



THE 54TH ANNUAL
MEL ZAJAC JR.
INTERNATIONAL SWIM MEET

May 26-28, 2017
New UBC Aquatic Centre

OUR SPONSORS



THE MEL JR. & MARTY
ZAJAC FOUNDATION



GENERAL INFORMATION

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Sanctioned by SwimBC: # 21059
SNC and FINA rules will apply

VENUE

New UBC Aquatic Centre
6080 Student Union Blvd.
Vancouver, BC
V6T 1Z1

POOL

10-lane 50 metre competition pool
8-lane 25 metre warm-up pool
Omega Electronic Timing

ORGANIZING COMMITTEE

Meet Director Lawrence Lam
lawrencelam@vancouverpacificswimclub.com

Technical Director Brian Johns
brianjohns@vancouverpacificswimclub.com

Meet Referee Norma LaChance

Entries Coordinator Rudi Plesch

ENTRIES

Entry Deadline

Tuesday, May 16th, 2017 at 12:00PM (Noon)
PDT

Entry Fees

\$105 Splash Fee Per Swimmer
\$20 Per Relay Entry
Late Entries: subject to 200% penalty at
discretion of Meet Management

Entry Process

Domestic team entries must be submitted to
<https://www.swimming.ca/MeetList.aspx>
Foreign team entries use the same website
and select "Province selection --- Out of
Country ---"

ELIGIBILITY

All swimmers must be registered with SNC,
USS or a FINA recognized organization.

The qualifying period is between January 1,
2016 and May 16, 2017.

A swimmer must have at least one proven
long course time that equals or betters the
qualifying standard listed below. Entry times
for qualifying events are to be entered as LC
times only.

A qualified swimmer will be permitted to swim
up to 3 bonus events, to a maximum of 3 indi-
vidual events in a single day of competition. A
swimmer with 1 qualifying LC time may swim
up to 4 events, 2 qualifying LC times up to 5
events etc.

Bonus (non-qualifying) events should be
marked appropriately upon entry. Entry times
for bonus events are to be entered in the
course of the performance. Meet management
will convert bonus entry times using Hy-Tek
standards.

For the 800 and 1500 m Freestyle events, A
PROVEN LONG COURSE TIME MUST BE USED
FOR ENTRY

AWARDS AND SCORING

A Team Award will be presented to the club
that accumulates the highest aggregate
scoring total for the men and women's events.
National federations are not eligible.

Individual events, places 1st-20th: 24, 21, 20,
19, 18, 17, 16, 15, 14, 13, 11, 9, 8, 7, 6, 5, 4, 3, 2, 1

Relay events places 1st-10th: 24, 21, 20, 19, 18,
17, 16, 15, 14, 13

PRIZES

The top 3 finishers will receive UBC Dolphin
trophies for all individual events. Relay event
winners will receive a meet sponsored prize.

Prize money will be rewarded for event win-
ners and top performers in the meet. More
information will be made available prior to the
competition.

FORMAT

Heats will be swum in 10 lanes and senior
seeded.

Finals will be swum in 10 lanes in all events,
with 'A' and 'B' finals for each event.

At the discretion of meet management, there
may be C finals in 50, 100 and 200 metre
events.

Distance Events

The 800 and 1500 m Freestyle events will be
swum as timed finals with the top 10 proven
long course entries swimming during the
finals.

The remaining heats will be swum fastest to
slowest, alternating women and men, at the
end of the preliminary session.

Entries for ALL distance events will be limited
to the Top 30 proven entries. More entries
MAY be permitted at the discretion of meet
management.

Relays

All relays will be swum as timed finals.

The top 20 teams in the 4 x 100 Freestyle Re-
lay and the 4 x 100 Medley Relay, as well as the
Top 10 teams in the 4 x 200 Freestyle Relay,
will swim during the finals.

All other relays will swim at the end of the pre-
liminaries, with the heats of the 4 x 100 Med-
ley Relay to be swum prior to the 800/1500
preliminary heats on Sunday afternoon.

