

| LAL Schedule for 2009 | | | | | | | |
|-----------------------|---|--------------------|----------------|---|----------------|----|-------|
| Home | | Away | | 2008 Rankings | | | |
| 6/15/2009 | | Week 1 | | | Total | A | B |
| | Falling River | | Wildwood | 1 | Hill City | 31 | 22 9 |
| | Rainbow Forest | | Vista Acres | 2 | Peakland | 31 | 20 11 |
| | Boonsboro | | Bedford-Y | 3 | Poplar Forest | 28 | 18 10 |
| | Oakwood | | FAST | 4 | Boonsboro | 24 | 16 8 |
| | (Bye - Hill City, Peakland, Poplar Forest) | | | 5 | Wildwood | 19 | 12 7 |
| 6/22/2009 | | Week 2 | | 6 | Rainbow Forest | 15 | 10 5 |
| | Rainbow Forest | | Hill City | 7 | Bedford-Y | 15 | 14 1 |
| | Peakland | | Wildwood | 8 | FAST | 12 | 6 6 |
| | Oakwood | | Poplar Forest | 9 | Oakwood | 11 | 8 3 |
| | Bedford-Y | | Falling River | 10 | Vista Acres | 8 | 4 4 |
| | FAST | | Vista Acres | 11 | Falling River | 4 | 2 2 |
| | (Bye - Boonsboro) | | | (Tie Breaker - Dual Meet Record) | | | |
| 6/29/2009 | | Week 3 | | | | | |
| | Wildwood | | Hill City | | | | |
| | Peakland | | Rainbow Forest | | | | |
| | Poplar Forest | | Bedford-Y | | | | |
| | Vista Acres | | Boonsboro | | | | |
| | Falling River | | FAST | | | | |
| | (Bye - Oakwood) | | | | | | |
| 7/6/2009 | | Week 4 | | | | | |
| | Boonsboro | | Hill City | | | | |
| | Poplar Forest | | Peakland | | | | |
| | Wildwood | | FAST | | | | |
| | Bedford-Y | | Oakwood | | | | |
| | Falling River | | Vista Acres | | | | |
| | (Bye- Rainbow Forest) | | | | | | |
| 7/13/2009 | | Week 5 | | | | | |
| | Hill City | | Poplar Forest | | | | |
| | Peakland | | Boonsboro | | | | |
| | Bedford-Y | | Wildwood | | | | |
| | FAST | | Rainbow Forest | | | | |
| | Oakwood | | Falling River | | | | |
| | (Bye - Vista Acres) | | | | | | |
| 7/20/2009 | | Week 6 | | | | | |
| | Hill City | | Peakland | | | | |
| | Boonsboro | | Poplar Forest | | | | |
| | Wildwood | | Rainbow Forest | | | | |
| | FAST | | Bedford-Y | | | | |
| | Vista Acres | | Oakwood | | | | |
| | (Bye - Falling River) | | | | | | |
| (tbd) | M&M Relays | Boonsboro | | | | | |
| 7/25/2009 | B-Meet | Wildwood | | | | | |
| 8/1/2009 | A-Meet | Vista Acres - Host | | | | | |