Starting March 6 the Carolina Hurricanes play five games in seven nights. The Hurricanes are old hands at this because although it only happens 12 times for all teams during the whole NHL season it happens to the Hurricanes three times. They play the Flames, Lightning, Rangers, Blackhawks and Stars with only two homes games so there is a lot of travel.

Looking at a team's schedule may help your chances of finding a good injury replacement. Here are some of the high and low ratings for teams over a two, three and four week period starting March 6, 2009. The rating is shown in brackets.

Two weeks

High ratings: Blues (7.80), Lightning (7.54), Maple Leafs (7.38)

Low ratings: Blue Jackets (5.69), Rangers (5.69), Kings (5.41)

Three weeks

High ratings: Thrashers (11.19), Canadiens (11.05)

Low ratings: Islanders (8.49), Bruins (7.90)

Four weeks

High ratings: Blues (14.54), Senators (14.18)

Low ratings: Predators (11.49), Penguins (10.98)

Best Bets
Carolina 4.96 - FIVE games CGY, TB, NYR, CHI, DAL
Montreal 4.48 - four games ATL, DAL, EDM, NYI
Toronto 4.39 - four games EDM, OTT, NYI, TB
Tampa Bay 4.29 - four games STL, CAR, OTT, TOR
Ottawa 4.20 - four games BUF, TOR, TB, BOS
Steer Clear
Los Angeles 1.90 - two games MIN, VAN
NY Rangers 2.69 - three games BOS, CAR, NAS
San Jose 2.72 - three games VAN, MIN, STL
Vancouver 2.76 - three games SJ, LA, ANA
Pittsburgh 2.82 - three games WAS, FLA, CBJ

Best Bets
Toronto 4.39 - four games EDM, OTT, NYI, TB
Ottawa 4.20 - four games BUF, TOR, TB, BOS
NY Islanders 4.19 - four games NJ, PHX, TOR, MTL
Chicago 3.92 - four games BOS, COL, CAR, CBJ
Carolina 3.89 - four games TB, NYR, CHI, DAL
Steer Clear
Anaheim 1.90 - two games MIN, VAN
NY Rangers 2.69 - three games BOS, CAR, NAS
San Jose 2.72 - three games VAN, MIN, STL
Pittsburgh 2.82 - three games WAS, FLA, CBJ
Los Angeles 2.85 - three games MIN, VAN, VAN

Best Bets
Toronto 4.35 - four games OTT, NYI, TB, CGY
Montreal 4.24 - four games DAL, EDM, NYI, NJ
Ottawa 4.21 - four games TOR, TB, BOS, PIT
Calgary 4.13 - four games ATL, NJ, DET, TOR
Boston 4.05 - four games NYR, CBJ, OTT, NYI
Steer Clear
Anaheim 1.90 - two games MIN, VAN
Columbus 2.75 - three games BOS, PIT, CHI'
San Jose 2.80 - three games MIN, STL, LA
Los Angeles 2.81 - three games VAN, VAN, SJ
Vancouver 2.89 - three games LA, ANA, LA

Best Bets
Toronto 4.35 - four games OTT, NYI, TB, CGY
Ottawa 4.21 - four games TOR, TB, BOS, PIT
Boston 4.14 - four games CBJ, OTT, NYI, PIT
Detroit 4.08 - four games PHX, CGY, STL, CBJ
Colorado 4.06 - four games ATL, MIN, EDM, VAN

Steer Clear
Anaheim 1.95 - two games VAN, SJ
Phoenix 2.79 - three games DET, NJ, NAS
Los Angeles 2.81 - three games VAN, VAN, SJ
Dallas 2.91 - three games STL, CAR, MIN
Atlanta 2.91 - three games COL, EDM, BUF

