



ONTARIO AGE GROUPS

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

Pre-Meet Training		Deck Access	Start	End	Format
Wednesday March 4	Afternoon	1:30 PM	2:00 PM	4:00 PM	10 lanes LCM
	Evening	6:30 PM	7:00 PM	8:30 PM	
	Team Registration	Meet Office (room A)	1:30 PM 6:30 PM	3:30 PM 8:00 PM	
Competition	Session	Deck Access	Warm-up	Start	Approx Finish
Junior Prelims Session GROUP A - Club Code - AJAX to MAC GROUP B - Club Code - MMST to YORK			Youth Session GROUP A - Club Code - AJAX to NKB GROUP B - Club Code - NSSC to YORK		
DAY 1 Thursday March 5	Junior Prelims	7:00 AM	7:20 - 8:05 AM (Group A) 8:10 - 8:55 AM (Group B)	9:00 AM	12:30 PM
	Team Registration	Meet Office (Room A)		7:00 AM	9:30 AM
	Junior Finals	5:00 PM	5:30 PM	6:30 PM	8:45 PM
	Team Registration	Meet Office (Room A)		5:00 PM	6:30 PM
DAY 2 Friday March 6	Junior Prelims	7:00 AM	7:20 - 8:05 AM (Group B) 8:10 - 8:55 AM (Group A)	9:00 AM	11:30 AM
	Team Registration	Meet Office (Room A)		7:00 AM	9:30 AM
	Youth	11:45 AM	12:00 - 12:25 PM (Group A) 12:30 - 12:55 PM (Group B)	1:00 PM	4:55 PM
	Team Registration	Meet Office (Room A)		11:30 AM	1:30 PM
	Junior Finals	5:00 PM	5:30 PM	6:30 PM	8:40 PM
	Team Registration	Meet Office (Room A)		5:00 PM	6:30 PM
DAY 3 Saturday March 7	Junior Prelims	7:00 AM	7:20 - 8:05 AM (Group A) 8:10 - 8:55 AM (Group B)	9:00 AM	12:10 PM
	Team Registration	Meet Office (Room A)		7:00 AM	9:30 AM
	Youth	12:15 PM	12:30 - 12:55 PM (Group A) 1:00 - 1:25 PM (Group B)	1:30 PM	4:45 PM
	Team Registration	Meet Office (Room A)		12:00 PM	2:00 PM
	Junior Finals	5:00 PM	5:30 PM	6:30 PM	8:00 PM
	Team Registration	Meet Office (Room A)		5:00 PM	6:30 PM
DAY 4 Sunday March 8	⚠ Please note Dalight Savings Time happens on Sunday March 8 ⚠				
	Junior Prelims	7:00 AM	7:20-8:05 AM (Group B) 8:10 - 8:55 AM (Group A)	9:00 AM	11:40 AM
	Team Registration	Meet Office (Room A)		7:00 AM	9:30 AM
	Youth	11:45 AM	12:00 - 12:25 PM (Group B) 12:30 - 12:55 PM (Group A)	1:00 PM	4:55 PM
	Team Registration	Meet Office (Room A)		11:30 AM	1:30 PM
	Junior Finals	5:00 PM	5:30 PM	6:30 PM	8:00 PM

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Swim Ontario

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2026 Ontario Age Groups - MPAC - 2026-03-05 to 2026-03-08

Session Report

Session: 1 Junior Thursday Prelims

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	1 Women 14 & Under 200 IM	74	8 u	09:00 AM	_____
Prelims	2 Men 14 & Under 200 IM	88	9 u	09:24 AM	_____
Prelims	4 Men 14 & Under 50 Breaststroke	59	6 u	09:50 AM	_____
Prelims	3 Women 14 & Under 50 Breaststroke	41	5 u	09:55 AM	_____
Prelims	5 Women 14 & Under 400 Freestyle	36	4 u	10:00 AM	_____
Prelims	7 Women 14 & Under 50 Backstroke	62	7 u	10:20 AM	_____
Prelims	8 Men 14 & Under 50 Backstroke	66	7 u	10:28 AM	_____
Finals-S	10 Men 14 & Under 800 Freestyle	37	4	10:36 AM	_____
	Break: 15 Minutes: 1500m Warm-Up				
Finals-S	21 Women 14 & Under 1500 Freestyle	22	3	11:32 AM	_____
	Swimmers Counts for Warm-ups: 374	=====	=====		
	Entry / Heat Totals:	485	53		
	Finish Time			12:32 PM	_____

