



OJI 2025

December 10 - 14, 2025

OVERALL SCHEDULE

Pre-Meet Training		Pool Access	Start	End	Format
Wednesday December 10	Morning	9:00 AM	9:30 AM	12:00 PM	20 lanes SCM
	Team Registration	room 2060	9:00 AM	11:30 AM	
	Technical Meeting	Leadership Room	3:15 PM	Approx. 4:00 PM	
	Evening	4:00 PM	4:30 PM	7:00 PM	20 lanes SCM
	Team Registration	room 2060	3:00 PM	6:30 PM	
Competition		Pool Access	Warm-up	Start	Finish
DAY 1 Thursday December 11	Late Morning Prelims	9:30 AM	10:00 AM	11:30 AM	1:30 PM
	Team Registration	room 2060		9:00 AM	11:30 PM
	Finals	4:00 PM	4:30 PM	5:30 PM	7:00 PM
	Team Registration	room 2060		4:00 PM	5:30 PM
DAY 2 Friday December 12	Prelims	7:00 AM	7:30 AM	9:00 AM	12:30 PM
	Team Registration	room 2060		7:00 AM	9:00 AM
	Finals	4:00 PM	4:30 PM	5:30 PM	8:00 PM
DAY 3 Saturday December 13	Prelims	7:00 AM	7:30 AM	9:00 AM	12:50 PM
	Team Registration	room 2060		7:00 AM	9:00 AM
	Finals	4:00 PM	4:30 PM	5:30 PM	8:15 PM
DAY 4 Sunday December 14	Prelims	7:00 AM	7:30 AM	9:00 AM	11:40 PM
	Team Registration	room 2060		7:00 AM	9:00 AM
	Finals	4:00 PM	4:30 PM	5:30 PM	7:35 PM
DAY 3 Saturday December 13					
	Fundamentals Camp	Checkin	Pool Access	Start	Finish
	Check-in in East Gallery	12:30 PM	1:15 PM	1:25 PM	3:45 PM
DAY 4 Sunday December 14					
	Masters IM FAST Meet	Pool Access	Warm-up	Start	Finish
	subject to change	1:00 PM	1:45 PM	2:00 PM	3:30 PM



Schedule Session No. 1 - Thursday Prelims

2025-12-11 - 11:30

Warmup: 10:00 until 11:20

11:30	101.	150m Medley	Women	Prelim	Open	0:07	1 Heat	2
11:37	102.	150m Medley	Men	Prelim	Open	0:07	1 Heat	1
11:44	1.	200m Medley	Women	Prelim	Open	0:32	9 Heats	85
12:16	2.	200m Medley	Men	Prelim	Open	0:32	10 Heats	95
12:48	3.	1500m Freestyle	Girls	Slower Heats	- 18	0:20	1 Heat	5
13:08	4.	800m Freestyle	Boys	Slower Heats	- 18	0:21	2 Heats	20
13:29	End of session				Total duration	1:59		



