

Monday, March 4 th	Tuesday, March 5 th	Wednesday, March 6 th	
	Day 1 (girls) ODD number Events 1-53	Day 2 (boys) EVEN number Events 2-54 + 101-102+103	
	Warm-ups: (28 lanes)	Warm-ups: (28 lanes)	
Registration 3pm-7pm @ TPASC 875 Morningside Ave M1C 0C7 (there is registration on Tuesday, March 5, and Wednesday March 6 due to many schools commuting to the event) (7 am- 12 noon) (association warmup groups may change to balance numbers)	7:00-7:50 NOSSA, LOSSA, SWOSSAA, SOSSA, TDCAA, ROPSSAA, CWOSSA, TDSSAA, NWOSSAA	7:00-7:50 COSSA, EOSSAA, NCSSAA, WOSSAA, GBSSA, CISAA, YRAA, GHAC, NEOAA,	
	8:00-8:50 COSSA, EOSSAA, NCSAAA, WOSSAA, GBSSA, CISAA, YRAA, GHAC, NEOAA	8:00-8:50 NOSSA, LOSSA, SWOSSAA, SOSSA, TDCAA, ROPSSAA, CWOSSA, TDSSAA, NWOSSAA	
	Prelims (20 lanes) 9-11:30am	Prelims (20 lanes) 9-11:30am	
	Finals (10 lanes) - Top 20! Warm-ups 12-12:50 Finals 1-3:30	Para Swimmer Classification 10:00 in the warm-up pool Finals (10 lanes) - Top 20! Warm-ups 12-12:50 Finals 1-3:30	

- Due to the high volume of participants each day, only those athletes who are competing on the day will be allowed entry.
- DAY 1- access to the pool will be restricted to coaches and female athletes
- DAY 2- access to the pool will be restricted to coaches and male athletes
- Coaches/athletes will be in the WEST side bleachers, spectators in the EAST
- The meet is double ended so two pools in action all day
- There will be a warmup and cool down pool available all day as well



Schedule & Event Order for Day 1 and Day 2

Event #	DAY 1 (Girls)	Event #	DAY 2 (Boys)	
1	Open 200m Freestyle	2	Open 200m Freestyle	
3	Senior 200m Freestyle	4	Senior 200m Freestyle	
5	Junior 200m Medley Relay	6	Junior 200m Medley Relay	
7	Open 200m Medley Relay	8	Open 200m Medley Relay	
9	Junior 50m Freestyle	10	Junior 50m Freestyle	
		101	Para 50m Freestyle Mixed	
11	Senior 50m Freestyle	12	Senior 50m Freestyle	
13	Open 50m Freestyle	14	Open 50m Freestyle	
15	Junior 50m Backstroke	16	Junior 50m Backstroke	
17	Senior 100m Backstroke	18	Senior 100m Backstroke	
19	Open 100m Backstroke	20	Open 100m Backstroke	
		102	Para 50m Backstroke Mixed	
21	Junior 50m Breaststroke	22	Junior 50m Breaststroke	
23	Senior 100m Breastroke	24	Senior 100m Breastroke	
25	Open 100m Breastroke	26	Open 100m Breastroke	
27	Senior 200m Medley Relay	28	Senior 200m Medley Relay	
Break				
29	Open 200 I.M.	30	Open 200 I.M.	
31	Junior 200m Freestyle Relay	32	Junior 200m Freestyle Relay	
33	Senior 100m I.M.	34	Senior 100m I.M.	
35	Open 100m I.M.	36	Open 100m I.M.	
37	Junior 100m I.M.	38	Junior 100m I.M.	
		103	Para 100m Freestyle Mixed	
39	Senior 100m Freestyle	40	Senior 100m Freestyle	
41	Open 100m Freestyle	42	Open 100m Freestyle	
43	Junior 100m Freestyle	44	Junior 100m Freestyle	
45	Senior 50m Butterfly	46	Senior 50m Butterfly	
47	Open 100m Butterfly	48	Open 100m Butterfly	
49	Junior 50m Butterfly	50	Junior 50m Butterfly	
51	Senior 200m Freestyle Relay	52	Senior 200m Freestyle Relay	
53	Open 400m Freestyle Relay	54	Open 400m Freestyle Relay	