

# 2018 Trillium Cup

December 20-22, 2018

at the  
ETOBICOKE OLYMPIUM

**UPDATED: 2018-12-5**

No racing on Sunday, December 23; single Thursday session with 4pm warm-up. Closed to entries as of today. Morning warm-up changed to 7am. 13&up relays moved to finals.

Hosted by



**2018 TRILLIUM CUP**

- Date:** December 20 – 22, 2018
- Hosted By:** Etobicoke Swimming
- Location:** Etobicoke Olympium  
590 Rathburn Road  
Toronto, Ontario
- Facility:** Two 8 lane 25m competition pools. A 6 lane 25y warm up pool may also be available.  
Swiss Timing electronic timing system.
- Meet Package:** The only meet package which will be considered as valid must be the most current version found on [www.swimming.ca](http://www.swimming.ca)
- Competition Rules:** Sanctioned by Swim Ontario. All current Swimming Canada rules will be followed. Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).  
All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR5 Click [HERE](#) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.
- Dive Starts:** As per the Facility Rules for Dive Starts, Starts will be conducted from Starting Platforms (blocks) as per FINA FR 2.3 and SW 4.1 from both ends.
- Eligibility:** All athletes must be registered as Competitive swimmers with SNC, or any other amateur swimming organization recognized by FINA. A valid SNC registration number is required for all Canadian swimmers, and entries without a SNC registration number will be declined entry.
- Entry Guidelines:** All entries must be received by **Wednesday, December 5, 2018**.  
Please submit entries using [www.swimming.ca](http://www.swimming.ca)  
No entries will be accepted directly by meet management.  
All 400, 800 and 1500 events have “E” qualifying times for their age group.  
Swimmers must adhere to qualifying times. Qualifying period starts Sept 1, 2016.  
Entries for all events must be in Short Course Metre times, actual or Hy-tek converted.
- Entry Fees:** \$10.00 per individual event. \$12.00 per relay event. All costs include HST #125328625.  
Please make cheques payable to ETOBICOKE SWIMMING.
- Meet Notes:** The age groups will be 10&U, 11, 12, 13, 14, 15, 16&O.  
All 10&U, 11, and 12 events are Time Finals.  
**All 400 events will be Time Finals swum slowest to fastest.**  
All 800, and 1500 events will be Time Finals swum fastest to slowest.  
Finals for 13, 14, 15, 16&O.  
Finals will be swum youngest to oldest. Warm-up at 5:00pm, Start 6:00pm  
Scratches from Prelims and Time Finals made on the posted Heat Sheets without penalty.  
Scratches from Finals accepted until 30 minutes after the last preliminary event in a session without penalty
- Meet Managers:** **Janet Rogers; [jk.n.ken@gmail.com](mailto:jk.n.ken@gmail.com)**
- Comp. Co-ord:** Clarissa Moldawa
- Deck Entries:** If empty lanes are available and as exhibition swims only.

- Awards:** Medals for 1<sup>st</sup>, 2<sup>nd</sup>, and 3<sup>rd</sup> for all events.  
Individual High Points for each age group. Ties broken by highest FINA point swim.  
Top Team High Point
- Scoring** Individual High Point 5-2-1  
Team High Point 15-11-7-5-4-3-2-1
- Coach's Registration:** Meet management will cross reference the list of coaches in attendance at this competition with the [Swim Ontario Compliancy lists](#). If a coach is not on this list, meet management is obligated to enforce the SNC policy and not permit that coach to attend meet. Meet management will forward Swim Ontario a list of coaches who they have found to be in non-compliance.
- Time Splits:** The procedure for obtaining an 'Official Split' now requires that coaches make the request to the session referee or meet management on the "Official Split Request" form prior to the race. The split for the lead-off leg in relays will still be regarded as an official split and therefore no request by coaches is needed for relays. However, in the new 'mixed gender' relays, lead-off times/splits are not considered "official splits" as per international practice. Meet management requires that any coach wishing to rely on a time achieved by the swimmer for an interval shorter than the total distance of the event shall so advise the Referee prior to the commencement of the session (or event) in question.
- Records:** Swim Ontario has a completed certified 25m pool length survey for the Etobicoke Olympium and swim times achieved at this competition will be eligible for provincial or national records.
- Meet Results:** Official Results will be posted within 48 hours of completion of the meet to [www.swimming.ca](http://www.swimming.ca)
- Safety & Liability:** Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.
- Recording Event:** Only individuals that have made application and received authorization to record the event, in any manner, in any medium or context now known or hereafter developed, shall be granted access and permission to do so. Please contact Meet Manager for application and authorization.
- Foreign Competitors:** All swimmers and coaches must be duly registered and residents of the governing body for which they are competing. All swimmers and coaches must be in good standing with their respective governing swim body. All swimmers and coaches must have primary residence within the province /state or country for which they claim registration. Proof of residency may be green card, student ID, driver's license, college residence or other document as deemed acceptable by Swim Ontario and shall be submitted with the [Proof of Residence and Registration Status form](#) to Swim Ontario no later than 7 days prior to start of competition.

