



LAC MEET SCHEDULE 2023-2024

Meet	Date	Location	Eligible Swimmers
LAC Fall Start Up Time Trial	Oct 15 th	London (CGAC)	All LAC
LAC November Fall Time Trial	Nov 4 th	London (CGAC)	All SR, AG(G/S/BL/BR)
LAC Fall Development Time Trial	Nov 23 rd	London (CGAC)	Development
LAC Nothers Fall Invitational	Nov 24 th -26 th	London (CGAC)	All LAC Senior+Age Group
Ontario Junior International	Dec 14 th -17 th	Scarborough (TPASC)	Qualifiers Only
Brantford Team Showdown	Dec 15 th -17 th	Brantford (WGSC)	SR, AGG/S
LAC Holiday Time Trial	Dec 16 th	London (CGAC)	All LAC
LAC 12 & Under Celebration	Jan 20 th -21 st	London (CGAC)	All LAC (12& Under)
LAC 13 & Over Time Trial	Jan 20 th	London (CGAC)	All LAC (13 & Over)
WOSA LC Challenge	Feb 2 nd -4 th	Brantford (WGSC)	SR, AG (G, S, BL, BR)
Winter Ontario Youth Junior Champ.	Feb 15 th -18 th	Unionville (MPAC)	Qualifiers Only
Winter Swim Ontario Festival	Feb 17 th -18 th	Etobicoke (Olympium)	Qualifiers Only
WOSA Championships	Feb 22 nd -25 th	London (CGAC)	Qualifiers Only
Winter Ontario Swimming Champ.	Feb 29 th -Mar 3 rd	Scarborough (TPASC)	Qualifiers Only
Wilmot Invitational	Mar 8 th -10 th	Baden (WRC)	All LAC (Non-WOSA)
2024 Canadian Swimming Open	Apr 10 th -13 th	Scarborough (TPASC)	Qualifiers Only
LAC Pentathlon	Apr 14 th	London (CGAC)	All LAC
LAC Hollandia Spring Invitational	May 10 -12 th	London (CGAC)	All LAC
2024 Bell Canadian Olympic & Paralympic Trials	May 13 th -19 th	Montreal (Olympic Park)	Qualifiers Only
WOSA Championships	May 31 st -Jun 2 nd	Windsor (WIATC)	Qualifiers Only
Summer Ontario Youth-Junior Champ.	Jun 13 th -16 th	Unionville (MPAC)	Qualifiers Only
Summer Ontario Festival Champ.	Jun 14 th - Jun 16 th	Etobicoke (Olympium)	Qualifiers Only
Summer Ontario Swimming Champ.	July 4 th -7 th	Scarborough (TPASC)	Qualifiers Only
LAC Dr. Paul Hauch Invitational	July 13 -14 th	London (CGAC)	All LAC
Speedo Canadian Junior & Senior Championship	July 24 th -30 th	Scarborough (TPASC)	Qualifiers Only