

PROGRAM EVENT LIST

OPEN SESSIONS

OP = Olympic Program swimmers / PARA = Paralympic program swimmers

SH = Slow Heats / FH = Fast Heat

OP Finals = 14&U, 15-16, 17&Over / PARA Finals = combined classification

DAY 1 – WEDNESDAY, JULY 8, 2026					
Preliminary Session Warmup: 6:50 am (split) Start: 8:30 am			Final Session Warmup: 4:30 pm – 5:25 pm Start: 5:30 pm		
W		M	W		M
	400 Free (OP & PARA S6-13)	2	1	1500 Free (FH)	
3	50 Fly (OP & PARA S1-7)	4		400 Free (PARA A Final, OP A Final)	2
5	100 Breast (OP & PARA SB4-SB9 & SB11-SB14)	6	3	50 Fly (PARA A Final, OP A, B Final)	4
101/ 103	4 x 50 Medley Relay (SH) (14&U & 15&O)	102/ 104	5	100 Breast (PARA A Final, OP A, B Final)	6
1	1500 Free (SH)		101/ 103	4 x 50 Medley Relay (FH) (14&U & 15&O)	102/ 104
DAY 2 – THURSDAY, JULY 9, 2026					
Preliminary Session Warmup: 6:50 am (split) Start: 8:30 am			Final Session Warmup: 4:30 pm – 5:25 pm Start: 5:30 pm		
W		M	W		M
7	200 Free (OP & PARA S1-S5 & S14)	8		800 Free (FH)	12
9	100 Back (OP & PARA S1-S2 & S6-S14)	10	7	200 Free (PARA A Final, OP A, B Final)	8
11	400 IM		9	100 Back (PARA A Final, OP A, B Final)	10
105/ 107	4 x 100 Free Relay (SH) (14&U & 15&O)	106/ 108	11	400 IM (OP A Final)	
	800 Free (SH)	12	105/ 107	4 x 100 Free Relay (FH) (14&U & 15&O)	106/ 108

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DAY 3 – FRIDAY, JULY 10, 2026					
Preliminary Session Warmup: 6:50 am (split) Start: 8:30 am			Final Session Warmup: 4:30 pm – 5:25 pm Start: 5:30 pm		
W		M	W		M
13	200 Back	14	13	200 Back (OP A, B Final)	14
15	50 Free (OP & PARA S1-14)	16	15	50 Free (PARA A Final, OP A, B Final)	16
17	200 Breast	18	17	200 Breast (OP A, B Final)	18
19	100 Fly (OP & PARA S8-14)	20	19	100 Fly (PARA A Final, OP A, B Final)	20
111	4 x 200 Free Relay (SH)	112	109	4 x 100 Mixed Para Free Relay	109
			111	4 x 200 Free Relay (FH)	112
DAY 4 – SATURDAY, JULY 11, 2026					
Preliminary Session Warmup: 6:50 am (split) Start: 8:30 am			Final Session Warmup: 4:30 pm – 5:25 pm Start: 5:30 pm		
W		M	W		M
21	200 Fly	22	27	800 Free (FH)	
23	50 Breast (OP & PARA SB1-3)	24	21	200 Fly (OP A, B Final)	22
25	100 Free (OP & PARA S1-14)	26	23	50 Breast (PARA A Final, OP A, B Final)	24
	400 IM	28	25	100 Free (PARA A Final, OP A, B Final)	26
113/ 115	4 x 100 Medley Relay (SH) (14&U & 15&O)	114/ 116		400 IM (OP A Final)	28
27	800 Free (SH)		113/ 115	4 x 100 Medley Relay (FH) (14&U & 15&O)	114/ 116
DAY 5 – SUNDAY, JULY 12, 2026					
Preliminary Session Warmup: 6:50 am (split) Start: 8:30 am			Final Session Warmup: 4:30 pm – 5:25 pm Start: 5:30 pm		
W		M	W		M
229	150 IM (PARA SM1-4)	230		1500 Free (FH)	34
29	200 IM (OP & PARA SM5-14)	30	229/ 29	150/200 PARA IM (combined top 10 – A Final)	230 / 30
31	50 Back (OP & PARA S1-5)	32	29	200 IM (PARA A Final, OP A, B Final)	30
33	400 Free (OP & PARA S6-13)		31	50 Back (PARA A Final, OP A, B Final)	32
117/ 119	4 x 50 Free Relay (SH) (14&U & 15&O)	118/ 120	33	400 Free (PARA A Final, OP A Final)	
	1500 Free (SH)	34	117/ 119	4 x 50 Free Relay (SH) (14&U & 15&O)	118/ 120

YOUTH SESSIONS

All events will be seeded slowest to fastest by gender. 400m or less events will swim the fastest heat of each age (11&U, 12) last. Distance events – seeded by time regardless of age

DAY 2 – THURSDAY, JULY 9, 2026		
Timed Final Warmup: 1:00 – 1:55 PM (split) Start: 2:00 PM		
W		M
401	200 Fly	402
403	100 Back	404
405	50 Breast	406
407	200 Free	408
409	50 Fly	410
411	4 x 50 Free Relay	412
413	400 IM	414
DAY 3 – FRIDAY, JULY 10, 2026		
Timed Final Warmup: 1:00 – 1:55 PM (split) Start: 2:00 PM		
W		M
415	100 Free	416
417	200 IM	418
419	50 Back	420
421	100 Breast	422
	400 Free	424
425	4 x 50 Mixed Freestyle Relay	425
427	800 Free	
DAY 4 – SATURDAY, JULY 11, 2026		
Timed Final Warmup: 1:00 – 1:55 PM (split) Start: 2:00 PM		
W		M
429	200 Back	430
431	50 Free	432
433	200 Breast	434
435	400 Free	
437	100 Fly	438
439	4 x 50 Medley Relay	440
	800 Free	442

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