Thursday, December 11, 2025

Finals Session - Day 1

Clear Pool	5:20 PM				
Officials on-deck positions	5:24 PM	Oh Canada			5:25
		Intro Video			5:26
		Introductions: Referees & Starters			5:29
Times are estimates only		March-On	Intro	Start	Finish
***** 5:00 PM – Deadline for Relay Name Changes *****					
Event 1 – 200m IM (W PARA)	A Final	5:30 PM	5:31 PM	5:32 PM	5:36 PM
Event 1 – 200m IM (W)	A Final	5:36 PM	5:37 PM	5:38 PM	5:40 PM
Awards: 150m/200m IM (W PARA + W)				5:41 PM	5:44 PM
Event 1 – 200m IM (W)	B Final		5:44 PM	5:45 PM	5:47 PM
Event 2 – 150m/200m IM (M PARA)	A Final	5:47 PM	5:48 PM	5:49 PM	5:53 PM
*** 6:00 PM – Deadline for Friday prelims & relay scratches ***					
Event 2 – 200mIM (M)	A Final	5:53 PM	5:54 PM	5:55 PM	5:57 PM
Awards: 150m/200m IM (M PARA + M)				5:58 PM	6:00 PM
Event 2 – 200mIM (M)	B Final		6:00 PM	6:01 PM	6:04 PM
Event 3 – 1500m Freestyle (W)	Fast Heat	6:04 PM	6:05 PM	6:06 PM	6:23 PM
Awards: 1500m Freestyle (W)				6:24 PM	6:26 PM
Event 4 – 800m Freestyle (M)	Fast Heat	6:26 PM	6:27 PM	6:28 PM	6:37 PM
Awards: 800m Freestyle (M)				6:38 PM	6:40 PM
Event 5 – 200m MIXED PARA Free Relay	Heat 1		6:40 PM	6:41 PM	6:45 PM
Event 6 – 200m MIXED Free Relay	Heat 1		6:45 PM	6:46 PM	6:48 PM
Event 6 – 200m MIXED Free Relay	Heat 2		6:48 PM	6:49 PM	6:51 PM
Event 6 – 200m MIXED Free Relay	Heat 3		6:51 PM	6:52 PM	6:54 PM
Awards: 4 x 50m Mixed Relays				6:52 PM	6:54 PM



Schedule Session No. 3 - Friday Prelims

2025-12-12 - 9:00

Warmup: 7:30 until 8:50

9:00	7.	200m Freestyle	Women	Prelim	Open	0:25	7 Heats	70
9:25	8.	200m Freestyle	Men	Prelim	Open	0:26	8 Heats	74
9:51	9.	100m Breaststroke	Women	Prelim	Open	0:15	6 Heats	55
10:06	10.	100m Breaststroke	Men	Prelim	Open	0:13	6 Heats	59
10:19	11.	400m Medley	Women	Prelim	Open	0:26	4 Heats	32
10:45	12.	400m Medley	Boys	Prelim	- 18	0:30	5 Heats	44
11:15	13.	100m Butterfly	Women	Prelim	Open	0:16	8 Heats	74
11:31	14.	100m Butterfly	Men	Prelim	Open	0:16	8 Heats	73
11:47	15.	50m Backstroke	Women	Prelim	Open	0:12	7 Heats	62
11:59	16.	50m Backstroke	Men	Prelim	Open	0:12	8 Heats	72
12:11	17.	4 x 200m Freestyle	Girls	Slower Heats	- 18		no entries	-
12:11	18.	4 x 200m Freestyle	Boys	Slower Heats	- 18	0:11	1 Heat	3
12:22	End of session				Total duration	3:22		



