



January-March 2026

Olympic Prospects (OP)

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
January 4	5 OPDev3 6-7:30am MPAC OPA1 4-5pm OPB 5-6pm OPC 6-7pm OPA2 6-7pm Thornlea	6 OPDev 4-6pm Milliken	7 OPA1 4-5pm OPA2 5-6pm OPD 5-6pm Thornlea	8 OPAA 4-5:15pm MPAC	9 OPDev4 5:30-7:30am MPAC OPB 4:15-5:45pm OPA2 6-7:30pm OPC 5:45-7:15pm Thornlea	10 OPDev 6-7:30am OPA1 7:30-9am Thornlea
11	12 OPDev3 6-7:30am MPAC OPA1 4-5pm OPB 5-6pm OPC 6-7pm OPA2 6-7pm Thornlea	13 OPDEV 4-6pm Milliken	14 OPA1 4-5pm OPA2 5-6pm OPD 5-6pm Thornlea	15 OPAA 4-5:15pm MPAC	16 OPDev4 5:30-7:30am MPAC OPB 4:15-5:45pm OPA2 6-7:30pm OPC 5:45-7:15pm Thornlea	17 OPDev 6-7:30am OPA1 7:30-9am Thornlea
18	19 OPDev3 6-7:30am MPAC OPA1 4-5pm OPB 5-6pm OPC 6-7pm OPA2 6-7pm Thornlea	20 OPDEV 4-6pm Milliken	21 OPA1 4-5pm OPA2 5-6pm OPD 5-6pm Thornlea	22 OPAA 4-5:30 Centennial	23 OPDev4 5:30-7:00am MPAC OPB 4:15-5:45pm OPA2 6-7:30pm OPC 5:45-7:15pm Thornlea	24 OPDev 6-7:30am OPA1 7:30-9am Thornlea
25	26 OPDev3 6-7:30am MPAC OPA1 4-5pm OPB 5-6pm OPC 6-7pm OPA2 6-7pm Thornlea	27 OPDEV 4-6pm Milliken	28 OPA1 4-5pm OPA2 5-6pm OPD 5-6pm Thornlea	29 OPAA 4-5:15pm MPAC	30 OPDev4 5:30-7:30am MPAC OPB 4:15-5:45pm OPA2 6-7:30pm OPC 5:45-7:15pm Thornlea	31 OPDev 6-7:30am OPA1 7:30-9am Thornlea

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
February 1	2 OPDev3 6-7:30am MPAC OPA1 4-5pm OPB 5-6pm OPC 6-7pm OPA2 6-7pm Thornlea	3 OPDEV 4-6pm Milliken	4 OPA1 4-5pm OPA2 5-6pm OPD 5-6pm Thornlea	5 OPAA 4-5:15pm MPAC	6 OPDev4 5:30-7:00am MPAC OPB 4:15-5:45pm OPA2 6-7:30pm OPC 5:45-7:15pm Thornlea	7 OPDev 6-7:30am OPA1 7:30-9am Thornlea
					CR Division 1 @ Etobicoke	
8 CR Division 1 @ Etobicoke	9 OPDev3 6-7:30am MPAC OPA1 4-5pm OPB 5-6pm OPC 6-7pm OPA2 6-7pm Thornlea	10 OPDEV 4-6pm Milliken	11 OPA1 4-5pm OPA2 5-6pm OPD 5-6pm Thornlea	12 OPAA 4-6pm Centennial	13 OPDev4 5:30-7:00am MPAC OPB 4:15-5:45pm OPA2 6-7:30pm OPC 5:45-7:15pm Thornlea	14 OPDev 6-7:30am OPA1 7:30-9am Thornlea
15	16 OFF Family Day	17 OPDEV 4-6pm Milliken	18 OPA1 4-5pm OPA2 5-6pm OPD 5-6pm Thornlea	19 OPAA 4-5:15pm MPAC	20 OPDev4 5:30-7:30am MPAC OPB 4:15-5:45pm OPA2 6-7:30pm OPC 5:45-7:15pm Thornlea	21 OPDev 6-7:30am OPA1 7:30-9am Thornlea Pan Am Open 2026 @ TPASC
22 Pan Am Open 2026 @ TPASC	23 OPDev3 6-7:30am MPAC OPA1 4-5pm OPB 5-6pm OPC 6-7pm OPA2 6-7pm Thornlea	24 OPDEV 4-6pm Milliken	25 OPA1 4-5pm OPA2 5-6pm OPD 5-6pm Thornlea	26 OPAA 4-5:15pm MPAC	27 OPDev4 5:30-7:30am MPAC OPB 4:15-5:45pm OPA2 6-7:30pm OPC 5:45-7:15pm Thornlea	28 OPDev 6-7:30am OPA1 7:30-9am Thornlea
March 1	2 OPDev3 6-7:30am MPAC OPA1 4-5pm OPB 5-6pm OPC 6-7pm OPA2 6-7pm Thornlea	3 OPDEV 4-6pm Milliken	4 OPA1 4-5pm OPA2 5-6pm OPD 5-6pm Thornlea	5 OPAA 4-6pm Centennial	6 OPDev4 5:30-7:00am MPAC OPB 4:15-5:45pm OPA2 6-7:30pm OPC 5:45-7:15pm Thornlea	7 OPDev 6-7:30am OPA1 7:30-9am Thornlea

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8	9 OPDev3 6-7:30am MPAC OPA1 4-5pm OPB 5-6pm OPC 6-7pm OPA2 6-7pm Thornlea	10 OPDEV 4-6pm Milliken	11 OPA1 4-5pm OPA2 5-6pm OPD 5-6pm Thornlea	12 OPAA 4-6pm Centennial	13 OPDev4 5:30-7:00am MPAC OPB 4:15-5:45pm OPA2 6-7:30pm OPC 5:45-7:15pm Thornlea	14 MiniMeet #2 at Thornlea 9am-1pm
15	16	17	18	19	20	21
March break: March 15 - 22						

Notes:

1. February 6-8: Central Region Division 1 meet at Etobicoke... for swimmers who have attained Central Region Division 1 time standards.
2. February 20-22: Pan Am Open at TPASC... for swimmers who have attained Division 2 time standards.
3. March 14: MiniMeet #1, December 13, 9am-1pm, Thornlea Pool... for all OP swimmers... the Distance Challenge!!
4. Last practice before March break is March 13
5. March break: March 15-22

Please check the OP swim meet calendar 2025/2026 under **Swim Meets for OP** on the OP group page on the MAC website for more details.