



National - Provincial - Regional - Senior Competitive

2024-2025 OSC Schedule - October through February

National

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:15am to 5:30am ACT		5:15am to 5:30am ACT		7:30am to 8:30am RD	7:00am to 7:15am ACT
	5:30am to 7:30am Swim		5:30am to 7:30am Swim		8:45am to 10:45am Swim	7:15am to 9:15am Swim
	UofA WEST SCM		UofA WEST SCM		Kinsmen DSM LCM	9:15am to 9:45am DL
						Kinsmen DSM LCM
		3:15pm to 3:30pm ACT				
	3:45pm to 4:00pm ACT	3:30pm to 5:30pm Swim	3:15pm to 3:30pm ACT	3:30pm to 4:30pm LIFT		
	4:00pm to 6:00pm Swim	5:30pm to 6:30pm LIFT	3:30pm to 5:30pm Swim	5:00pm to 7:00pm Swim		
	Kinsmen DSM SCM	Kinsmen DSM SCM	Kinsmen DSM SCM	Kinsmen DSM LCM		

Provincial

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
	5:30am to 5:45am ACT		5:30am to 5:45am ACT		7:30am to 8:30am RD	
	5:45am to 7:30am Swim		5:45am to 7:30am Swim		8:45am to 10:45am Swim	
	Kinsmen DSM SCM		Kinsmen DSM SCM		Kinsmen DSM LCM	
4:00pm to 5:00pm LIFT		3:15pm to 3:30pm ACT	4:45pm to 5:00pm ACT	4:45pm to 5:00pm ACT		
5:00pm to 7:00pm Swim		3:30pm to 5:30pm Swim	5:00pm to 7:00pm Swim	5:00pm to 7:00pm Swim		
Kinsmen DSM SCM		Kinsmen TP SCM	UofA WEST SCM	UofA WEST SCM		

Regional

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
				5:30am to 5:45am ACT	7:30am to 8:30am DL	
				5:45am to 7:30am Swim	8:45am to 10:45am Swim	
				Kinsmen TP SCM	Kinsmen DSM LCM	
3:15pm to 3:30pm ACT	3:15pm to 3:30pm ACT	4:00pm to 5:00pm DL	3:15pm to 3:30pm ACT			
3:30pm to 5:15pm Swim	3:30pm to 5:15pm Swim	5:00pm to 7:00pm Swim	3:30pm to 5:30pm Swim			
Kinsmen TP SCM	Kinsmen TP SCM	UofA West SCM	Kinsmen TP SCM			

Senior Competitive

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
		5:30am to 5:45am ACT	5:30am to 5:45am ACT		7:30am to 8:30am RD	
		5:45am to 7:30am Swim	5:45am to 7:30am Swim		8:45am to 10:45am Swim	
		Kinsmen DSM SCM	Kinsmen TP SCM		Kinsmen TP LCM	
4:00pm to 5:00pm LIFT	5:00pm to 5:15pm ACT		5:15pm to 5:30pm ACT			
5:15pm to 7:00pm Swim	5:15pm to 7:00pm Swim		5:30pm to 7:30pm Swim			
Kinsmen TP SCM	Kinsmen TP SCM		Kinsmen TP SCM			

Legend - January 7th, 2025

Kinsmen DSM - Kinsmen Sports Centre (Don Smith Memorial Competition Pool)
Kinsmen TP - Kinsmen Sports Centre (Training Pool)
UofA WEST - University of Alberta West Training Pool
UofA EAST - University of Alberta East Training Pool

ACT - Activation on deck
DL - Dryland Training
RD - Rotating Dryland
LIFT - Weight Room Training
Swim - Swim Training