



# 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
<b>GROUP A - Club Code - AJAX to MAC, MACU, MMST, MS &amp; MSSAC</b> <b>GROUP B - Club Code - MST, MUSAC to YORK</b> <b>Dive Tank access during warm-up periods restricted to each GROUP when split warm-up in effect</b>						
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	9:00 AM	
	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	12:45 PM	6:50 AM - 2:00 PM
	Distance		12:50 - 1:15 PM	1:20 PM	2:20 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	12:35 PM	6:50 AM- 1:00 PM Access not available during the Distance Session
	Distance		12:45 - 1:05 PM	1:10 PM	2:40 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	117
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	64
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	0:12	8 Heats	79
11:07	8.	50m Backstroke	Men	Prelim	Open	0:14	11 Heats	103
11:21	101.	4 x 100m Freestyle	Women	Slower Heats	Open	0:15	3 Heats	21
11:36	102.	4 x 100m Freestyle	Men	Slower Heats	Open	0:19	4 Heats	35
11:55	10.	800m Freestyle	Men	Slower Heats	15 +	0:58	6 Heats	51
12:53	End of session					Total duration	4:23	

## 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	0:05	1 Heat	-
17:15	1.	200m Medley	Women	Final	Open	0:28	7 Heats	-
17:43	2.	200m Medley	Men	Final	Open	0:24	7 Heats	-
18:07	3.	50m Breaststroke	Women	Final	Open	0:07	5 Heats	-
18:14	4.	50m Breaststroke	Men	Final	Open	0:09	7 Heats	-
18:23	5.	400m Freestyle	Women	Final	Open	0:27	4 Heats	-
18:50	7.	50m Backstroke	Women	Final	Open	0:11	6 Heats	-
19:01	8.	50m Backstroke	Men	Final	Open	0:10	7 Heats	-
19:11	101.	4 x 100m Freestyle	Women	Fastest Heat	Open	0:05	1 Heat	10
19:16	102.	4 x 100m Freestyle	Men	Fastest Heat	Open	0:05	1 Heat	10
19:21	End of session					Total duration	2:21	

## 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 +	0:34	10 Heats	96
10:47	16.	200m Backstroke	Men	Prelim	15 +	0:35	11 Heats	106
11:22	17.	50m Butterfly	Women	Prelim	Open	0:10	8 Heats	74
11:32	18.	50m Butterfly	Men	Prelim	Open	0:09	9 Heats	88
11:41	20.	400m Medley	Men	Prelim	15 +	0:45	8 Heats	71
12:26	103.	4 x 50m Medley	Women	Slower Heats	Open	0:09	3 Heats	30
12:35	104.	4 x 50m Medley	Men	Slower Heats	Open	0:11	4 Heats	40
12:46	End of session					Total duration	4:16	

## Schedule Session No. 4 - Friday Distance

2026-03-06 - 13:20

Warmup: 12:50 until 13:15

13:20	21.	1500m Freestyle	Women	Slower Heats	15 +	1:00	3 Heats	25
14:20	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 +	0:21	6 Heats	-
17:41	12.	200m Butterfly	Men	Final	15 +	0:17	5 Heats	-
17:58	13.	100m Freestyle	Women	Final	Open	0:16	7 Heats	-
18:14	14.	100m Freestyle	Men	Final	Open	0:14	7 Heats	-
18:28	15.	200m Backstroke	Women	Final	15 +	0:22	6 Heats	-
18:50	16.	200m Backstroke	Men	Final	15 +	0:22	6 Heats	-
19:12	17.	50m Butterfly	Women	Final	Open	0:09	6 Heats	-
19:21	18.	50m Butterfly	Men	Final	Open	0:06	5 Heats	-
19:27	20.	400m Medley	Men	Final	15 +	0:18	3 Heats	-
19:45	103.	4 x 50m Medley	Women	Fastest Heat	Open	0:03	1 Heat	10
19:48	104.	4 x 50m Medley	Men	Fastest Heat	Open	0:03	1 Heat	10
19:51	End of session				Total duration	2:51		

## 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	135
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	99
10:20	26.	100m Breaststroke	Men	Prelim	Open	0:25	13 Heats	126
10:45	27.	400m Medley	Women	Prelim	15 +	0:37	6 Heats	56
11:22	29.	100m Backstroke	Women	Prelim	Open	0:25	12 Heats	116
11:47	30.	100m Backstroke	Men	Prelim	Open	0:28	14 Heats	135
12:15	105.	4 x 50m Freestyle	Women	Slower Heats	Open	0:10	4 Heats	32
12:25	106.	4 x 50m Freestyle	Men	Slower Heats	Open	0:10	4 Heats	40
12:35	End of session				Total duration	4:05		

## Schedule Session No. 7 - Saturday Distance

2026-03-07 - 13:10

Warmup: 12:40 until 13:05

13:10	32.	1500m Freestyle	Men	Slower Heats	15 +	1:32	5 Heats	41
14:42	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 +	0:18	1 Heat	10
17:18	23.	200m Freestyle	Women	Final	Open	0:25	7 Heats	-
17:43	24.	200m Freestyle	Men	Final	Open	0:23	7 Heats	-
18:06	25.	100m Breaststroke	Women	Final	Open	0:18	7 Heats	-
18:24	26.	100m Breaststroke	Men	Final	Open	0:16	7 Heats	-
18:40	27.	400m Medley	Women	Final	15 +	0:20	3 Heats	-
19:00	29.	100m Backstroke	Women	Final	Open	0:18	7 Heats	-
19:18	30.	100m Backstroke	Men	Final	Open	0:16	7 Heats	-
19:34	105.	4 x 50m Freestyle	Women	Fastest Heat	Open	0:03	1 Heat	10
19:37	106.	4 x 50m Freestyle	Men	Fastest Heat	Open	0:03	1 Heat	10
19:40	End of session				Total duration	2:40		

## 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	88
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	145
9:54	36.	50m Freestyle	Men	Prelim	Open	0:18	17 Heats	167
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 +	0:21	6 Heats	-
17:55	35.	50m Freestyle	Women	Final	Open	0:11	7 Heats	-
18:06	36.	50m Freestyle	Men	Final	Open	0:11	7 Heats	-
18:17	38.	400m Freestyle	Men	Final	Open	0:25	4 Heats	-
18:42	39.	100m Butterfly	Women	Final	Open	0:15	7 Heats	-
18:57	40.	100m Butterfly	Men	Final	Open	0:15	7 Heats	-
19:12	107.	4 x 100m Medley	Women	Fastest Heat	Open	0:06	1 Heat	10
19:18	108.	4 x 100m Medley	Men	Fastest Heat	Open	0:05	1 Heat	10
19:23	End of session				Total duration	2:23		