

OP swim meets, 2025-2026					
date	meet	host	course	standards/invitees	venue
8–9 Nov 2024	MAC Rising Star #1	MAC	SC	* all OP invited; no time standard entries	MPAC
12-14 December	MAC Jingle Bell Invitational	MAC	SC	OPA1, OPA2, OPAA, and all OPDev groups	MPAC
13 December	OP MiniMeet #1, 9am-1pm	OP	SC	**OPB, OPC, OPD; no time standard entries	Thornlea
6-8 February 2025	Central Region Division 1 SC Champs	ESC	SC	entry by #time standard	Etobicoke Olympium
20-22 February	Central Region Division 2 SC Champs	NYAC	SC	entry by #time standard	Etobicoke Olympium
21-22 February	Central Region 10 & under meet	tba	SC	entry by #time standard	tba
14 March	OP MiniMeet #2, 9am-1pm	OP	SC	**all OP invited; no time standard entries	Thornlea
23-25 April	Marilyn Bell	LSC	LC	OPA1, OPAA, and all OPDev swimmers with over 85% attendance	Etobicoke Olympium
1-3 May	MAC Rising Star # 2	MAC	LC	* all OP invited; no time standard entries	MPAC
8-10 May	Top Cup	ESC	SC	entry by selection, 10 & under only	Etobicoke Olympium
12-14 June	Central Region Division 2 LC Champs	tentative date	LC	entry by #time standard	TBA
19-21 June	Central Region Division 1 LC Champs	tentative date	LC	entry by #time standard	TBA
20 June	OP end-of-season MiniMeet #3 9am-1pm	OP	SC	**all OP	Thornlea

**Swim Meet entries:** When an OP swimmer is eligible for a swim meet, coaches will enter them into the meet, and select their races. An email will be sent to the family with meet dates and general details, and a **due date** for changes; parents do not have to register for the meet. However, if a swimmer cannot attend the meet because of schedule conflicts, parents have until the final **due date** for changes to withdraw, using the MAC website... parents may also send an email to the Olympic Prospects Director to withdraw (must be done before the **due date**, or swim meet fees will be charged)

\* For OP swimmers new to competition, their first swim meet will be the next “MiniMeet”, where we can teach appropriate swim meet procedures and routines in a more evenly paced environment.

#time standards for **Central Region Division 1, Division 2 Champs** and **Central Region 10&U Championships** (new meet) will be posted on the Olympic Prospects page on the MAC website under **Central Region Time Standards** as soon as they are available.

\*\*OP MiniMeets will be 4 hours duration, on a Saturday morning, and are scheduled for mid-December, early March, and late June. Each meet will have a slightly different event focus:

- December: distance kick event; and 50's and 25's all 4 strokes
- March: distance freestyle race; and relay competition
- June: Individual Medley focus, with relays
- the goals for these 3 MiniMeets are:
  - for OP swimmers to to compete in events from the core programming focus (kick, distance free, and Individual Medley);
  - for OP swimmers to practice coach / swimmer feedback and interaction.