

2019
Trillium
Cup

December 20-22

at the
ETOBICOKE OLYMPIUM

Hosted by



2019 TRILLIUM CUP

DATE:

December 20 – 22, 2019

HOSTED BY:

Etobicoke Swim Club

LOCATION:

Etobicoke Olympium
590 Rathburn Road
Toronto, Ontario

FACILITY:

Two 8-lane, 25m competition pools
8-lane 50m competition pool
Swiss Timing electronic timing system
6-lane 25y warm up pool

MEET PACKAGE:

The only meet package which will be considered as valid must be the most current version found on www.swimming.ca

SAFETY & LIABILITY:

Swimming Canada and Swim Ontario believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination. For additional resources click [HERE](#). Only participating swimmers, officials, certified registered coaches, and authorized people are allowed on deck.

Rowan's Law – Concussion Management

The *Rowan's Law* requirements came into effect on July 1, 2019. Swim Ontario takes the health and well-being of all participants in sport and recreation activities very seriously and is committed to helping all in the Swim Ontario family succeed in swimming and other activities. Parents, coaches, officials, volunteers and swimmers all have a role to play in ensuring the safety of all participants at sanctioned competitions in Ontario. We must create an environment that encourages and motivates participants to assume responsibility for their own safety and the safety of others. Until further protocols or procedures are in place, the concussion management protocol will take effect for all participants at a Swim Ontario sanctioned competition that are involved in an incident resulting in a significant impact to the head, face, neck or body. If symptoms of a possible concussion are present the participant shall be removed from any further Swim Ontario sanctioned activity until they receive Swim Ontario approval upon clearance, in writing, by a medical professional with experience in concussion treatment/protocols. For full details and resources on Rowan's Law and Concussion management protocols click [HERE](#).

Open and Observable Environment

Swimming Canada and Swim Ontario is dedicated to providing a safe and inclusive environment, which involves promoting Open and Observable Environments. This means making meaningful and concerted efforts to avoid situations where a coach/official/staff member, etc. might be alone with an athlete. All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both 'open' and 'observable' to others.

Event Photography/Videography

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim Ontario sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area. For full details click [HERE](#).

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 to the designated deck area and permission to do so. Please contact Meet Management for application and authorization.

2019 TRILLIUM CUP

COMPETITION COORDINATOR: Clarissa Moldawa, Referee Certification 5

MEET MANAGER: Roman Masley eswim.meetmanager+trilliumcup@gmail.com

OFFICIAL'S COORDINATOR: Romeo Marra (junior officials) romeo@marra.ca
Clarissa Moldawa (senior officials) cmoldyrun@gmail.com

DESCRIPTION:

The age groups will be 10&U, 11, 12, 13, 14, 15, 16&O.

All 10&U, 11, and 12 events are Time Finals and will be swum in **SHORT COURSE METRES**.

All 400 events will be Time Finals swum slowest to fastest in **SHORT COURSE METRES**.

All 13 & over Prelim events will be senior seeded and swum in combined age-groups in **SHORT COURSE METRES**.

All 800 and 1500 events will be Time Finals swum fastest to slowest and swum in **LONG COURSE METRES**.

Finals for 13, 14, 15, 16&O, swum youngest to oldest, in **LONG COURSE METRES**. Warm-up at 5:00pm, Start 6:00pm

COMPETITION RULES:

Sanctioned by Swim Ontario.

All current Swimming Canada (SC) rules will be followed.

All swimmers participating in a provincially sanctioned meets shall be required to comply with swimwear rule GR 5. Click [HERE](#) to view full details. Advanced notification for exemption or for clarification of the rule please see the Competition Coordinator.

Swimming Canada Competition Warm-Up Safety Procedures will be in effect. The full document can be viewed [HERE](#).

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.

RECORDS:

Swim Ontario has a completed certified 25m and 50m pool length survey for the Etobicoke Olympium and swim times achieved at this competition will be eligible for provincial or national records.