Friday, December 12, 2025

Finals Session - Day 2

Clear Pool		5:20 PM			
Officials on-deck positions		5:23 PM	Oh Canada		5:24
			Kevin Thorburn Coaching Excellence Awa		5:27
			Intro Video		5:30
			Introductions: Referees & Starters		5:33
*****5:00 PM – Deadline for Relay Name Changes*****					
<i>Times are estimates only</i>		March-On	Intro	Start	Finish
Event 7 – 200m Free (W)	A Final	5:35 PM	5:36 PM	5:37 PM	5:39 PM
Awards 200m Free (W)				5:40 PM	5:42 PM
Event 7 – 200m Free (W)	B Final		5:42 PM	5:43 PM	5:45 PM
Event 8 – 200m Free (M)	A Final	5:45 PM	5:46 PM	5:47 PM	5:49 PM
Awards 200m Free (M)				5:50 PM	5:53 PM
Event 8 – 200m Free (M)	B Final		5:53 PM	5:54 PM	5:56 PM
Event 9 - 100m Breaststroke (W - PARA)	A Final	5:56 PM	5:57 PM	5:58 PM	6:00 PM
*** 6:00 PM – Deadline for Saturday prelims & relay scratches***					
Event 9 – 100m Breaststroke (W)	A Final	6:00 PM	6:01 PM	6:02 PM	6:03 PM
Awards 100m Breaststroke (W PARA & W)				6:04 PM	6:07 PM
Event 9 – 100m Breaststroke (W)	B Final		6:07 PM	6:08 PM	6:09 PM
Event 10 - 100m Breaststroke (M - PARA)	A Final	6:09 PM	6:10 PM	6:11 PM	6:13 PM
Event 10 – 100m Breaststroke (M)	A Final	6:13 PM	6:14 PM	6:15 PM	6:16 PM
Awards: 100m Breaststroke (M PARA & M)				6:17 PM	6:19 PM
Event 10 – 100m Breaststroke (M)	B Final		6:19 PM	6:20 PM	6:22 PM
Event 11 – 400m IM (W)	A Final	6:22 PM	6:23 PM	6:24 PM	6:29 PM
Awards: 400m IM (W)				6:30 PM	6:32 PM
Event 11 – 400m IM (W)	B Final		6:32 PM	6:33 PM	6:38 PM
Event 12 – 400m IM (M)	A Final	6:38 PM	6:39 PM	6:40 PM	6:45 PM
Awards: 400m IM (M)				6:46 PM	6:48 PM
Event 12 – 400m IM (M)	B Final		6:48 PM	6:49 PM	6:54 PM
Event 13 – 100m Fly (W)	A Final	6:54 PM	6:55 PM	6:56 PM	6:57 PM
Awards: 100m Fly (W)				6:58 PM	7:01 PM
Event 13 – 100m Fly (W)	B Final		7:01 PM	7:02 PM	7:03 PM
Event 14 – 100m Fly (M)	A Final	7:03 PM	7:04 PM	7:05 PM	7:06 PM
Awards: 100m Fly (M)				7:07 PM	7:09 PM
Event 14 – 100m Fly (M)	B Final		7:09 PM	7:10 PM	7:11 PM
Event 15 - 50m Backstroke (W - PARA)	A Final	7:11 PM	7:12 PM	7:13 PM	7:15 PM
Event 15 – 50m Backstroke (W)	A Final	7:15 PM	7:16 PM	7:17 PM	7:17 PM
Awards: 50m Backstroke (W PARA + W)				7:18 PM	7:21 PM
Event 15 – 50m Backstroke (W)	B Final		7:21 PM	7:22 PM	7:22 PM
Event 16 - 50m Backstroke (M - PARA)	A Final	7:22 PM	7:23 PM	7:24 PM	7:25 PM
Event 16 – 50m Backstroke (M)	A Final	7:25 PM	7:26 PM	7:27 PM	7:28 PM
Awards: 50m Backstroke (M)				7:29 PM	7:31 PM
Event 16 – 50m Backstroke (M)	B Final		7:31 PM	7:32 PM	7:33 PM
Event 17 – 800m Free Relay (W)	Heat 1		7:33 PM	7:34 PM	7:43 PM
Event 18 – 800m Free Relay (M)	Heat 1		7:43 PM	7:44 PM	7:52 PM
Awards: 4 X 200 Free Relay (W)				7:53 PM	7:55 PM
Awards: 4 X 200 Free Relay (M)				7:56 PM	7:59 PM



