



### LAC MEET SCHEDULE 2025-2026

Meet	Date	Location	Eligible Swimmers
LAC Fall Start Up Time Trial	Oct 19	London (CGAC)	Age Group, Development
LAC November Fall Time Trial	Nov 1	London (CGAC)	All SR, AG(G/S/BL/BR)
LAC Fall Development Time Trial	Nov 20	London (CGAC)	Development
LAC Nothers Fall Invitational	Nov 21-23	London (CGAC)	All LAC Senior + Age Group
Ontario Junior International	Dec 11 – 14	Scarborough (TPASC)	Qualifiers Only
Brantford Team Showdown	Dec 12-14	Brantford (WGSC)	Selection Meet
LAC Holiday Time Trial	Dec 13	London (CGAC)	All LAC
LAC 12 & Under Celebration	Jan 17-18	London (CGAC)	All LAC (12& Under)
LAC 13 & Over Time Trial	Jan 17	London (CGAC)	All LAC (13 & Over)
BAC LC Invitational	Jan 30-Feb 1	Brantford (WGSC)	SR, AGG, AGS, <b>AGBL(13+)</b>
Western Region SC Championship	Feb 12 -15	London (CGAC)	Qualifiers Only
Ontario Age Group Championships (15+)	Mar 5 - 8	Scarborough (TPASC)	Qualifiers Only
Ontario Age Group Championships (14-)	Mar 5 - 8	Markham (MPAC)	Qualifiers Only
Wilmot Invitational	Mar 13 - 15	Baden (WRC)	All LAC (Non-WRC)
LAC Pentathlon	Apr 12	London (CGAC)	All LAC
2026 Speedo Canadian Swimming Open	Apr 9 – 11	Edmonton (EKSC)	Varsity Age Qualifiers Only
LAC Hollandia Spring Invitational	May 8 - 10	London (CGAC)	All LAC
GHAC LC Invitational	May 22 - 24	Hamilton (McMaster)	All LAC (Non-WRC)
BAC Junior Series	May 31	Brantford (WGSC)	Development
Western Region LC Championship	June 5-7	Windsor (WIATC)	Qualifiers Only
LAC Dr. Paul Hauch Invitational	July 4 – 5	London (CGAC)	All LAC
2026 Speedo Canadian Swimming Trials	July 5 – 9	Montreal (Olympic Pool)	Qualifiers Only
Ontario Swimming Championship	July 8 - 12	Scarborough (TPASC)	Qualifiers Only