date	meet	host	course	standards	venue
11–12 Nov 2023	MAC Rising Star #1	MAC	SC	All OP invited; no time standard entries	MPAC
16 December 2023	OP in-house meet #1, 9am-1pm	OP	SC	All OP invited; no time standard entries	Milliken
2–4 February 2024	Central Region 'B' SC Championships	NEW/ RHAC	SC	entry by time standard	Etobicoke Olympium
23–25 February	Central Region 'C' SC Championships	NYAC	SC	entry by time standard	Etobicoke Olympium
10 March	OP in-house meet #2 (9am to 1pm)	OP	sc	All OP invited; no time standard entries	Cornell
10-12 May	Top Cup	ESC	SC	entry by selection, 10 & under only	Etobicoke Olympium
23–26 May	Central Region 'B' LC Championships	COBRA	LC	entry by time standard	Etobicoke Olympium
25-26 May	MAC Rising Star # 2 Long Course	MAC	LC	All OP invited; no time standard entries	MPAC
7–9 June	Central Region 'C' LC Championships	MAC	LC	entry by time standard	MPAC
14-16 June	Summer Ontario Festival Championships	SWON	LC	entry by time standard	Etobicoke Olympium
21-23 June	BAD Outdoor LC Invitational	BAD	LC	OPAA, OPA, OPDev	Burlington
22 June	OP end of season meet	OP	SC	OPB, OPC, OPD	Milliken