Best Bets
Boston 4.14 - four games CBJ, OTT, NYI, PIT
Washington 4.08 - four games NAS, PHI, CAR, ATL
Colorado 4.06 - four games ATL, MIN, EDM, VAN
Detroit 4.08 - four games PHX, CGY, STL, CBJ
Nashville 3.97 - four games WAS, NYR, PHX, LA

Steer Clear
Anaheim 1.95 - two games VAN, SJ
Los Angeles 2.77 - three games VAN, SJ, NAS
Carolina 2.78 - three games CHI, DAL, WAS
Phoenix 2.79 - three games DET, NJ, NAS
Ottawa 2.88 - three games TB, BOS, PIT

Best Bets
Tampa Bay 4.34 - four games OTT, TOR, FLA, TOR
Vancouver 4.20 - four games ANA, LA, COL, MIN
Minnesota 4.15 - four games COL, DAL, STL, COL
Chicago 4.09 - four games CAR, CBJ, NYI, NJ
Washington 4.05 - four games PHI, CAR, ATL, FLA

Steer Clear
Anaheim 1.95 - two games VAN, SJ
Calgary 2.16 - two games DET, TOR
NY Islanders 2.55 - three games MTL, BOS, CHI
Phoenix 2.73 - three games NJ, NAS, SJ
Los Angeles 2.77 - three games VAN, SJ, NAS

Best Bets
Minnesota 4.15 - four games COL, DAL, STL, COL
Washington 4.05 - four games PHI, CAR, ATL, FLA
Detroit 4.03 - four games CGY, STL, CBJ, PHI
Pittsburgh 4.00 - four games CBJ, OTT, BOS, ATL
New Jersey 3.97 - four games PHX, MTL, CHI, CAR

Steer Clear
Anaheim 1.91 - two games SJ, NAS
NY Islanders 2.55 - three road games MTL, BOS, CHI
Phoenix 2.73 - three road games NJ, NAS, SJ
Ottawa 2.73 - three road games BOS, PIT, BUF
Los Angeles 2.77 - three road games VAN, SJ, NAS

Best Bets
Vancouver 4.38 - four home games LA, COL, DAL, STL
Washington 4.13 - four games CAR, ATL, FLA, TB
San Jose 3.98 - four games LA, ANA, PHX, NAS
Chicago 3.94 - four games CBJ, NYI, NJ, CBJ
St. Louis 3.86 - four games DEL, MIN, EDM, VAN
Steer Clear
NY Islanders 1.57 - two road games BOS, CHI
Carolina 1.83 - two games WAS, NJ
Buffalo 2.19 - two games ATL, OTT
Calgary 2.32 - two games TOR, DAL
Dallas 2.76 - three games MIN, VAN, CGY

Best Bets
St. Louis 4.83 - FIVE games DET, MIN, EDM, VAN, CGY
Washington 4.13 - four games CAR, ATL, FLA, TB
Pittsburgh 4.13 - four games OTT, BOS, ATL, LA
Detroit 4.11 - four games STL, CBJ, PHI, ATL
Edmonton 4.07 - four games COL, STL, COL, CHI
Steer Clear
Columbus 1.98 - two games DET, CHI
NY Islanders 2.53 - three games BOS, CHI, CAR
Dallas 2.76 - three games MIN, VAN, CGY
Montreal 2.83 - three games NJ, NYR, OTT
Anaheim 2.91 - three games SJ, NAS, PHX

Best Bets
Vancouver 4.35 - four games COL, DAL, STL, PHX
Atlanta 4.13 - four games WAS, PIT, DET, TB
San Jose 4.07 - four games ANA, PHX, NAS, DAL
Chicago 4.04 - four games NYI, NJ, CBJ, EDM
Washington 4.03 - four games ATL, FLA, TB, CAR
Steer Clear
Boston 2.03 - two games PIT, LA
Calgary 2.23 - two games DAL, STL
Nashville 2.68 - three road games LA, ANA, SJ
NY Islanders 2.71 - three road games CHI, CAR, OTT
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