

* Meet Schedule is subject to change		Updated January 2020 v.6			
September - October 2019					
Dates	Meet	Location	Notes	Coach Attending	Hotel Required
September 12 -14	Coaches Conference	Missississauga, Ontario		Head Coach	Yes
October 18 - 20	RHAC Fall Invite	Markham, Ontario	High Performance/ Senior/ Age Groups	Amanda & Angela	Yes
November 2019					
Dates	Meet	Location	Notes		Hotel Required
November 1 - 3	Go Kingfish Nov. Invitational	University of Ottawa	All Groups	Amanda,Angela & Laurel	No
Nov 16 -17	OYO Ice Cap	Goulbourne	All Groups	Amanda & Angela	No
30-Nov	CPWD Fall Meet	Carleton Place	Age Group Blue, Junior & Pre Competit	All Coaches	No
December 2019					
Dates	Meet	Location	Notes		Hotel Required
December 6 - 8	Gatineau Grand Prix	Gatineau	High Performance/ Senior - Qualifying	Amanda/ Angela	Yes
December 13 - 15	Ontario Junior International	TPAS - Toronto	Qualifying Times Apply	Amanda	Yes
January 2020					
Dates	Meet	Location	Notes		Hotel Required
4-Jan	Tentative Time Trial	Carleton Place	All Groups	Amanda & Angela	No
Januray 17 - 19	NKB Winter Long Course	Sportsplex	High Performance/ Senior /Age Group	Amanda & Angela	No
February 2020					
Dates	Meet	Location	Notes		Hotel Required
January 31 - Feb 2	EO SC Regionals	Nepean	Qualifying Times Apply	Amanda & Angela	No
February 22 - 23	Gee Gee	Ottawa Univerity	All Groups	Amanda	
February 22 - 23	ON SC Festival	Windsor	Qualifying Times Apply	Angela	Yes
Feb-29	CPWD Spring Melt	Carleton Place	Age Group Blue& Black/ Junior/ Pre Co	All Coaches	No
March 2020					
Dates	Meet	Location	Notes		Hotel Required
Mar 5 - 8	Spring ON Provincials Championships	Etobicoke	Qualifying Times Apply	Amanda	Yes
March 5 -8	Ontario AA Championships	Markham	Qualifying Times Apply	Angela	Yes
April 2020					
Dates	Meet	Location	Notes		Hotel Required
March 30 - April 5	Canadian Swimming Trials	TPAS - Toronto	Qualifying Times Apply	Amanda	Yes
5-Apr	OYO Long Course Invite	Nepean		Amanda & Angela	No
April 14 - 19	2018 Eastern Speedo Championships	Windsor, Ontario	Qualifying Times Apply	Amanda	Yes
April 18- 19	GO Kingfish Spring Long Course	Ottawa Univerity	All Groups	Angela	No
May 2020					
Dates	Meet	Location	Notes		Hotel Required
2-May	Swimathon	Carleton Place	All	All Coaches	No
May 8 -10	Audi Mid Town Pan Am Invite	Scarborough	All	Amanda & Angela	Yes
June 2020					
Dates	Meet	Location	Notes		Hotel Required
June 5 -7	EO LC Regionals	Nepean	Qualifying Times Apply	Amanda& Angela	No
June 12 - 14	Swim Ontario Fesitvals	London, Ontario	Qualifying Times Apply	Angela	Yes
June 19 - 21	Samak Montreal Championships	Montreal	Qualifying Times Apply	Amanda & Angela	Yes
July 2020					
Dates	Meet	Location	Notes		Hotel Required
July 2 -5	AA Ontario Provincial Meet	Markham	Qualifying Times Apply	Angela	Yes
July 2 - 5	Summer ON Provincial Championships	TPAS - Toronto	Qualifying Times Apply	Amanda	Yes
TBD	Open Water Championships	Scarborough	Qualifying Times	Amanda	Yes
July 6 - 7	Burlington Outdoor Meet	Burlington, ON	Swimmers Summer Training	Amanda	Yes
July 20 - 27	Canadian Junior Nationals	Montreal, Quebec	Qualifying Times Apply	Amanda	Yes
August 2020					
August 4 - 9	Canadian Swimming Campionships	Edmonton, Alberta	Qualifying Times Apply	Amanda	Yes