Pretenders (CGY)
Shooter Girls FC (CGY)

Over 40 - Pool B	
Group A	Group B
Chestermere United Excelsior (CGY)	Cleats and Cleavage (GP)
Red (WPG)	Flyers (CGY)
The Shooters (EDM)	Okotoks Rockers (CGY)

Over 40 - Pool C	
Group A	Group B
Cougars (CGY)	Las Amigas (CGY)
McKenzie United (CGY)	Mellow Yellow (EDM)
Sistahs (EDM)	Wildthings (CGY)

Over 40 - Pool D	
Group A	Group B
Spruce Grove Saints Classics 1 (EDM)	DIVAS (LETH)
Winnipeg Mosquitos (WPG)	Pitches Be Crazy (EDM)
Zodiacs (CGY)	Survivors (EDM)

Over 40 - Pool E	
Group A	Group B
Belmac Attack (EDM)	Jade (CGY)
Kaos (CGY)	Sassy Sisters (EDM)
The Crusty Bun (WPG)	Vitamin K (RD)