

| Round Number | Competition Name | Match Date | Match Time | Team 1 | Team 2 | Venue Name |
|--------------|--|------------|-------------|------------------|------------------|-----------------------|
| 1 | | | | | | |
| | 2019 SEQ Senior Women's Division 3 White | 30/03/2019 | 1:30:00 PM | Beautesert | Springwood | Beautesert SENIORS |
| | 2019 SEQ Senior Women's Division 3 White | 30/03/2019 | 1:30:00 PM | Logan City Hawks | Beenleigh Pride | Leighton Fields |
| | 2019 SEQ Senior Women's Division 3 White | 30/03/2019 | 3:00:00 PM | Mustangs | Mudgeeraba | Mustangs Oval |
| | 2019 SEQ Senior Women's Division 3 White | 30/03/2019 | 1:00:00 PM | Jimboomba | Parkwood | Jimboomba Thunderdome |
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| 2 | | | | | | |
| | 2019 SEQ Senior Women's Division 3 White | 6/04/2019 | 1:30:00 PM | Mustangs | Jimboomba | Mustangs Oval |
| | 2019 SEQ Senior Women's Division 3 White | 6/04/2019 | 1:00:00 PM | Mudgeeraba | Logan City Hawks | Mudgeeraba SENIORS |
| | 2019 SEQ Senior Women's Division 3 White | 6/04/2019 | 12:00:00 PM | Beenleigh Pride | Beautesert | Bill Norris Oval |
| | 2019 SEQ Senior Women's Division 3 White | 6/04/2019 | 3:00:00 PM | Parkwood | Springwood | Parkwood |
| | | | | | | |
| 3 | | | | | | |
| | 2019 SEQ Senior Women's Division 3 White | 13/04/2019 | 1:30:00 PM | Beautesert | Mudgeeraba | Beautesert SENIORS |
| | 2019 SEQ Senior Women's Division 3 White | 13/04/2019 | 1:30:00 PM | Logan City Hawks | Jimboomba | Leighton Fields |
| | 2019 SEQ Senior Women's Division 3 White | 13/04/2019 | 1:00:00 PM | Mustangs | Parkwood | Mustangs Oval |
| | 2019 SEQ Senior Women's Division 3 White | 13/04/2019 | 3:00:00 PM | Springwood | Beenleigh Pride | Tallowood Park |
| | | | | | | |
| 4 | | | | | | |
| | 2019 SEQ Senior Women's Division 3 White | 27/04/2019 | 1:00:00 PM | Jimboomba | Beautesert | Jimboomba Thunderdome |
| | 2019 SEQ Senior Women's Division 3 White | 27/04/2019 | 1:30:00 PM | Mustangs | Springwood | Mustangs Oval |
| | 2019 SEQ Senior Women's Division 3 White | 27/04/2019 | 1:00:00 PM | Mudgeeraba | Beenleigh Pride | Mudgeeraba SENIORS |
| | 2019 SEQ Senior Women's Division 3 White | 27/04/2019 | 3:00:00 PM | Parkwood | Logan City Hawks | Parkwood Field 1 |
| | | | | | | |
| 5 | | | | | | |
| | 2019 SEQ Senior Women's Division 3 White | 11/05/2019 | 3:00:00 PM | Beautesert | Parkwood | Beautesert SENIORS |
| | 2019 SEQ Senior Women's Division 3 White | 11/05/2019 | 1:30:00 PM | Logan City Hawks | Mustangs | Leighton Fields |
| | 2019 SEQ Senior Women's Division 3 White | 11/05/2019 | 1:30:00 PM | Beenleigh Pride | Jimboomba | Bill Norris Oval |
| | 2019 SEQ Senior Women's Division 3 White | 11/05/2019 | 3:00:00 PM | Springwood | Mudgeeraba | Tallowood Park |
| | | | | | | |
| 6 | | | | | | |
| | 2019 SEQ Senior Women's Division 3 White | 18/05/2019 | 1:00:00 PM | Jimboomba | Mudgeeraba | Jimboomba Thunderdome |