Session: 2 Junior Thursday Finals

Day of Meet: 1 Starts at 06:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	21 Women 14 & Under 1500 Freestyle	10	1	06:30 PM	_____
Finals-1	10 Men 14 & Under 800 Freestyle	10	1	06:51 PM	_____
Finals	1 Women 14 & Under 200 IM	40	4 u	07:01 PM	_____
Finals	2 Men 14 & Under 200 IM	40	4 u	07:15 PM	_____
Finals	4 Men 14 & Under 50 Breaststroke	40	4 u	07:29 PM	_____
Finals	3 Women 14 & Under 50 Breaststroke	40	4 u	07:35 PM	_____
Finals	5 Women 14 & Under 400 Freestyle	20	2 u	07:42 PM	_____
Finals	7 Women 14 & Under 50 Backstroke	40	4 u	07:53 PM	_____
Finals	8 Men 14 & Under 50 Backstroke	40	4 u	08:00 PM	_____
Finals	101 Women 14 & Under 400 Freestyle Relay	27	3 u	08:07 PM	_____
Finals	102 Men 14 & Under 400 Freestyle Relay	25	3 u	08:23 PM	_____
	Swimmers Counts for Warm-ups: 311	=====	=====		
	Entry / Heat Totals:	332	34		
	Finish Time			08:39 PM	_____

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2026 Ontario Age Groups - MPAC - 2026-03-05 to 2026-03-08

Session Report

Session: 3 Junior Friday Prelims

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	11 Women 14 & Under 200 Butterfly	41	5 u	09:00 AM	_____
Prelims	12 Men 14 & Under 200 Butterfly	61	7 u	09:16 AM	_____
Prelims	13 Women 14 & Under 100 Freestyle	74	8 u	09:36 AM	_____
Prelims	14 Men 14 & Under 100 Freestyle	72	8 u	09:47 AM	_____
Prelims	15 Women 14 & Under 200 Backstroke	81	9 u	09:58 AM	_____
Prelims	16 Men 14 & Under 200 Backstroke	81	9 u	10:27 AM	_____
Prelims	17 Women 14 & Under 50 Butterfly	41	5 u	10:54 AM	_____
Prelims	18 Men 14 & Under 50 Butterfly	58	6 u	10:58 AM	_____
Prelims	20 Men 14 & Under 400 IM	44	5 u	11:03 AM	_____
	Swimmers Counts for Warm-ups: 381	=====	=====		
	Entry / Heat Totals:	553	62		
	Finish Time			11:31 AM	_____

Session: 9 Youth Friday Session

Day of Meet: 2 Starts at 01:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	401 Girls 12 & Under 200 Backstroke	111	12 u	01:00 PM	_____
Finals	402 Boys 12 & Under 200 Backstroke	79	8 u	01:42 PM	_____
Finals	403 Girls 12 & Under 100 Freestyle	66	7 u	02:09 PM	_____
Finals	404 Boys 12 & Under 100 Freestyle	34	4 u	02:20 PM	_____
Finals	405 Girls 12 & Under 200 Butterfly	56	6 u	02:26 PM	_____
Finals	406 Boys 12 & Under 200 Butterfly	37	4 u	02:47 PM	_____
Finals	407 Girls 12 & Under 50 Breaststroke	98	10 u	03:00 PM	_____
Finals	408 Boys 12 & Under 50 Breaststroke	59	6 u	03:10 PM	_____
Finals	409 Girls 12 & Under 400 Freestyle	48	5 u	03:17 PM	_____
Finals	411 Girls 12 & Under 200 Medley Relay	33	4 u	03:44 PM	_____
Finals	412 Boys 12 & Under 200 Medley Relay	21	3 u	03:57 PM	_____
Finals	414 Boys 12 & Under 800 Freestyle	35	4	04:07 PM	_____
	Swimmers Counts for Warm-ups: 433	=====	=====		
	Entry / Heat Totals:	677	73		
	Finish Time			04:53 PM	_____

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2026 Ontario Age Groups - MPAC - 2026-03-05 to 2026-03-08

