



National - Provincial - Regional - Senior Competitive 2024-2025 OSC Schedule - June 30th to July 6th

June 4th, 2025

National

Mon	Tues - Holiday	Wed	Thurs	Fri	Sat	Sun
7:30am to 7:45am ACT	*No ACT*	7:30am to 7:45am ACT				
7:45am to 9:45am Swim	8:00am to 10:00am Swim	7:45am to 9:45am Swim				
Kinsmen DSM SCM	Kinsmen DSM LCM	Kinsmen DSM LCM				
			OFF - EKI	OFF - EKI	OFF - EKI	OFF - EKI

Provincial & Senior Competitive

Mon	Tues - Holiday	Wed	Thurs	Fri	Sat	Sun
7:30am to 7:45am ACT	*No ACT*	7:30am to 7:45am ACT				
7:45am to 9:45am Swim	8:00am to 10:00am Swim	7:45am to 9:45am Swim				
Kinsmen DSM SCM	Kinsmen DSM LCM	Kinsmen DSM LCM				
			OFF - EKI	OFF - EKI	OFF - EKI	OFF - EKI
3:45pm to 4:00pm ACT						
4:00pm to 6:00pm Swim						
Kinsmen DSM SCM						

Regional & Provincial Qualifiers

Mon	Tues - Holiday	Wed	Thurs	Fri	Sat	Sun
	No ACT	7:30am to 7:45am ACT				
	8:00am to 10:00am Swim	7:45am to 9:45am Swim				
	Kinsmen DSM LCM	Kinsmen DSM LCM				
			OFF - EKI	OFF - EKI	OFF - EKI	OFF - EKI
3:45pm to 4:00pm ACT						
4:00pm to 6:00pm Swim						
Kinsmen DSM 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