

PROGRAM EVENT LIST

If necessary, Swim Ontario reserves the right to implement some or all of the following options should it be deemed necessary in order to comply with Swim Ontario competition sanctioning policies:

- Remove bonus events or B finals for 200m events
- Create overflow sessions
- Combine sessions
- Combine heats or limit the number of heats
- Move events
- Change Warm-up and Start Time schedules

OP = Olympic Program swimmers / PARA = Paralympic program swimmers

SH = Slow Heats / FH = Fast Heat

OP Finals = 15, 16, 17&Over / PARA Finals = combined classification

DAY 1 – THURSDAY, MARCH 5, 2026

Preliminary Session Warmup: 6:50 am (split) Start: 8:30 am			Final Session Warmup: 4:00 pm – 4:55 pm Start: 5:00 pm		
W		M	W		M
201	150 IM (PARA SM1-4)	202		800 Free (FH)	10
1	200 IM (OP & PARA SM5-14)	2	201 /1	150/200 PARA IM (combined top 10 – A Final)	202 /2
3	50 Breast (OP & PARA SB1-3)	4	1	200 IM (OP A, B Final)	2
5	400 Free (OP & PARA S6-13)		3	50 Breast (PARA A Final, OP A, B Final)	4
7	50 Back (OP & PARA S1-5)	8	5	400 Free (PARA A Final, OP A Final)	
101	4 x 100 Free Relay (SH)	102	7	50 Back (PARA A Final, OP A, B Final)	8
	800 Free (SH)	10	101	4 x 100 Free Relay (FH)	102

DAY 2 – FRIDAY, MARCH 6, 2026

Preliminary Session Warmup: 6:50 am (split) Start: 8:30 am			Final Session Warmup: 4:00 pm – 4:55 pm Start: 5:00 pm		
W		M	W		M
11	200 Fly	12	22	1500 Free (FH)	
13	100 Free (OP & PARA S1-14)	14	11	200 Fly (OP A, B Final)	12
15	200 Back	16	13	100 Free (PARA A Final, OP A, B Final)	14
17	50 Fly (OP & PARA S1-7)	18	15	200 Back (OP A, B Final)	16
	400 IM	20	17	50 Fly (PARA A Final, OP A, B Final)	18
103	4 x 50 Medley Relay (SH)	104		400 IM (OP A Final)	20
22	1500 Free (SH)		103	4 x 50 Medley Relay (FH)	104

DAY 3 – SATURDAY, MARCH 7, 2026

Preliminary Session Warmup: 6:50 am (split) Start: 8:30 am			Final Session Warmup: 4:00 pm – 4:55 pm Start: 5:00 pm		
W		M	W		M
23	200 Free (OP & PARA S1-S5 & S14)	24		1500 Free (FH)	32
25	100 Breast (OP & PARA SB4-SB9 & SB11-SB14)	26	23	200 Free (PARA A Final, OP A, B Final)	24
27	400 IM		25	100 Breast (PARA A Final, OP A, B Final)	26
29	100 Back (OP & PARA S1-S2 & S6-S14)	30	27	400 IM (OP A Final)	
105	4 x 50 Free Relay (SH)	106	29	100 Back (PARA A Final, OP A, B Final)	30
	1500 Free (SH)	32	105	4 x 50 Free Relay (FH)	106

DAY 4 – SUNDAY, MARCH 8, 2026

Preliminary Session Warmup: 6:50 am (split) Start: 8:30 am			Final Session Warmup: 4:00 pm – 4:55 pm Start: 5:00 pm		
W		M	W		M
33	200 Breast	34	41	800 Free (FH)	
35	50 Free (OP & PARA S1-14)	36	33	200 Breast	34
	400 Free (OP & PARA S6-13)	38	35	50 Free (OP & PARA S1-14)	36
39	100 Fly (OP & PARA S8-14)	40		400 Free (OP & PARA S6-13)	38
107	4 x 100 Medley Relay (SH)	108	39	100 Fly (OP & PARA S8-14)	40
41	800 Free (SH)		107	4 x 100 Medley Relay (FH)	108