AGE UP DATE:

Ages submitted are to be as: **December 20, 2019**

MIXED-GENDER:

An exemption from the requirement to swim events in gender separated events due to limited time, developmental opportunities or facility requirements and/or due to a missed swim, where on an exception basis, a referee agrees to have the swimmer swim with a heat of an opposite gender event.

In spite of these exemptions, any swimmer who achieves a record time at a competition that recognizes records at any level (regional, provincial, national etc, whether age group or open) will not be recognized for that record unless the coach has advised the referee prior to the start of the session that there is a possibility of the record being broken, and the referee insures that the swimmer competes with competitors of the same gender for his/her heat.

In the event that mixed gender swims are permitted, the results must still be posted separately by gender of swimmers

2019 TRILLIUM CUP

ELIGIBILITY:

All athletes must be registered as Competitive swimmers with Swimming Canada (SC) and have a valid SC registration number. Swimming Canada entries without a valid SC registration number and registration status will be declined entry. Foreign competitors are welcome, subject to the provisions below.

All foreign competitors must be registered with an amateur swimming organization recognized by FINA. All foreign 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 foreign 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.

ENTRY FEES:

\$12 per individual event

\$15 per 400IM/400Free individual event

\$17 per 800/1500 individual event

\$15 per relay event

All costs include HST #125328625.

Please make cheques payable to **ETOBICOKE SWIM CLUB** and deliver to the Clerk of Course.

ENTRY GUIDELINES:

Please submit entries using www.swimming.ca No entries will be accepted directly by meet management.

All entries must be received by **Tuesday, December 10, 2019.**

Changes to entries will not be accepted after **December 13, 2019.** After that time, fees will be calculated; no refunds will be granted for missed swims.

Meet Management reserves the right to restrict and/or close entries prior to the deadline in the event of over subscription.

CONVERSION:

Entry times are not to be converted. Please submit times in course achieved.

Times will be converted by the host, using Hy-tek default conversion factor.

NT (no time) entries will not be permitted.

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.

BACKSTROKE LEDGES

Backstroke ledges will be available for use. The swimmers shall be responsible for setting the device.

SWIM-OFFS

All swim-offs are to be run by the end of the session in which the tie occurred at a time mutually agreed upon by coaches and officials.

2019 TRILLIUM CUP

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 or Meet Management prior to the commencement of the session (or event) in question.

DECK ENTRIES:

Deck Entries are Exhibition Only. They are not eligible for scoring or awards. Deck entries will be accepted for empty lanes only (no new heats will be created). Swimmers entered on deck must have valid proof of SC registration as an active, registered, competitive swimmer. Deck entries accepted by the Clerk of Course \$20 prior to the event.

CHECK IN AND SCRATCHES:

Positive check-in for 800FR and 1500FR 30 minutes prior to the start of the session.

Scratches are to be made at the clerk of course desk 30 minutes prior to the start of each session. No scratch penalty shall be imposed for late or day of scratches.

Scratches from prelims heats for swims in finals must be made 30 minutes following the posting of results of last event of prelims sessions. Failure to participate in a finals event will result in following penalty: \$50.00.

SCORING:

Individual High Point 5-2-1

Team High Point. 15-11-7-5-4-3-2-1

AWARDS:

Medals for 1st, 2nd, and 3rd for all events.

Individual High Points for each age group.

Ties broken by highest FINA point swim.

Top Team High Point

MEET RESULTS:

Official Results will be posted within 48 hours of completion of the meet to www.swimming.ca

The meet program will be run on Hy-Tek Meet Manager.

Results will be posted as quickly as possible at the meet.

Live Results will be posted at eswim.ca and on Meet Mobile.

GREEN COMMITMENT

In an effort to reduce the amount of waste and decrease the impact of single-use plastics, ESWIM will no longer provide bottled water to coaches, officials or sell it in the cafeteria. All participants at ESWIM meets are encouraged to bring their own reusable water bottle from home and refill via the Olympium's water filling stations throughout the weekend. Thank you for your support and understanding.