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| | 2019 SEQ Senior Women's Division 3 White | 18/05/2019 | 3:00:00 PM | Logan City Hawks | Springwood | Leighton Fields |
| | 2019 SEQ Senior Women's Division 3 White | 18/05/2019 | 1:30:00 PM | Mustangs | Beaudesert | Mustangs Oval |
| | 2019 SEQ Senior Women's Division 3 White | 18/05/2019 | 3:00:00 PM | Parkwood | Beenleigh Pride | Parkwood Field 1 |
| | | | | | | |
| 7 | | | | | | |
| | 2019 SEQ Senior Women's Division 3 White | 25/05/2019 | 1:30:00 PM | Beaudesert | Logan City Hawks | Beaudesert SENIORS |
| | 2019 SEQ Senior Women's Division 3 White | 25/05/2019 | 1:00:00 PM | Mudgeeraba | Parkwood | Mudgeeraba SENIORS |
| | 2019 SEQ Senior Women's Division 3 White | 25/05/2019 | 12:15:00 PM | Beenleigh Pride | Mustangs | Bill Norris Oval |
| | 2019 SEQ Senior Women's Division 3 White | 25/05/2019 | 3:00:00 PM | Springwood | Jimboomba | Tallowood Park |
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| 8 | | | | | | |
| | 2019 SEQ Senior Women's Division 3 White | 8/06/2019 | 3:00:00 PM | Springwood | Beaudesert | Tallowood Park |
| | 2019 SEQ Senior Women's Division 3 White | 8/06/2019 | 12:15:00 PM | Beenleigh Pride | Logan City Hawks | Bill Norris Oval |
| | 2019 SEQ Senior Women's Division 3 White | 8/06/2019 | 1:00:00 PM | Mudgeeraba | Mustangs | Mudgeeraba SENIORS |
| | 2019 SEQ Senior Women's Division 3 White | 8/06/2019 | 3:30:00 PM | Parkwood | Jimboomba | Parkwood |
| | | | | | | |
| 9 | | | | | | |
| | 2019 SEQ Senior Women's Division 3 White | 15/06/2019 | 1:30:00 PM | Jimboomba | Mustangs | Jimboomba Thunderdome |
| | 2019 SEQ Senior Women's Division 3 White | 15/06/2019 | 1:30:00 PM | Logan City Hawks | Mudgeeraba | Leighton Fields |
| | 2019 SEQ Senior Women's Division 3 White | 15/06/2019 | 3:00:00 PM | Beaudesert | Beenleigh Pride | Beaudesert SENIORS |
| | 2019 SEQ Senior Women's Division 3 White | 15/06/2019 | 3:00:00 PM | Springwood | Parkwood | Tallowood Park |
| | | | | | | |
| 10 | | | | | | |
| | 2019 SEQ Senior Women's Division 3 White | 22/06/2019 | 3:00:00 PM | Mudgeeraba | Beaudesert | Mudgeeraba SENIORS |
| | 2019 SEQ Senior Women's Division 3 White | 22/06/2019 | 1:30:00 PM | Jimboomba | Logan City Hawks | Jimboomba Thunderdome |
| | 2019 SEQ Senior Women's Division 3 White | 22/06/2019 | 3:00:00 PM | Parkwood | Mustangs | Parkwood Field 1 |
| | 2019 SEQ Senior Women's Division 3 White | 22/06/2019 | 3:00:00 PM | Beenleigh Pride | Springwood | Bill Norris Oval |
| | | | | | | |
| 11 | | | | | | |
| | 2019 SEQ Senior Women's Division 3 White | 29/06/2019 | 1:30:00 PM | Beaudesert | Jimboomba | Beaudesert SENIORS |
| | 2019 SEQ Senior Women's Division 3 White | 29/06/2019 | 3:00:00 PM | Springwood | Mustangs | Tallowood Park |
| | 2019 SEQ Senior Women's Division 3 White | 29/06/2019 | 1:30:00 PM | Beenleigh Pride | Mudgeeraba | Bill Norris Oval |
| | 2019 SEQ Senior Women's Division 3 White | 29/06/2019 | 1:30:00 PM | Logan City Hawks | Parkwood | Leighton Fields |
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| 12 | | | | | | |
| | 2019 SEQ Senior Women's Division 3 White | 6/07/2019 | 3:00:00 PM | Parkwood | Beaudesert | Parkwood Field 1 |
| | 2019 SEQ Senior Women's Division 3 White | 6/07/2019 | 1:30:00 PM | Mustangs | Logan City Hawks | Mustangs Oval |
| | 2019 SEQ Senior Women's Division 3 White | 6/07/2019 | 1:30:00 PM | Jimboomba | Beenleigh Pride | Jimboomba Thunderdome |
| | 2019 SEQ Senior Women's Division 3 White | 6/07/2019 | 1:00:00 PM | Mudgeeraba | Springwood | Mudgeeraba SENIORS |
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| 13 | | | | | | |
| | 2019 SEQ Senior Women's Division 3 White | 13/07/2019 | 1:00:00 PM | Mudgeeraba | Jimboomba | Mudgeeraba SENIORS |

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| | 2019 SEQ Senior Women's Division 3 White | 13/07/2019 | 3:00:00 PM | Springwood | Logan City Hawks | Tallowood Park |
| | 2019 SEQ Senior Women's Division 3 White | 13/07/2019 | 1:30:00 PM | Beaudesert | Mustangs | Beaudesert SENIORS |
| | 2019 SEQ Senior Women's Division 3 White | 13/07/2019 | 4:30:00 PM | Beenleigh Pride | Parkwood | Bill Norris Oval |
| | | | | | | |
| 14 | | | | | | |
| | 2019 SEQ Senior Women's Division 3 White | 20/07/2019 | 1:30:00 PM | Logan City Hawks | Beaudesert | Leighton Fields |
| | 2019 SEQ Senior Women's Division 3 White | 20/07/2019 | 3:00:00 PM | Parkwood | Mudgeeraba | Parkwood Field 1 |
| | 2019 SEQ Senior Women's Division 3 White | 20/07/2019 | 1:30:00 PM | Mustangs | Beenleigh Pride | Mustangs Oval |
| | 2019 SEQ Senior Women's Division 3 White | 20/07/2019 | 1:30:00 PM | Jimboomba | Springwood | Jimboomba Thunderdome |