Schedule Session No. 5 - Saturday Prelims

2025-12-13 - 9:00

Warmup: 7:30 until 8:50

9:00	19.	50m Freestyle	Women	Prelim	Open	0:13	9 Heats	84
9:13	20.	50m Freestyle	Men	Prelim	Open	0:13	9 Heats	85
9:26	21.	200m Butterfly	Girls	Prelim	- 18	0:15	4 Heats	39
9:41	22.	200m Butterfly	Boys	Prelim	- 18	0:16	5 Heats	41
9:57	23.	100m Backstroke	Women	Prelim	Open	0:17	7 Heats	67
10:14	24.	100m Backstroke	Men	Prelim	Open	0:14	7 Heats	61
10:28	25.	400m Freestyle	Girls	Prelim	- 18	0:28	5 Heats	44
10:56	26.	400m Freestyle	Boys	Prelim	- 18	0:32	6 Heats	52
11:28	27.	50m Butterfly	Women	Prelim	Open	0:12	8 Heats	79
11:40	28.	50m Butterfly	Men	Prelim	Open	0:12	8 Heats	79
11:52	29.	200m Breaststroke	Girls	Prelim	- 18	0:19	5 Heats	41
12:11	30.	200m Breaststroke	Boys	Prelim	- 18	0:21	6 Heats	52
12:32	33.	4 x 100m Freestyle	Girls	Slower Heats	- 18	0:08	1 Heat	6
12:40	34.	4 x 100m Freestyle	Boys	Slower Heats	- 18	0:06	1 Heat	8
12:46	End of session				Total duration	3:46		



Saturday, December 13, 2025

Finals Session - Day 3

Clear Pool		5:20 PM			
Officials on-deck positions		5:23 PM	Oh Canada		5:24
			Summer McIntosh INSPIRE Scholarships		5:27
			Intro Video		5:32
			Introductions: Referees & Starters		5:35
5:00 PM – Deadline for Relay Name Submissions					
Times are estimates only		March-On	Intro	Start	Finish
Event 19 – 50m Freestyle (W PARA)	A Final	5:36 PM	5:37 PM	5:38 PM	5:39 PM
Event 19 – 50m Freestyle (W)	A Final	5:39 PM	5:40 PM	5:41 PM	5:41 PM
<i>Awards: 50 Freestyle (W PARA + W)</i>				5:42 PM	5:45 PM
Event 19 – 50m Freestyle (W)	B Final		5:45 PM	5:46 PM	5:46 PM
Event 20 – 50m Freestyle (M PARA)	A Final	5:46 PM	5:47 PM	5:48 PM	5:49 PM
Event 20 – 50m Freestyle (M)	A Final	5:49 PM	5:50 PM	5:51 PM	5:52 PM
<i>Awards: 50m Freestyle (M PARA + M)</i>				5:53 PM	5:55 PM
Event 20 – 50m Freestyle (M)	B Final		5:55 PM	5:56 PM	5:56 PM
Event 21 – 200m Butterfly (W)	A Final	5:56 PM	5:57 PM	5:58 PM	6:01 PM
<i>Awards: 200m Butterfly (W)</i>				6:02 PM	6:04 PM
*** 6:00 PM – Deadline for Sunday prelims & distance & relay scratches***					
Event 21 – 200m Butterfly (W)	B Final		6:04 PM	6:05 PM	6:08 PM
