

SWIMMING

H2O Adventure + Fitness Centre 4075 Gordon Dr, Kelowna

Kelowna Family YMCA 375 Hartman Road, Kelowna



We respectfully acknowledge the unceded territory of the sqilx'/syilx' (Okanagan) peoples, on whose land we live, work, and play.

Updated July 16, 2026

THURSDAY, JULY 23

Start	End	Event	Venue
8:30 AM	9:00 AM	Athletes and Coaches Meeting	Accommodation
11:00 AM	3:00 PM	Pre-Meet Training	YMCA

FRIDAY, JULY 24

Start	End	Event	Event
7:30 AM	8:20 AM	Warm-up	H2O
8:30 AM	11:40 AM	Competition - Session #1	H2O
3:30 PM	4:20 PM	Warm-up	H2O
4:30 PM	6:15 PM	Competition - Session #2	H2O
6:30 PM	7:30 PM	Medal Presentations	H2O

SATURDAY, JULY 25

Start	End	Event	Event
7:30 AM	8:20 AM	Warm-up	H2O
8:30 AM	11:00 AM	Competition - Session #3	H2O
3:30 PM	4:20 PM	Warm-up	H2O
4:30 PM	6:15 PM	Competition - Session #4	H2O
6:30 PM	7:30 PM	Medal Presentations	H2O

SUNDAY, JULY 26

Start	End	Event	Event
7:30 AM	8:20 AM	Warm-up	H2O
8:30 AM	11:45 AM	Competition - Session #5	H2O
12:00 PM	12:45 PM	Medal Presentations	H2O