

= Points , GF =

Goals for , GA = Goals against

Note : Teams that qualified for the playoffs are highlighted in bold .

= = Schedule and results = =

= = Playoffs = =

Though they finished 43 points behind the Flames in the regular season , the Vancouver Canucks proved a significant challenge in the Smythe Division semifinal . Calgary produced an uninspired effort in the opening game that resulted in a 4 ? 3 loss as former Flame Paul Reinhart scored the winner for Vancouver in overtime . The Flames rebounded with 5 ? 2 and 4 ? 0 victories , but the Canucks continued to battle . Vancouver won the fourth game and after losing the fifth , staved off elimination with a 6 ? 3 victory in game six , setting up a seventh and deciding game .

The seventh game went to overtime , tied 3 ? 3 , and the extra period was dominated by fast offensive rushes as both teams sought to end the series . Both goaltenders were forced to make spectacular saves , highlighted by Mike Vernon 's glove save to stop Vancouver 's Stan Smyl on a breakaway . That save was a defining moment of Vernon 's career , and has since been called " the save that won the Cup " . With less than a minute remaining in the first overtime period , Jim Peplinski fired a wide @-@ angle shot towards the Vancouver goal that deflected off Joel Otto 's skate and into the net , winning the game and series for the Flames .

Calgary faced Wayne Gretzky and the Los Angeles Kings in the Smythe Division final . The Flames won the series in four straight , holding the highest scoring team in the league to 11 goals for the series . The Smythe final was most remembered for a controversial goal the Flames scored in the second game at Calgary . Vernon was knocked down in his crease by the Kings ' Bernie Nicholls , and believing the goaltender was injured , Flames ' trainer Bearcat Murray jumped onto the ice to tend to the fallen player as the Flames rushed the puck into the Los Angeles zone . Al MacInnis scored on the play as the Kings vehemently protested the goal should have been disallowed because Murray was on the ice . The goal stood and ended up the winning goal in an 8 ? 3 victory .

The Chicago Blackhawks were the Flames ' opponents in the Campbell Conference final . The Flames won the series with relative ease , dropping only a 4 ? 2 decision in the second game en route to a five @-@ game series victory . Calgary won their second Clarence S. Campbell Bowl in franchise history as conference champions , and advanced to the Stanley Cup championship to face the Montreal Canadiens in a rematch of the 1986 final .

The final opened in Calgary where the Flames emerged with a 3 ? 2 win on the strength of two Al MacInnis goals before Montreal evened the series with a 4 ? 2 victory in game two . The third game , in Montreal , went to overtime with the score tied 3 ? 3 . Late in the second extra period , Calgary 's Mark Hunter was penalized for boarding , allowing Montreal to win the game at 38 : 08 of overtime . The penalty call was controversial , and members of the press spent the following days arguing the legitimacy of the call .

The Flames entered the pivotal fourth game believing it was key to maintaining their chances of winning the title . Colin Patterson referred to it as being a " do @-@ or @-@ you 're @-@ gonna @-@ die game " . Calgary emerged with a 4 ? 2 victory to even the series at two wins apiece heading back home for game five . The Flames rushed out to a 3 ? 1 first period lead in the fifth game , and though Montreal scored in the second period to close within one goal , Vernon prevented Montreal from tying the game , and the Flames took a 3 ? 2 series lead .

For the sixth game , coach Terry Crisp added 36 @-@ year @-@ old Lanny McDonald to the lineup after sitting him out the previous three games . The veteran forward was the sentimental favourite to win the Cup , and Crisp wanted to give him the opportunity to win the title on the ice . The move paid dividends as after serving a penalty in the second period , McDonald stepped out of the penalty box and joined the rush where he took a pass from Joe Nieuwendyk and shot it over Montreal goaltender Patrick Roy to give the Flames a 2 ? 1 lead . Doug Gilmour added two third period goals

, including the eventual winner , as the Flames won the Stanley Cup by a 4 ? 2 score . In doing so , they became the only team to ever defeat the Canadiens on Montreal Forum ice to win the championship .

Al MacInnis was named the Conn Smythe Trophy winner as the most valuable player of the playoffs , and with 31 points became the first defenceman to lead the league in post @-@ season scoring . He finished with a 17 @-@ game scoring streak , the longest by a defenceman in NHL history .

Lanny McDonald announced his retirement on August 28 , 1989 , ending his career with the Stanley Cup championship . The Flames named him their Vice President in charge of corporate and community affairs . Three years later , McDonald was inducted into the Hockey Hall of Fame . Hakan Loob also ended his NHL career as a champion ; he had announced during the season that he intended to return to his home in Sweden at the end of the year .

= = Player statistics = =

= = = Skaters = = =