

2025-2026 SP Meet Schedule - as of Aug 5

OCT	<i>Confirmed</i>	19th	KBM Pentathlon (Queens U)	No standards
	<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+
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 (location TBA)	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>	10-14th	East Coast Champs(St. John's NFLD)	ECC standards (avail in Oct)

DO NOT BOOK NON REFUNDABLE ACCOMODATIONS

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