Session Report

Session: 4 Junior Friday Finals

Day of Meet: 2 Starts at 06:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	11 Women 14 & Under 200 Butterfly	40	4 u	06:30 PM	_____
Finals	12 Men 14 & Under 200 Butterfly	40	4 u	06:45 PM	_____
Finals	13 Women 14 & Under 100 Freestyle	40	4 u	06:59 PM	_____
Finals	14 Men 14 & Under 100 Freestyle	40	4 u	07:07 PM	_____
Finals	15 Women 14 & Under 200 Backstroke	40	4 u	07:15 PM	_____
Finals	16 Men 14 & Under 200 Backstroke	40	4 u	07:30 PM	_____
Finals	17 Women 14 & Under 50 Butterfly	40	4 u	07:45 PM	_____
Finals	18 Men 14 & Under 50 Butterfly	40	4 u	07:51 PM	_____
Finals	20 Men 14 & Under 400 IM	20	2 u	07:57 PM	_____
Finals	103 Women 14 & Under 200 Medley Relay	29	3 u	08:09 PM	_____
Finals	104 Men 14 & Under 200 Medley Relay	28	3 u	08:19 PM	_____
	Swimmers Counts for Warm-ups: 327	=====	=====		
	Entry / Heat Totals:	397	40		
	Finish Time			08:29 PM	_____

Session: 5 Junior Saturday Prelims

Day of Meet: 3 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	23 Women 14 & Under 200 Freestyle	82	9 u	09:00 AM	_____
Prelims	24 Men 14 & Under 200 Freestyle	89	9 u	09:24 AM	_____
Prelims	25 Women 14 & Under 100 Breaststroke	59	6 u	09:47 AM	_____
Prelims	26 Men 14 & Under 100 Breaststroke	78	8 u	09:57 AM	_____
Prelims	27 Women 14 & Under 400 IM	42	5 u	10:10 AM	_____
Prelims	29 Women 14 & Under 100 Backstroke	81	9 u	10:40 AM	_____
Prelims	30 Men 14 & Under 100 Backstroke	77	8 u	10:56 AM	_____
Finals-S	32 Men 14 & Under 1500 Freestyle	27	3	11:10 AM	_____
	Swimmers Counts for Warm-ups: 415	=====	=====		
	Entry / Heat Totals:	535	57		
	Finish Time			12:08 PM	_____

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2026 Ontario Age Groups - MPAC - 2026-03-05 to 2026-03-08

Session Report

Session: 10 Youth Saturday Session

Day of Meet: 3 Starts at 01:30 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	415 Girls 12 & Under 100 Backstroke	94	10 u	01:30 PM	_____
Finals	416 Boys 12 & Under 100 Backstroke	60	6 u	01:50 PM	_____
Finals	429 Girls 12 & Under 50 Freestyle	71	8 u	02:01 PM	_____
Finals	430 Boys 12 & Under 50 Freestyle	42	5 u	02:08 PM	_____
Finals	417 Girls 12 & Under 100 Breaststroke	97	10 u	02:13 PM	_____
Finals	418 Boys 12 & Under 100 Breaststroke	63	7 u	02:31 PM	_____
Finals	419 Girls 12 & Under 200 Freestyle	77	8 u	02:44 PM	_____
Finals	420 Boys 12 & Under 200 Freestyle	61	7 u	03:07 PM	_____
Finals	421 Girls 12 & Under 50 Butterfly	56	6 u	03:27 PM	_____
Finals	422 Boys 12 & Under 50 Butterfly	37	4 u	03:33 PM	_____
Finals	423 Girls 12 & Under 400 IM	45	5 u	03:36 PM	_____
Finals	424 Boys 12 & Under 400 IM	31	4 u	04:08 PM	_____
Finals	426 Mixed 12 & Under 200 Freestyle Relay	34	4 u	04:33 PM	_____
	Swimmers Counts for Warm-ups: 435	=====	=====		
	Entry / Heat Totals:	768	84		
	Finish Time			04:43 PM	_____

Session: 6 Junior Saturday Finals

Day of Meet: 3 Starts at 06:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	32 Men 14 & Under 1500 Freestyle	10	1	06:30 PM	_____
Finals	23 Women 14 & Under 200 Freestyle	20	2 u	06:50 PM	_____
Finals	24 Men 14 & Under 200 Freestyle	20	2 u	06:57 PM	_____
Finals	25 Women 14 & Under 100 Breaststroke	20	2 u	07:03 PM	_____
Finals	26 Men 14 & Under 100 Breaststroke	20	2 u	07:07 PM	_____
Finals	27 Women 14 & Under 400 IM	20	2 u	07:12 PM	_____
Finals	29 Women 14 & Under 100 Backstroke	20	2 u	07:24 PM	_____
Finals	30 Men 14 & Under 100 Backstroke	20	2 u	07:29 PM	_____
Finals	105 Women 14 & Under 200 Freestyle Relay	28	3 u	07:34 PM	_____
Finals	106 Men 14 & Under 200 Freestyle Relay	26	3 u	07:43 PM	_____
	Swimmers Counts for Warm-ups: 256	=====	=====		
	Entry / Heat Totals:	204	21		
	Finish Time			07:52 PM	_____