COMPETITION LIMIT

The meet management will have the dis-
cretion to limit the number of participating
athletes with an expected meet size of 500
athletes.

SCHEDULE AND TIME STANDARDS

THURSDAY, MAY 25, 2017

Open training times

16:00-21:00

FRIDAY, MAY 26, 2017

Preliminaries

Warm-Up: 07:00-08:45

Start: 09:00

Finals

Warm-Up: 16:00-17:15

Start: 17:30

W		EVENT		M
		800 Free	9:15.00	1
2	2:29.75	200 Back	2:20.00	3
4	1:19.25	100 Breast	1:12.75	5
6	2:13.00	200 Free	2:03.50	7
8	5:22.50	400 IM	5:00.00	9
10	30.75	50 Fly	28.00	11
12	18:45.00	1500 Free		
13		4 x 100 Free Relay		14

SATURDAY, MAY 27, 2017

Preliminaries

Warm-Up: 07:00-08:45

Start: 09:00

Finals

Warm-Up: 16:00-17:15

Start: 17:30

W		EVENT		M
15	1:07.50	100 Fly	1:01.75	16
17	4:42.75	400 Free	4:23.00	18
19	32.75	50 Back	30.00	20
21	2:31.25	200 IM	2:20.50	22
23	28.50	50 Free	26.00	24
25	2:51.19	200 Breast	2:38.00	26
27		4 x 200 Free Relay		28

SUNDAY, MAY 28, 2017

Preliminaries

Warm-Up: 07:00-08:45

Start: 09:00

Finals

Warm-Up: 16:00-17:15

Start: 17:30

W		EVENT		M
29	9:45.00	800 Free		
30	36.50	50 Breast	33.00	31
32	2:30.75	200 Fly	2:16.25	33
34	1:00.75	100 Free	55.75	35
36	1:09.00	100 Back	1:04.50	37
		1500 Free	17:50.00	38
39		4 x 100 Medley Relay		40

MEET RECORDS

1	Men 800 Free	7:51.74	2009-05-22	Ryan Cochrane - Island Swimming
2	Women 200 Back	2:09.34	2012-05-25	Meagan Nay - QAS, AUS
3	Men 200 Back	1:59.92	2012-05-25	Mitchell Larkin - QAS, AUS
4	Women 100 Breast	1:07.32	2009-05-22	Annamay Pierse - UBC Dolphins
5	Men 100 Breast	1:01.57	2012-05-25	Scott Dickens - UBC Dolphins
6	Women 200 Free	1:57.84	2008-05-23	Bronte Barratt - Australia
7	Men 200 Free	1:46.75	2012-05-25	Taehwan Park - KOREA
8	Women 400 IM	4:38.75	2009-05-22	Ariana J Kukors - KING
9	Men 400 IM	4:20.27	2008-05-23	Keith Beavers - ROW
10	Women 50 Fly	26.64	2010-05-28	Dana Vollmer - California-PC
11	Men 50 Fly	24.47	2013-05-22	Kelly Aspinall - UBC Dolphins
12	Women 1500 Free	16:27.99	2013-05-25	Emily Brunnerman - Club Wolverine
15	Women 100 Fly	58.59	2010-05-29	Dana Vollmer - California-PC
16	Men 100 Fly	53.52	2009-05-23	Joe Bartoch - LAC
17	Women 400 Free	4:05.86	2008-05-24	Bronte Barratt - Australia
18	Men 400 Free	3:44.22	2012-05-26	Taehwan Park - KOREA
19	Women 50 Back	28.63	2008-05-24	Julia Wilkinson - Aggie-GU
20	Men 50 Back	25.20	2012-05-26	Hayden Stoeckel - SASI, AUS
21	Women 200 IM	2:11.07	2009-05-23	Ariana J Kukors - KING
22	Men 200 IM	2:00.15	2013-05-24	Ryan Lochte - DBS-FL
23	Women 50 Free	24.58	2008-05-24	Cate Campbell - Australia
24	Men 50 Free	22.50	2009-05-23	Brent Hayden - UBC Dolphins
25	Women 200 Breast	2:25.65	2009-05-23	Annamay Pierse - UBC Dolphins
26	Men 200 Breast	2:13.80	2012-05-26	Scott Dickens - UBC Dolphins
29	Women 800 Free	8:27.07	2008-05-24	Kylie Palmer - Australia
30	Women 50 Breast	30.91	2006-06-04	Megan Jendrick - KING
31	Men 50 Breast	27.98	2012-05-27	Scott Dickens - UBC Dolphins
32	Women 200 Fly	2:09.80	2014-05-25	Audrey Lacroix - CAMO
33	Men 200 Fly	1:58.12	2008-05-25	Adam Sioui - UCSC
34	Women 100 Free	54.27	2011-05-29	Natalie H Coughlin - Cal Aquatics
35	Men 100 Free	49.16	2009-05-24	Brent Hayden - UBC Dolphins
36	Women 100 Back	1:00.80	2011-05-29	Natalie H Coughlin - Cal Aquatics
37	Men 100 Back	54.62	2012-05-27	Hayden Stoeckel - SASI, AUS
38	Men 1500 Free	15:07.30	2009-05-24	Ryan Cochrane - Island Swimming

SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competitions must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials to work together to comply with these procedures during all scheduled warm-up periods. Coaches are requested to encourage swimmers to cooperate with Safety Marshals.



GENERAL WARM-UP

- Swimmers must enter the pool FEET FIRST in a cautious manner, entering from a start or turn end only and from a standing or sitting position.
- Running on the pool deck and running entries into the pool are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warmup time. Any such lane usage must be communicated through a pre-competition handout, an announcement or deck signage.
- Diving starts shall be permitted only in designated sprint lanes. Only one-way swimming from the start end of sprint lanes is permitted.
- Pools with backstroke starting ledges available may offer a designated lane for backstroke starts, at meet management's discretion. (This is not mandatory if not enough general lane space is available for the number of swimmers in the meet.)
- Notices or barriers must be placed on starting blocks to indicate no diving during warm-up.

EQUIPMENT

- Kick Boards, Pull-Buoys, Ankle Bands, and Snorkels are permitted for use in the main warm-up pool during warm-up.
- Hand paddles and flippers are permitted for use in a secondary warm-up pool only (where available), at meet management's discretion and recommended only for higher level or senior competitions.

- At meet management's discretion and based on available space, the Meet Manager may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. It is recommended that this only be allowed in secondary warm-up pools as space allows. Coaches are responsible for equipment reliability and use. This is recommended only for higher level or senior competitions.

VIOLATIONS

It is recognized that there is a level of interpretation and common sense that must be applied when applying these guidelines. Diving headfirst quietly into an empty pool at the start of warm-up is not the same as diving headfirst into a crowded lane. Judgment and context is required.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed without warning from their first individual event following the warm-up period in which the violation occurred and the alternates in that event notified should that event be a final. They may also receive a verbal warning from the Safety Marshal. Swimmers receiving verbal warnings will have their names and clubs registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition.

SAFETY MARSHALS

The Safety Marshal is a trained position designated by Meet Management. Safety Marshals shall:

- Be visible by safety vest.
- Be situated at each end of the competition pool and when applicable, similarly situated in designated warm-up pools when pre-competition warm-ups are scheduled.
- Actively monitor all scheduled warm-up periods.
- Ensure participants comply with warm-up safety procedures and report violations to the Referee.

Depending on the level of competition, Safety Marshals have a role to help work with coaches and swimmers to ensure a safe warm-up environment. This may include educating a younger swimmer on the rules or communicating a concern to a coach.

Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official.

PARA-SWIMMER NOTIFICATION

Coaches are requested to notify Safety Marshals of any Para-swimmers participating in warm-ups where necessary and at the coach's discretion.

The following statement must appear in all Swimming Canada sanctioned meet information and posted notices:

"SWIMMING CANADA COMPETITION WARM-UP SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET!"