

2025-2026 HP Meet Schedule - as of Aug 5

OCT	<i>Confirmed</i>	19th	KBM Pentathlon (Queens U)	No standards
	<i>Confirmed</i>	23-26	World Cup (TPASC)	National selection
	<i>Confirmed</i>	31st-Nov 2	Cindy Nicholas (Markham)	13+ performance
NOV	<i>Confirmed</i>	8th-9th	KBM D&D (Queens U)	No standards
	<i>TBD</i>	27-30th	Quebec Senior Cup (location TBA)	Quebec Senior standards
DEC	<i>Confirmed</i>	12th-14th	Grand Prix (Gatineau)	2 standards required 11+
	<i>Confirmed</i>	11th-14th	OJI (TPASC)	National level meet
JAN	<i>Confirmed</i>	16-18th	SCAR Pan Am Winter (TPASC)LCM	13+ performance
	<i>Confirmed</i>	30th-Feb 1	Regional Champs (Queens U)	Regional standards
FEB	<i>Confirmed</i>	20-22	KBM Heats & Finals (Queens U)	No standards
MAR	<i>Pending</i>	5th-8th	OAG LCM	OAG standards
	<i>TBD</i>	13th-15th	Quebec Senior Cup LCM	Quebec Senior standards
APR	<i>Confirmed</i>	24th-26th	Gatineau Open LCM	2 standards required 13+
MAY	<i>Confirmed</i>	23rd-24th	KBM Qualifier	No standards
JUNE	<i>Confirmed</i>	4th-7th	Summer Regionals (Nepean)LCM	Regional Standards
JULY	<i>Confirmed</i>	5th-9th	Swimming Canada Trials LCM	Montreal Trials standards
	<i>Confirmed</i>	10-14th	East Coast Champs(St. John's NFLD)	ECC standards (avail in Oct)
AUG	<i>TBD</i>	21st-24th	Swimming Canada SC Nationals	National level meet

DO NOT BOOK NON REFUNDABLE ACCOMODATIONS

meet formats can change, city workers can strike, swimmers get sick and who knows what else