



ONTARIO AGE GROUPS

OAG - TPASC 2026 March 4 - 8, 2026 OVERALL SCHEDULE

Pre-Meet Training		Deck Access	Start	End	Format	
Wednesday March 4	Evening	4:30 PM	5:00 PM	7:30 PM	10 lanes LCM	
	Team Registration	room 2060	4:30 PM	7:00 PM		
Competition	Session	Deck Access	Warm-up	Start	Approx Finish	Dive Tank Access
GROUP A - Club Code - AJAX to MAC, MACU, MMST, MS & MSSAC GROUP B - Club Code - MST, MUSAC to YORK Dive Tank access during warm-up periods restricted to each GROUP when split warm-up in effect						
DAY 1 Thursday March 5	Prelims	6:30 AM	6:50 - 7:35 AM (Group A) 7:40 - 8:25 AM (Group B)	8:30 AM	1:00 PM	6:50 AM- 1:00 PM
	Team Registration Official/Volunteer Check-in	room 2060		6:30 AM	1:00 PM	
	Finals	3:30 PM	4:00 PM	5:00 PM	7:30 PM	4:00 - 8:00 PM
	Team Registration Official/Volunteer Check-in	room 2060		3:30 PM	5:00 PM	
DAY 2 Friday March 6	Prelims	6:30 AM	6:50 - 7:35 AM (Group B) 7:40 - 8:25 AM (Group A)	8:30 AM	12:40 PM	6:50 AM - 2:00 PM
	Distance		12:45 - 1:10 PM	1:15 PM	2:15 PM	
	Team Registration Official/Volunteer Check-in	room 2060		6:30 AM	9:00 AM	
	Finals	3:30 PM	4:00 PM	5:00 PM	8:00 PM	4:00 - 8:30 PM
	Team Registration Official/Volunteer Check-in	room 2060		3:30 PM	5:00 PM	
DAY 3 Saturday March 7	Prelims	6:30 AM	6:50 - 7:35 AM (Group A) 7:40 - 8:25 AM (Group B)	8:30 AM	12:30 PM	6:50 AM- 1:00 PM Access not available during the Distance Session
	Distance		12:35 - 1:00 PM	1:05 PM	2:35 PM	
	Team Registration Official/Volunteer Check-in	room 2060		6:30 AM	9:00 AM	
	Finals	3:30 PM	4:00 PM	5:00 PM	7:40 PM	4:00 - 8:00 PM
	Team Registration Official/Volunteer Check-in	room 2060		3:30 PM	5:00 PM	
DAY 4 Sunday March 8	⚠ Please note Dalight Savings Time happens on Sunday March 8 ⚠					
	Prelims	6:30 AM	6:50 - 7:35 AM (Group B) 7:40 - 8:25 AM (Group A)	8:30 AM	1:00 PM	6:50 AM- 1:00 PM
	Team Registration Official/Volunteer Check-in	room 2060		6:30 AM	9:00 AM	
	Finals	3:30 PM	4:00 PM	5:00 PM	7:30 PM	4:00 - 8:00 PM
	Official/Volunteer Check-in	room 2060		3:30 PM	5:00 PM	

Schedule Session No. 1 - Thursday Prelims

2026-03-05 - 8:30

Warmup: 6:50 until 8:25

8:30	201.	150m Medley	Women	Prelim	Open	0:05	1 Heat	2
8:35	1.	200m Medley	Women	Prelim	Open	0:42	12 Heats	118
9:17	2.	200m Medley	Men	Prelim	Open	0:41	14 Heats	134
9:58	3.	50m Breaststroke	Women	Prelim	Open	0:09	7 Heats	65
10:07	4.	50m Breaststroke	Men	Prelim	Open	0:12	10 Heats	91
10:19	5.	400m Freestyle	Women	Prelim	Open	0:36	6 Heats	52
10:55	7.	50m Backstroke	Women	Prelim	Open	0:10	8 Heats	79
11:05	8.	50m Backstroke	Men	Prelim	Open	0:12	11 Heats	102
11:17	101.	4 x 100m Freestyle	Women	Slower Heats	Open	0:15	3 Heats	21
11:32	102.	4 x 100m Freestyle	Men	Slower Heats	Open	0:18	4 Heats	35
11:50	10.	800m Freestyle	Men	Slower Heats	15 +	0:59	6 Heats	51
12:49	End of session				Total duration	4:19		