Event 22 – 200m Butterfly (M)	A Final	6:08 PM	6:09 PM	6:10 PM	6:12 PM
<i>Awards 200m Butterfly (M)</i>				6:13 PM	6:15 PM
Event 22 – 200m Butterfly (M)	B Final		6:15 PM	6:16 PM	6:18 PM
Event 23 – 100m Backstroke (W)	A Final	6:18 PM	6:19 PM	6:20 PM	6:21 PM
<i>Awards 100m Backstroke (W)</i>				6:22 PM	6:25 PM
Event 23 – 100m Backstroke (W)	B Final		6:25 PM	6:26 PM	6:27 PM
Event 24 – 100m Backstroke (M)	A Final	6:27 PM	6:28 PM	6:29 PM	6:30 PM
<i>Awards: 100m Backstroke (M)</i>				6:31 PM	6:33 PM
Event 24 – 100m Backstroke (M)	B Final		6:33 PM	6:34 PM	6:35 PM
Event 25 – 400m Freestyle (W)	A Final	6:35 PM	6:36 PM	6:37 PM	6:42 PM
<i>Awards: 400m Freestyle (W)</i>				6:43 PM	6:45 PM
Event 25 – 400m Freestyle (W)	B Final		6:45 PM	6:46 PM	6:51 PM
Event 26 – 400m Freestyle (M)	A Final	6:51 PM	6:52 PM	6:53 PM	6:57 PM
<i>Awards: 400m Freestyle (M)</i>				6:58 PM	7:00 PM
Event 26 – 400m Freestyle (M)	B Final		7:00 PM	7:01 PM	7:05 PM
Event 27 – 50m Butterfly (W PARA)	A Final	7:05 PM	7:06 PM	7:07 PM	7:08 PM
Event 27 – 50m Butterfly (W)	A Final	7:08 PM	7:09 PM	7:10 PM	7:11 PM
<i>Awards: 50m Butterfly (W PARA + W)</i>				7:12 PM	7:14 PM
Event 27 – 50m Butterfly (W)	B Final		7:14 PM	7:15 PM	7:16 PM
Event 28 – 50m Butterfly (M PARA)	A Final	7:16 PM	7:17 PM	7:18 PM	7:19 PM
Event 28 – 50m Butterfly (M)	A Final	7:19 PM	7:20 PM	7:21 PM	7:21 PM
<i>Awards: 50m Butterfly (M PARA + M)</i>				7:22 PM	7:25 PM
Event 28 – 50m Butterfly (M)	B Final		7:25 PM	7:26 PM	7:26 PM
Event 29 – 200m Breaststroke (W)	A Final	7:26 PM	7:27 PM	7:28 PM	7:31 PM
<i>Awards: 200m Breaststroke (W)</i>				7:32 PM	7:34 PM
Event 29 – 200m Breaststroke (W)	B Final		7:34 PM	7:35 PM	7:38 PM
Event 30 – 200m Breaststroke (M)	A Final	7:38 PM	7:39 PM	7:40 PM	7:42 PM
<i>Awards: 200m Breaststroke (M)</i>				7:43 PM	7:45 PM
Event 30 – 200m Breaststroke (M)	B Final		7:45 PM	7:46 PM	7:49 PM
Event 31 – 400m MIXED PARA Free	FH		7:49 PM	7:50 PM	7:57 PM
Event 33 – 400m Free Relay (W)	FH		7:57 PM	7:58 PM	8:02 PM
Event 34 – 400m Free Relay (M)	FH		8:02 PM	8:03 PM	8:06 PM
<i>Awards: 4 X 100 Free Relay (PARA) & (W) & (M)</i>				8:07 PM	8:09 PM