2019 TRILLIUM CUP

EVENT LIST

FRIDAY EVENING DISTANCE - LCM				
Warm-up: 4:00 pm Start: 5:00 pm				
GIRLS		EVENTS	BOYS	
Event #	Age		Event #	Age
1	11 & over	800 FREE	2	11 & over
61	13 & over	1500 FREE	62	13 & over

SATURDAY MORNING PRELIMS - SCM				
Warm-up: 8:00 am Start: 9:00 am				
WOMEN 13 & Over		EVENTS	MEN 13 & Over	
Event #	Age		Event #	Age
3		200 IM	4	
9		100 FREE	10	
11		200 BREAST	12	
13		100 BACK	14	
15		200 FLY	16	
17	13-14	4x50 FREE	18	13-14
19	15&O	4x50 FREE	20	15&O
7	13 & Over	400 FREE ALL HEATS - TIMED FINAL	8	13 & Over

SATURDAY AFTERNOON - SCM				
Warm-up: 12:30 pm Start: 1:30 pm				
GIRLS		EVENTS	BOYS	
Event #	Age		Event #	Age
23	10&U	200 IM	24	10&U
25	11-12		26	11-12
27	10&U	100 FREE	28	10&U
29	11-12		30	11-12
31	10&U	50 BREAST	32	10&U
33	11-12	200 BREAST	34	11-12
35	10&U	100 BACK	36	10&U
37	11-12		38	11-12
39	10&U	50 FLY	40	10&U
41	11-12	200 FLY	42	11-12
43	10&U	4x50 FREE	44	10&U
45	11-12	4x50 FREE	46	11-12
5	12&U	400 FREE	6	12&U

2019 TRILLIUM CUP

SATURDAY EVENING FINALS				
LCM				
Warm-up: 5:00 pm				
Start: 6:00 pm				
WOMEN		EVENTS	MEN	
Event	Age		Event	Age
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

2019 TRILLIUM CUP

SUNDAY MORNING PRELIMS - SCM				
Warm-up: 8:00 am Start: 9:00 am				
WOMEN 13 & Over		EVENTS	MEN 13 & Over	
Event	Age		Event	Age
47		200 FREE	48	
49		100 FLY	50	
51		200 BACK	52	
53		100 BREAST	54	
55	13	50 FREE	56	
57	13-14	4x50 MEDLEY	58	13-14
59	15&O	4x50 MEDLEY	60	15&O
21		400 IM ALL HEATS - TIMED FINAL	22	

SUNDAY AFTERNOON - SCM				
Warm-up: 12:30 pm Start: 1:30 pm				
GIRLS		EVENTS	BOYS	
Event	Age		Event	Age
63	10&U	200 FREE	64	10&U
65	11-12		66	11-12
67	10&U	100 FLY	68	10&U
69	11-12		70	11-12
71	10&U	200 BACK	72	10&U
73	11-12		74	11-12
75	10&U	100 BREAST	76	10&U
77	11-12		78	11-12
79	10&U	50 FREE	80	10&U
81	11-12		82	11-12
83	10&U	4x50 MEDLEY	84	10&U
85	11-12		86	11-12
87	10&U	100 IM	88	10&U
89	11-12	400 IM	90	11-12

2019 TRILLIUM CUP

SUNDAY EVENING FINALS				
LCM				
Warm-up: 5:00 pm				
Start: 6:00 pm				
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

In order to abide by Swim Ontario Sanctioned guidelines and limit session lengths to no more than 4.5 hours, Meet Management reserves the right to:

1. Amend warm-up and start times according to number of entries received.
2. Limit number of swimmers in an event and or run events in multiple sessions if necessary.
3. Limit number of heats in any particular event(s).
4. Swim slower heats of 400 FREE, 800 FREE, and 1500 FREE to 2 swimmers per lane.
5. Adjust sessions to allow number of entries to compete.
6. Run the meet as a double ended meet.

An updated schedule will be posted on the ESWIM website as soon as it becomes available, the meet package will be amended and posted on www.swimming.ca , and coaches will be informed via email.

2019 TRILLIUM CUP



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.**