Schedule Session No. 2 - Thursday Finals

2026-03-05 - 17:00

Warmup: 16:00 until 16:55

17:00	10.	800m Freestyle	Men	Fastest Heat	15 +	0:10	1 Heat	10
17:10	201.	150m Medley	Women	Final	Open	0:06	1 Heat	-
17:16	1.	200m Medley	Women	Final	Open	0:28	7 Heats	-
17:45	2.	200m Medley	Men	Final	Open	0:24	7 Heats	-
18:09	3.	50m Breaststroke	Women	Final	Open	0:09	7 Heats	-
18:18	4.	50m Breaststroke	Men	Final	Open	0:10	7 Heats	-
18:28	5.	400m Freestyle	Women	Final	Open	0:26	4 Heats	-
18:54	7.	50m Backstroke	Women	Final	Open	0:12	7 Heats	-
19:06	8.	50m Backstroke	Men	Final	Open	0:09	7 Heats	-
19:15	101.	4 x 100m Freestyle	Women	Fastest Heat	Open	0:05	1 Heat	10
19:20	102.	4 x 100m Freestyle	Men	Fastest Heat	Open	0:05	1 Heat	10
19:25	End of session				Total duration	2:25		

Schedule Session No. 3 - Friday Prelims

2026-03-06 - 8:30

Warmup: 6:50 until 8:25

8:30	11.	200m Butterfly	Women	Prelim	15 +	0:29	9 Heats	81
8:59	12.	200m Butterfly	Men	Prelim	15 +	0:26	9 Heats	85
9:25	13.	100m Freestyle	Women	Prelim	Open	0:22	12 Heats	111
9:47	14.	100m Freestyle	Men	Prelim	Open	0:26	16 Heats	156
10:13	15.	200m Backstroke	Women	Prelim	15 +	0:32	10 Heats	96
10:45	16.	200m Backstroke	Men	Prelim	15 +	0:32	11 Heats	106
11:17	17.	50m Butterfly	Women	Prelim	Open	0:10	8 Heats	74
11:27	18.	50m Butterfly	Men	Prelim	Open	0:10	9 Heats	88
11:37	20.	400m Medley	Men	Prelim	15 +	0:45	8 Heats	71
12:22	103.	4 x 50m Medley	Women	Slower Heats	Open	0:08	3 Heats	30
12:30	104.	4 x 50m Medley	Men	Slower Heats	Open	0:11	4 Heats	40
12:41	End of session				Total duration	4:11		

Schedule Session No. 4 - Friday Distance

2026-03-06 - 13:15

Warmup: 12:45 until 13:10

13:15	21.	1500m Freestyle	Women	Slower Heats	15 +	1:00	3 Heats	26
14:15	End of session			Total duration		1:00		

Schedule Session No. 5 - Friday Finals

2026-03-06 - 17:00

Warmup: 16:00 until 16:55

17:00	22.	1500m Freestyle	Women	Fastest Heat	15 +	0:20	1 Heat	10
17:20	11.	200m Butterfly	Women	Final	15 +	0:22	6 Heats	-
17:42	12.	200m Butterfly	Men	Final	15 +	0:20	6 Heats	-
18:02	13.	100m Freestyle	Women	Final	Open	0:15	7 Heats	-
18:17	14.	100m Freestyle	Men	Final	Open	0:15	7 Heats	-
18:32	15.	200m Backstroke	Women	Final	15 +	0:21	6 Heats	-
18:53	16.	200m Backstroke	Men	Final	15 +	0:20	6 Heats	-
19:13	17.	50m Butterfly	Women	Final	Open	0:11	7 Heats	-
19:24	18.	50m Butterfly	Men	Final	Open	0:09	7 Heats	-
19:33	20.	400m Medley	Men	Final	15 +	0:18	3 Heats	-
19:51	103.	4 x 50m Medley	Women	Fastest Heat	Open	0:03	1 Heat	10
19:54	104.	4 x 50m Medley	Men	Fastest Heat	Open	0:03	1 Heat	10
19:57	End of session			Total duration		2:57		