# 2018 TRILLIUM CUP Order of Events

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THURSDAY EVENING DISTANCE							
Warm-up: 4:00 pm Start: 5:00 pm							
GIRLS			EVENTS	BOYS			
Event	Age	Qual		Event	Age	Qual	
1	11	13:16.67	800 FREE	2	11	13:53.32	
	12	12:18.76				12	12:28.21
	13	11:49.64				13	11:37.94
	14	11:39.22				14	11:19.58
	15	11:31.28				15	10:59.59
	16&O	11:18.24				16&O	10:41.75
61	13	22:40.12	1500 FREE	62	13	22:26.34	
	14	22:20.11				14	21:42.88
	15	22:04.97				15	21:04.54
	16&O	21:39.92				16&O	20:30.34

## FRIDAY MORNING

Warm-up: 7:00 am  
Start: 8:00 am

WOMEN			EVENTS	MEN		
Event	Age	Qual		Event	Age	Qual
3	13		200 IM	4	13	
	14				14	
	15				15	
	16&O				16&O	
9	13		100 FREE	10	13	
	14				14	
	15				15	
	16&O				16&O	
11	13		200 BREAST	12	13	
	14				14	
	15				15	
	16&O				16&O	
13	13		100 BACK	14	13	
	14				14	
	15				15	
	16&O				16&O	

15	13		200 FLY	16	13	
	14				14	
	15				15	
	16&O				16&O	
7	13	5:43.52	400 FREE	8	13	5:34.24
	14	5:34.46	ALL HEATS - TIMED FINAL		14	5:23.82
	15	5:32.59	ALL HEATS - TIMED FINAL		15	5:14.96
	16&O	5:28.16	ALL HEATS - TIMED FINAL		16&O	5:07.54

## FRIDAY AFTERNOON

Warm-up: 12:30 pm

Start: 1:30 pm

<b>GIRLS</b>			<b>EVENTS</b>			<b>BOYS</b>		
<u>Event</u>	<u>Age</u>				<u>Event</u>	<u>Age</u>		
23	10&U		200 IM			24	10&U	
25	11					26	11	
	12						12	
27	10&U		100 FREE			28	10&U	
29	11					30	11	
	12						12	
31	10&U		50 BREAST			32	10&U	
33	11		200 BREAST			34	11	
	12						12	
35	10&U		100 BACK			36	10&U	
37	11					38	11	
	12						12	
39	10&U		50 FLY			40	10&U	
41	11		200 FLY			42	11	
	12						12	
43	10&U		4x50 FREE			44	10&U	
45	11-12		4x50 FREE			46	11-12	
<b>5</b>	<b>10&amp;U</b>	<b>6:57.25</b>	<b>400 FREE</b>			<b>6</b>	<b>10&amp;U</b>	<b>7:07.88</b>
	<b>11</b>	<b>6:28.50</b>					<b>11</b>	<b>6:36.00</b>
	<b>12</b>	<b>6:03.60</b>					<b>12</b>	<b>6:04.80</b>

## FRIDAY FINALS

Warm-up: 5:00 pm

Start: 6:00 pm

<b>WOMEN</b>			<b>EVENTS</b>			<b>MEN</b>		
<u>Event</u>	<u>Age</u>				<u>Event</u>	<u>Age</u>		
3	13		200 IM			4	13	
	14						14	
	15						15	
	16&O						16&O	
9	13		100 FREE			10	13	
	14						14	
	15						15	
	16&O						16&O	
11	13		200 BREAST			12	13	
	14						14	
	15						15	
	16&O						16&O	