Schedule Session No. 7 - Sunday Prelims

2025-12-14 - 9:00

Warmup: 7:30 until 8:50

9:00	35.	100m Freestyle	Women	Prelim	Open	0:19	9 Heats	86
9:19	36.	100m Freestyle	Men	Prelim	Open	0:18	10 Heats	96
9:37	37.	200m Backstroke	Women	Prelim	Open	0:21	6 Heats	57
9:58	38.	200m Backstroke	Boys	Prelim	- 18	0:20	6 Heats	60
10:18	39.	50m Breaststroke	Women	Prelim	Open	0:12	7 Heats	65
10:30	40.	50m Breaststroke	Men	Prelim	Open	0:11	7 Heats	62
10:41	43.	4 x 100m Medley	Girls	Slower Heats	- 18	0:08	1 Heat	4
10:49	44.	4 x 100m Medley	Boys	Slower Heats	- 18	0:07	1 Heat	8
10:56	41.	800m Freestyle	Girls	Slower Heats	- 18	0:22	2 Heats	18
11:18	42.	1500m Freestyle	Boys	Slower Heats	- 18	0:20	1 Heat	3
11:38	End of session				Total duration	2:38		



Sunday, December 14, 2025

Finals Session - Day 4

Clear Pool	5:20 PM				
Officials on-deck positions	5:24 PM	Oh Canada 5:25			
		Intro Video 5:26			
		Introductions: Referees & Starters 5:29			
<i>Times are estimates only</i>		March-On	Intro	Start	Finish
*****5:00 PM – Deadline for Relay Name Changes*****					
Event 35 – 100m Freestyle (W PARA)	A Final	5:30 PM	5:31 PM	5:32 PM	5:34 PM
Event 35 – 100m Freestyle (W)	A Final	5:34 PM	5:35 PM	5:36 PM	5:37 PM
<i>Awards: 100m Freestyle (W PARA + W)</i>				5:38 PM	5:40 PM
Event 35 – 100m Freestyle (W)	B Final		5:40 PM	5:41 PM	5:42 PM
Event 36 – 100m Freestyle (M PARA)	A Final	5:42 PM	5:43 PM	5:44 PM	5:46 PM
Event 36 – 100m Freestyle (M)	A Final	5:46 PM	5:47 PM	5:48 PM	5:48 PM
<i>Awards: 100m Freestyle (M PARA + M)</i>				5:49 PM	5:52 PM
Event 36 – 100m Freestyle (M)	B Final		5:52 PM	5:53 PM	5:54 PM
Event 37 – 200m Backstroke (W)	A Final	5:54 PM	5:55 PM	5:56 PM	5:58 PM
<i>Awards: 200m Backstroke (W)</i>				5:59 PM	6:02 PM
Event 37 – 200m Backstroke (W)	B Final		6:02 PM	6:03 PM	6:05 PM
Event 38 – 200m Backstroke (M)	A Final	6:05 PM	6:06 PM	6:07 PM	6:09 PM
<i>Awards: 200m Backstroke (M)</i>				6:10 PM	6:12 PM
Event 38 – 200m Backstroke (M)	B Final		6:12 PM	6:13 PM	6:16 PM
Event 39 – 50m Breaststroke (W PARA)	A Final	6:16 PM	6:17 PM	6:18 PM	6:19 PM
Event 39 – 50m Breaststroke (W)	A Final	6:19 PM	6:20 PM	6:21 PM	6:22 PM
<i>Awards: 50m Breaststroke (W PARA + W)</i>				6:23 PM	6:25 PM
Event 39 – 50m Breaststroke (W)	B Final		6:25 PM	6:26 PM	6:27 PM
Event 40 – 50m Breaststroke (M PARA)	A Final	6:27 PM	6:28 PM	6:29 PM	6:30 PM
Event 40 – 50m Breaststroke (M)	A Final	6:30 PM	6:31 PM	6:32 PM	6:33 PM
<i>Awards: 50m Breaststroke (M PARA + M)</i>				6:34 PM	6:36 PM
Event 40 – 50m Breaststroke (M)	B Final		6:36 PM	6:37 PM	6:38 PM
Event 41 – 800m Freestyle (W)	Fast Heat	6:38 PM	6:39 PM	6:40 PM	6:49 PM
<i>Awards: 800m Freestyle (W)</i>				6:50 PM	6:52 PM
Event 42 – 1500m Freestyle (M)	Fast Heat	6:52 PM	6:53 PM	6:54 PM	7:11 PM
<i>Awards: 1500m Freestyle (M)</i>				7:12 PM	7:14 PM
Event 43 – 400m Medley Relay (W)	Fast Heat	*Back Ledges	7:14 PM	7:15 PM	7:20 PM
Event 44 – 400m Medley Relay (M)	Fast Heat	*Back Ledges	7:20 PM	7:21 PM	7:24 PM
<i>Awards: 4 X 100 Medley Relay (W)</i>				7:25 PM	7:28 PM
<i>Awards: 4 X 100 Medley Relay (M)</i>				7:29 PM	7:31 PM
<i>Awards: Meet Awards (W and M and Team)</i>				7:32 PM	7:35 PM