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2026 Ontario Age Groups - MPAC - 2026-03-05 to 2026-03-08

Session Report

Session: 7 Junior Sunday Prelims

Day of Meet: 4 Starts at 09:00 AM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Prelims	33 Women 14 & Under 200 Breaststroke	72	8 u	09:00 AM	_____
Prelims	34 Men 14 & Under 200 Breaststroke	89	9 u	09:27 AM	_____
Prelims	35 Women 14 & Under 50 Freestyle	82	9 u	09:55 AM	_____
Prelims	36 Men 14 & Under 50 Freestyle	74	8 u	10:02 AM	_____
Prelims	38 Men 14 & Under 400 Freestyle	61	7 u	10:09 AM	_____
Prelims	39 Women 14 & Under 100 Butterfly	51	6 u	10:44 AM	_____
Prelims	40 Men 14 & Under 100 Butterfly	63	7 u	10:53 AM	_____
Finals-S	41 Women 14 & Under 800 Freestyle	25	3	11:03 AM	_____
	Swimmers Counts for Warm-ups: 405	=====	=====		
	Entry / Heat Totals:	517	57		
	Finish Time			11:35 AM	_____

Session: 11 Youth Sunday Session

Day of Meet: 4 Starts at 01:00 PM Heat Interval: 20 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	427 Girls 12 & Under 200 IM	95	10 u	01:00 PM	_____
Finals	428 Boys 12 & Under 200 IM	62	7 u	01:32 PM	_____
Finals	441 Girls 12 & Under 50 Backstroke	88	9 u	01:55 PM	_____
Finals	442 Boys 12 & Under 50 Backstroke	64	7 u	02:06 PM	_____
Finals	431 Girls 12 & Under 200 Breaststroke	84	9 u	02:15 PM	_____
Finals	432 Boys 12 & Under 200 Breaststroke	62	7 u	02:47 PM	_____
Finals	434 Boys 12 & Under 400 Freestyle	35	4 u	03:12 PM	_____
Finals	435 Girls 12 & Under 100 Butterfly	50	5 u	03:35 PM	_____
Finals	436 Boys 12 & Under 100 Butterfly	38	4 u	03:43 PM	_____
Finals	437 Girls 12 & Under 200 Freestyle Relay	31	4 u	03:50 PM	_____
Finals	438 Boys 12 & Under 200 Freestyle Relay	19	2 u	04:00 PM	_____
Finals	439 Girls 12 & Under 800 Freestyle	36	4	04:05 PM	_____
	Swimmers Counts for Warm-ups: 419	=====	=====		
	Entry / Heat Totals:	664	72		
	Finish Time			04:51 PM	_____

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2026 Ontario Age Groups - MPAC - 2026-03-05 to 2026-03-08

Session Report

Session: 8 Junior Sunday Finals

Day of Meet: 4 Starts at 06:30 PM Heat Interval: 60 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals-1	41 Women 14 & Under 800 Freestyle	10	1	06:30 PM	_____
Finals	33 Women 14 & Under 200 Breaststroke	20	2 u	06:41 PM	_____
Finals	34 Men 14 & Under 200 Breaststroke	20	2 u	06:49 PM	_____
Finals	35 Women 14 & Under 50 Freestyle	20	2 u	06:56 PM	_____
Finals	36 Men 14 & Under 50 Freestyle	20	2 u	06:59 PM	_____
Finals	38 Men 14 & Under 400 Freestyle	20	2 u	07:02 PM	_____
Finals	39 Women 14 & Under 100 Butterfly	20	2 u	07:13 PM	_____
Finals	40 Men 14 & Under 100 Butterfly	20	2 u	07:17 PM	_____
Finals	107 Women 14 & Under 400 Medley Relay	27	3 u	07:22 PM	_____
Finals	108 Men 14 & Under 400 Medley Relay	25	3 u	07:40 PM	_____
	Swimmers Counts for Warm-ups: 245	=====	=====		
	Entry / Heat Totals:	202	21		
	Finish Time			07:58 PM	_____