



National - Provincial - Regional - Senior Competitive 2024-2025 OSC Schedule - July 7th to July 27th

June 4th, 2025

National

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
7:30am to 7:45am ACT	5:30am to 5:45am ACT		5:30am to 5:45am ACT	7:30am to 7:45am ACT	7:45am to 8:45am DL	
7:45am to 9:45am Swim	5:45am to 7:45am Swim		5:45am to 7:45am Swim	7:45am to 9:45am Swim	8:45am to 10:45am Swim	
10:00am to 11:00am LIFT	Kinsmen DSM 4 LCM		Kinsmen DSM 4 LCM	10:00am to 11:00am LIFT	Kinsmen DSM 4 LCM	
Kinsmen DSM 4 LCM				Kinsmen DSM 4 LCM		
	3:45pm to 4:00pm ACT	3:45pm to 4:00pm ACT	3:45pm to 4:00pm ACT			
	4:00pm to 6:00pm Swim	4:00pm to 6:00pm Swim	4:00pm to 6:00pm Swim			
	Kinsmen DSM 4 LCM	Kinsmen DSM 4 LCM	Kinsmen DSM 4 LCM			

Provincial & Senior Competitive

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:30am to 5:45am ACT	7:30am to 7:45am ACT	5:30am to 5:45am ACT		8:30am to 8:45am ACT	
	5:45am to 7:45am Swim	7:45am to 9:45am Swim	5:45am to 7:45am Swim		8:45am to 10:45am Swim	
	8:00am to 9:00am LIFT	Kinsmen DSM 4 LCM	Kinsmen DSM 3 LCM		10:45am to 11:15am DL	
	Kinsmen DSM 3 LCM				Kinsmen DSM 3 LCM	
3:45pm to 4:00pm ACT			3:45pm to 4:00pm ACT	3:45pm to 4:00pm ACT		
4:00pm to 6:00pm Swim			4:00pm to 6:00pm Swim	4:00pm to 6:00pm Swim		
Kinsmen DSM 4 LCM			Kinsmen TP 6 SCM	Kinsmen DSM 4 LCM		

Regional & Provincial Qualifiers

Mon	Tues	Wed	Thurs	Fri	Sat	Sun
	5:30am to 5:45am ACT		5:30am to 5:45am ACT		7:45am to 8:45am DL	
	5:45am to 7:45am Swim		5:45am to 7:45am Swim		8:45am to 10:45am Swim	
	Kinsmen DSM 3 LCM		Kinsmen DSM 3 LCM		Kinsmen DSM 3 LCM	
3:45pm to 4:00pm ACT		3:45pm to 4:00pm ACT				
4:00pm to 6:00pm Swim		4:00pm to 6:00pm Swim		3:45pm to 4:00pm ACT		
6:00pm to 7:00pm DL		6:00pm to 7:00pm DL		4:00pm to 6:00pm Swim		
Kinsmen TP 6 SCM		Kinsmen TP 6 SCM		Kinsmen TP 6 SCM		

Legend

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

MacEwan - MacEwan University Pool

ACT - Activation on deck

DL - Dryland Training

LIFT - Weight Room Training

Swim - Swim Training