



**SWIM  
ONTARIO**

## 2026 Central Region Div 2 SC Championships

### Schedule of Sessions

| Session #                          | Date       | Warm-up period<br>(warmup ONLY -- NO SPRINT)         | Start of session | Approx. Finish of session | Time Final/Heats /Finals |
|------------------------------------|------------|------------------------------------------------------|------------------|---------------------------|--------------------------|
| 1A&1B<br>(11-12, 15&O Girls)       | Fri 20 Feb | 3:30-3:55 pm                                         | 4:00 pm          | 5:25 pm                   | Time Final               |
| 1C &1D<br>(13&O Boys, 13-14 Girls) | Fri 20 Feb | 5:45-6:10 pm                                         | 6:15 pm          | 7:45 pm                   | Time Final               |
| 2 (10&U)                           | Sat 21 Feb | 8-8:25 am                                            | 8:30 am          | 9:45 am                   | Time Final               |
| 3 (11-12)                          | Sat 21 Feb | 10:00-10:25 am – Grp B**<br>10:30-10:55 am – Grp A** | 11:00 am         | 1:25 pm                   | Time Final               |
| 4 (13-14)                          | Sat 21 Feb | 2:00-2:25 pm – Grp B**<br>2:30-2:55 pm – Grp A**     | 3:00 pm          | 5:20 pm                   | Time Final               |
| 5 (15&O)                           | Sat 21 Feb | 5:45-6:10 pm                                         | 6:15 pm          | 7:45 pm                   | Time Final               |
| 6 (10&U)                           | Sun 22 Feb | 7:00-7:25 am – Grp A**<br>7:30-7:55 am – Grp B**     | 8:00 am          | 9:55 am                   | Time Final               |
| 7 (11-12)                          | Sun 22 Feb | 10:15-10:40 am – Grp A**<br>10:45-11:10 am – Grp B** | 11:15 am         | 2:10 pm                   | Time Final               |
| 8 (13-14)                          | Sun 22 Feb | 2:45-3:10 pm – Grp A**<br>3:15-3:40 pm – Grp B**     | 3:45 pm          | 6:10 pm                   | Time Final               |
| 9 (15&O)                           | Sun 22 Feb | 6:45-7:10 pm                                         | 7:15 pm          | 8:45 pm                   | Time Final               |