

THE TRIMUSKOKA CUP

PURPOSE:

To develop an intra-club competition to increase engagement of our club members through the participation in club based activities and events that our club is involved with. These events will be identified each calendar year prior to December 31st and will include participation or volunteer involvement at (but is not exclusive to):

- Triathlon events and races in the local region
- Triathlon events and races that are identified as “club races”
- Running events and races that are identified as “club events”
- Cycling events and races that are identified as “club events”
- Swimming events and races that are identified as “club events”
- TriMuskoka club workouts and seminars
- TriMuskoka club social events

WHO IS ELIGIBLE TO PARTICIPATE:

Any and all TriMuskoka members in good standing.

LENGTH OF THE TRIMUSKOKA CUP SEASON

January 1 to the close of the triathlon season each year.

POINTS:

- **Triathlon Events:**
 - Triathlons that are “club races”: 2 points
 - Top 5 finish in your age group: 1 bonus point
 - Triathlons that are NOT “club races”: 1 point
 - Notes:
 - Members can be part of a relay or participate individually in triathlon events/races
 - The number of points will be the same regardless of whether or not someone participates as an individual or as part of a relay team
 - Triathlon Sub-types:
 - **Local** is defined by the boundaries of the Districts of Muskoka and Parry Sound.
 - **Club Events** are those that are identified by the board as being events that our club members will work towards as a club, and club workouts will be periodized toward these events
 - The top three scores from an individual’s triathlons will be counted towards their points. Points are awarded as such:

- **Running Events:**
 - Running events that are “club events”: 1 point

- **Cycling Events:**
 - Cycling events that are “club events”: 1 point

- **Swimming Events:**
 - Swimming events that are “club events”: 1 point

- **Volunteering at events:**
 - Volunteering at club identified events (triathlon, swimming, cycling, or running): 1 point

- **TriMuskoka Triathlon Club Workouts and Seminars:**
 - Attendance at each workout: 0.5 point
 - Sign in attendance sheet will be kept by the coach of the session
 - Coaches will submit the attendance sheets at the end of every month to the Scorekeeper (Ray Love: lovex2@live.ca)

- **TriMuskoka Triathlon Club Seminars:**
 - Attendance at each seminar: 0.5 point
 - Sign in attendance sheet will be kept by the organizer of the seminar (or delegate) at the seminar
 - The organizer will submit the attendance sheets after the seminar to the Scorekeeper (Ray Love: lovex2@live.ca)

- **TriMuskoka Triathlon Club Social Events**
 - Attendance at each social event: 0.5 point
 - Sign in attendance sheet will be kept by the social coordinator (or delegate) at the social event
 - The social coordinator will submit the attendance sheets after the social event to the Scorekeeper (Ray Love: lovex2@live.ca)

KEEPING TRACK OF POINTS

- **Races:**
 - On the home page of the TeamSnap page, there is a form that can be filled out by members for each of their accomplishments.
 - This information will be tabulated by our Scorekeeper on a regular basis
- **TriMuskoka Triathlon Club Events:**
 - As noted above
 - A sign in sheet will be done for each event (workout, seminar, social) and these will be submitted to the Scorekeeper who will input the information for points
- **Tabulation and Notification:**
 - The points will be tabulated on a regular basis by the TriMuskoka Cup Points Scorekeeper, and standings will be posted on the TeamSnap page, in periodic newsletters, as well as on the Facebook group.

YEAR END AWARDS

- **Overall TriMuskoka Cup Champs:** There will be a TriMuskoka Cup for each male and female first place finisher.
 - Additional awards for second and third places will be awarded
- **Additional Achievements:** Additional awards will be handed out either for special achievements as determined by the board and the Scorekeeper (i.e. most workout points, most races completed, most volunteer points, etc).