13	13		100 BACK	14	13	
	14				14	
	15				15	
	16&O				16&O	
15	13		200 FLY	16	13	
	14				14	
	15				15	
	16&O				16&O	
17	13-14		4x50 FREE	18	13-14	
19	15&O		4x50 FREE	20	15&O	

## SATURDAY MORNING

Warm-up: 7:00 am  
Start: 8:00 am

WOMEN			EVENTS	MEN		
Event	Age			Event	Age	
47	13		200 FREE	48	13	
	14				14	
	15				15	
	16&O				16&O	
49	13		100 FLY	50	13	
	14				14	
	15				15	
	16&O				16&O	
51	13		200 BACK	52	13	
	14				14	
	15				15	
	16&O				16&O	
53	13		100 BREAST	54	13	
	14				14	
	15				15	
	16&O				16&O	

55	13		50 FREE	56	13	
	14				14	
	15				15	
	16&O				16&O	
21	13	6:31.36	400 IM	22	13	6:19.42
	14	6:28.02	ALL HEATS - TIMED FINAL		14	6:09.38
	15	6:17.22	ALL HEATS - TIMED FINAL		15	6:03.58
	16&O	6:14.80	ALL HEATS - TIMED FINAL		16&O	5:54.88

## SATURDAY AFTERNOON

Warm-up: 12:30 pm

Start: 1:30 pm

<b>GIRLS</b>			<b>EVENTS</b>	<b>BOYS</b>		
Event	Age	Qual		Event	Age	Qual
63	10&U		200 FREE	64	10&U	
65	11			66	11	
	12				12	
67	10&U		100 FLY	68	10&U	
69	11			70	11	
	12				12	
71	10&U		200 BACK	72	10&U	
73	11			74	11	
	12				12	
75	10&U		100 BREAST	76	10&U	
77	11			78	11	
	12				12	
79	10&U		50 FREE	80	10&U	
81	11			82	11	
	12				12	
83	10&U		4x50 MEDLEY	84	10&U	
85	11-12			86	11-12	
87	10&U		100 IM	88	10&U	
89	11	7:17.34	400 IM	90	11	7:46.90
	12	6:51.60			12	7:00.00

## SATURDAY FINALS

Warm-up: 5:00 pm

Start: 6:00 pm

<b>WOMEN</b>			<b>EVENTS</b>	<b>MEN</b>		
Event	Age			Event	Age	
47	13		200 FREE	48	13	
	14				14	
	15				15	
	16&O				16&O	
49	13		100 FLY	50	13	
	14				14	
	15				15	
	16&O				16&O	
51	13		200 BACK	52	13	
	14				14	
	15				15	
	16&O				16&O	
53	13		100 BREAST	54	13	
	14				14	
	15				15	
	16&O				16&O	



55	13		50 FREE	56	13	
	14				14	
	15				15	
	16&O				16&O	
57	13-14		4x50 MEDLEY	58	13-14	
59	15&O		4x50 MEDLEY	60	15&O	



## **ETOBICOKE OLYMPIUM AQUATIC EVENT PROCEDURES FOR MEET MANAGERS, OFFICIALS AND COACHES**

1. The Olympium Part Time Supervisor will be responsible for handling any problems that arise with space allocation or safety during the meet.
2. Absolutely no food in the bleachers or on the pool deck with the exception of drinks provided for the officials working during the event.
3. No running on the deck, under the bleachers or on the bleachers.
4. No climbing across the railing between the gallery and the bleachers.
5. No climbing over the yellow gates between the pool deck and the bleachers.
6. Shoes must be worn whenever outside the pool or change room areas.
7. No diving off the starting blocks or bulkhead during warm-ups. Please slip or jump into the pool. It is recommended to designate lanes one and eight as sprint lanes in one direction only, for the last part of warm-ups.
8. The use of flippers and hand paddles, during warm-ups is prohibited.
9. Swimmers that are not competing are not to be in other areas of the building, and are not to upset the normal operation of the other departments.
10. **Coaches are directly responsible for the supervision of their athletes at all times. This includes the pool area, change rooms, hallways and all other areas of the Etobicoke Olympium.**