Team Name	Super Regional	Dates
Coral Springs Explosion	Coral Springs Basketball Club	February 25-27
Showtime	Jacksonville Magic	March 11-13
U-Turn Lady Warriors	Lady Phoenix	March 11-13
Red Tide - Black	Boo Williams Summer League	March 11-13
Suffolk Lady Blazers	Boo Williams Summer League	March 11-13
Dayton Lady Hoopstars - White	Butler County Sports	April 1-3
Mobile Comets	Southern Starz	April 8-10
Dayton Metro	Butler County Sports	May 6-8
Capital City Comets	Butler County Sports	May 6-8