



2023 The Trygve Cup Wellington Home Pool League

Series 3

Monday 13th - Friday 31st March

Series 3 will run as follows:

Week 1 (Mar 13 - 18) - 50m Free & 4x25m Breast Relay

Week 2 (Mar 20 - 25) - 50m Back & 4x25m Fly Relay

Week 3 (Mar 27 - 31) - 100IM & 4x25m Free Relay

Contact:

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Purpose and Background

The Trygve Cup is a multi-week cup designed to positively enhance the experience of competitive swimming, develop interclub rivalries and further increase participation at home pools across the region. The Trophy is named after the late Trygve Mark Berge and will be open to all clubs to participate and compete in to be named winners of the cup.

The Cup was launched in March/April 2022, and is a multi-week event. Each series is adapted and changed to vary the events competed for over the course of the series. The cup will primarily promote participation in relay events, whilst also providing the opportunity for swimmers to compete in a weekly individual event.

Structure

All events and results will be classified as Development events/times. Clubs race the weekly event plus a relay in their training time and can do it anytime during the week that suits. Results will be published on Swimming New Zealand's database.

Individual events age groups are, 9 and under, 10, 11, 12, 13, 14, 15, 16, 17 and over. Age at 13th March, 2023, swimmers restricted to one individual race per week.

Relay age groups are 12 and under, 13 and 14, 15 and 16, 17 and over

All relay teams to be mixed (2 male: 2 female), Swimmers are only permitted in one relay team each week, but may swim up an age.

Clubs can enter as many individuals and Relays teams as they like. The more the better! Swimmers can only swim each individual event once and take part in one relay team per week.

The Trygve Cup will be awarded to the winning club at the end of the series and a prize for the club with the most amount of entries throughout the 3 weeks.

Points

Individual points are awarded to top 10 swimmers in each age group, 1st - 10th.
10-9-8-7-6-5-4-3-2-1

Relay points are awarded to top 10 teams in each age group, 1st - 10th.
20-18-16-14-12-10-8-6-4-2

Participation Points = % of Clubs' competitors to compete in the Trygve cup per week
4.5 = 90%+, 4 = 80%-<90%, 3.5 = 70%-<80%, 3 = 60%-<70%, 2.5 = 50%-<60%, 2 = 40%-<50%, 1.5 = 30%-<40%, 1 = 20%-<30%, 0.5 = 10%-<20%

Results

Clubs to have weekly results to Swimming Wellington by the Sunday of each race week, meet file to be provided by Swimming Wellington and results to be returned in the correct format.

Previous weeks results and the Team Points ladder published on the Monday of each week in the series.