

Date	Competition	Location	Eligible Swimmers
Avril /April 21-24	Speedo Eastern Canadian Championships.	Pointe-Claire	Registered swimmers with Eastern Canadian Standards
Avril /April 23-24	Invitation Provinciale 14 ans et moins	St-Hubert	Swimmers 9-14 with competition standards
Mai 1/May 1	Regional #7 competition 50m Pool	LaSalle	Registered swimmers 12 yrs and under
Mai/ May 5-8	Quebec Junior Cup	Centre Claude Robillard	Registered Swimmers with Quebec Junior Cup time standards.
Mai/ May 20-22	International Neptune	Piscine Olympic	Registered swimmers aged 10+
Mai/ May 28-29	Mini Coupe-West	Gatineau	Swimmers 10 and under to be selected by the region
Juin/ June 3-5	Coupes des Regions/ Essais Jeux du Quebec	Dorval	Registered swimmers with regional cup standards
Juin/ June 4-5	Regional Finals	Dorval	Registered swimmers with regional finals time standards
Juin/ June 24-26	Invitation SAMAK		Registered swimmers aged 11 and over
Juin/June 29-30. Juillet/ July 1-2	Championnats Quebecois	Jean Drapeau	Registered swimmers with Quebec Championship standards
Juillet/ July 25-31	2022 Canadian Junior and Senior Championships	Piscine Olympic	Registered swimmers with Canadian junior or senior national time standards