



# National - Provincial - Regional - Senior Competitive

## 2024-2025 OSC Schedule - April 28th to June 30th

### 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				
	3:15pm to 3:30pm ACT	3:30pm to 5:30pm Swim	3:15pm to 3:30pm ACT	3:30pm to 4:30pm LIFT		
	3:30pm to 5:30pm 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	5:30am to 5:45am ACT	7:30am to 8:30am RD	
	5:45am to 7:30am Swim		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 TP LCM	Kinsmen DSM LCM	
4:00pm to 5:00pm LIFT	6:15pm to 6:30pm ACT	3:15pm to 3:30pm ACT				
5:00pm to 7:00pm Swim	6:30pm to 8:30pm Swim	3:30pm to 5:30pm Swim				
Kinsmen DSM LCM	Kinsmen DSM SCM	Kinsmen TP SCM				

### Regional

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 LCM	Kinsmen DSM LCM	
3:15pm to 3:30pm AC			3:15pm to 3:30pm ACT			
3:30pm to 5:15pm Swim	3:15pm to 3:30pm ACT		3:30pm to 5:30pm Swim			
5:15pm to 5:45pm DL	3:30pm to 5:15pm Swim		5:30pm to 6:00pm DL			
Kinsmen TP SCM	Kinsmen TP 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 - April 10th, 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