



**ONTARIO
SWIMMING
CHAMPIONSHIPS**

OSC 2026
July 7 to 12, 2026
OVERALL SCHEDULE

Pre-Meet Training		Deck Access	Start	End	Format		
Tuesday July 7	Survey		1:00 PM	3:00 PM			
	Evening	4:30 PM	5:00 PM	7:30 PM	10 lanes LCM		
	Team Registration	room 2060	4:30 PM	7:00 PM			
	Coaches Technical Meeting	Leadership Room	7:30 PM	8:30 PM	In person		
Competition	Session	Deck Access	Warm-up	Start	Approx Finish	Dive Tank Access	Number of Swimmers in Races
DAY 1 Wednesday July 8	Prelims	6:30 AM	7:00 AM - 8:20 AM Training Pool Available	8:30 AM	11:15 AM	7:00 AM - 30 mins past end of session	600
	Team Registration Official/Volunteer Check-in	room 2060		6:30 AM	10:00 AM		
	Finals	4:00 PM	4:30 PM - 5:20 PM	5:30 PM	8:00 PM	4:30 PM - 30 mins past end of session	500
	Team Registration Official/Volunteer Check-in	room 2060		4:00 PM	5:30 PM		
DAY 2 Thursday July 9	Prelims	6:30 AM	7:00 AM - 8:20 AM Training Pool Available	8:30 AM	12:30 PM	7:00 AM - 30 mins past end of session	600
	Team Registration Official/Volunteer Check-in	room 2060		6:30 AM	9:00 AM		
	Youth Session	12:30 PM	1:00 PM - 1:55 PM	2:00 PM	3:30 PM	Not Available	300
	Team Registration Official/Volunteer Check-in	room 2060		12:30 PM	2:00 PM		
	Finals	4:00 PM	4:30 PM - 5:20 PM	5:30 PM	8:15 PM	4:30 PM - 30 mins past end of session	500
	Team Registration Official/Volunteer Check-in	room 2060		4:00 PM	5:30 PM		
DAY 3 Friday July 10	Prelims	6:30 AM	7:00 AM - 8:20 AM Training Pool Available	8:30 AM	12:20 PM	7:00 AM - 30 mins past end of session	725
	Team Registration Official/Volunteer Check-in	room 2060		6:30 AM	9:00 AM		
	Youth Session	12:45 PM	1:00 PM - 1:55 PM	2:00 PM	3:30 PM	Not Available	300
	Team Registration Official/Volunteer Check-in	room 2060		12:30 PM	2:00 PM		
	Finals	4:00 PM	4:30 PM - 5:20 PM	5:30 PM	9:00 PM	4:30 PM - 30 mins past end of session	500
	Team Registration Official/Volunteer Check-in	room 2060		4:00 PM	5:30 PM		
DAY 4 Saturday July 11	Prelims	6:30 AM	7:00 AM - 8:20 AM Training Pool Available	8:30 AM	12:30 PM	7:00 AM - 30 mins past end of session	700
	Team Registration Official/Volunteer Check-in	room 2060		6:30 AM	9:00 AM		
	Youth Session	12:45 PM	1:00 PM - 1:55 PM	2:00 PM	3:40 PM	Not Available	300
	Team Registration Official/Volunteer Check-in	room 2060		12:30 PM	2:00 PM		
	Finals	4:00 PM	4:30 PM - 5:20 PM	5:30 PM	8:00 PM	4:30 PM - 30 mins past end of session	500
	Team Registration Official/Volunteer Check-in	room 2060		4:00 PM	5:30 PM		
DAY 5 Sunday July 12	Prelims	6:30 AM	7:00 AM - 8:20 AM Training Pool Available	8:30 AM	1:00 PM	7:00 AM - 30 mins past end of session	625
	Team Registration Official/Volunteer Check-in	room 2060		6:30 AM	10:00 AM		
	Finals	4:00 PM	4:30 PM - 5:20 PM	5:30 PM	8:00 PM	4:30 PM - 30 mins past end of session	400
	Official/Volunteer Check-in	room 2060		4:00 PM	5:30 PM		