Schedule Session No. 6 - Saturday Prelims

2026-03-07 - 8:30

Warmup: 6:50 until 8:25

8:30	23.	200m Freestyle	Women	Prelim	Open	0:43	14 Heats	136
9:13	24.	200m Freestyle	Men	Prelim	Open	0:46	17 Heats	161
9:59	25.	100m Breaststroke	Women	Prelim	Open	0:21	10 Heats	100
10:20	26.	100m Breaststroke	Men	Prelim	Open	0:25	13 Heats	126
10:45	27.	400m Medley	Women	Prelim	15 +	0:36	6 Heats	57
11:21	29.	100m Backstroke	Women	Prelim	Open	0:23	12 Heats	116
11:44	30.	100m Backstroke	Men	Prelim	Open	0:24	14 Heats	135
12:08	105.	4 x 50m Freestyle	Women	Slower Heats	Open	0:11	4 Heats	32
12:19	106.	4 x 50m Freestyle	Men	Slower Heats	Open	0:10	4 Heats	40
12:29	End of session			Total duration		3:59		

Schedule Session No. 7 - Saturday Distance

2026-03-07 - 13:05

Warmup: 12:35 until 13:00

13:05	32.	1500m Freestyle	Men	Slower Heats	15 +	1:32	5 Heats	41
14:37	End of session			Total duration		1:32		

Schedule Session No. 8 - Saturday Finals

2026-03-07 - 17:00

Warmup: 16:00 until 16:55

17:00	32.	1500m Freestyle	Men	Fastest Heat	15 +	0:19	1 Heat	10
17:19	23.	200m Freestyle	Women	Final	Open	0:25	7 Heats	-
17:44	24.	200m Freestyle	Men	Final	Open	0:23	7 Heats	-
18:07	25.	100m Breaststroke	Women	Final	Open	0:18	7 Heats	-
18:25	26.	100m Breaststroke	Men	Final	Open	0:16	7 Heats	-
18:41	27.	400m Medley	Women	Final	15 +	0:20	3 Heats	-
19:01	29.	100m Backstroke	Women	Final	Open	0:16	7 Heats	-
19:17	30.	100m Backstroke	Men	Final	Open	0:15	7 Heats	-
19:32	105.	4 x 50m Freestyle	Women	Fastest Heat	Open	0:03	1 Heat	10
19:35	106.	4 x 50m Freestyle	Men	Fastest Heat	Open	0:03	1 Heat	10
19:38	End of session				Total duration	2:38		

Schedule Session No. 9 - Sunday Prelims

2026-03-08 - 8:30

Warmup: 6:50 until 8:25

8:30	33.	200m Breaststroke	Women	Prelim	15 +	0:32	9 Heats	90
9:02	34.	200m Breaststroke	Men	Prelim	15 +	0:35	11 Heats	110
9:37	35.	50m Freestyle	Women	Prelim	Open	0:17	15 Heats	146
9:54	36.	50m Freestyle	Men	Prelim	Open	0:18	17 Heats	165
10:12	38.	400m Freestyle	Men	Prelim	Open	0:43	8 Heats	80
10:55	39.	100m Butterfly	Women	Prelim	Open	0:21	11 Heats	102
11:16	40.	100m Butterfly	Men	Prelim	Open	0:20	12 Heats	116
11:36	107.	4 x 100m Medley	Women	Slower Heats	Open	0:17	3 Heats	28
11:53	108.	4 x 100m Medley	Men	Slower Heats	Open	0:20	4 Heats	36
12:13	41.	800m Freestyle	Women	Slower Heats	15 +	0:32	3 Heats	26
12:45	End of session				Total duration	4:15		

Schedule Session No. 10 - Sunday Finals

2026-03-08 - 17:00

Warmup: 16:00 until 16:55

17:00	41.	800m Freestyle	Women	Fastest Heat	15 +	0:11	1 Heat	10
17:11	33.	200m Breaststroke	Women	Final	15 +	0:23	6 Heats	-
17:34	34.	200m Breaststroke	Men	Final	15 +	0:22	6 Heats	-
17:56	35.	50m Freestyle	Women	Final	Open	0:11	7 Heats	-
18:07	36.	50m Freestyle	Men	Final	Open	0:10	7 Heats	-
18:17	38.	400m Freestyle	Men	Final	Open	0:25	4 Heats	-
18:42	39.	100m Butterfly	Women	Final	Open	0:16	7 Heats	-
18:58	40.	100m Butterfly	Men	Final	Open	0:15	7 Heats	-
19:13	107.	4 x 100m Medley	Women	Fastest Heat	Open	0:05	1 Heat	10
19:18	108.	4 x 100m Medley	Men	Fastest Heat	Open	0:06	1 Heat	10
19:24	End of session				Total duration	2:24		