



THE MEL JR. & MARTY
ZAJAC FOUNDATION
For Seniors & Children

THE 53rd ANNUAL
2016 MEL ZAJAC JR
INTERNATIONAL SWIM MEET
May 27-29 Page 1/6

Sanction

- Sanctioned by Swim BC: #19143

Location

- UBC Aquatic Centre: 6121 University Blvd., Vancouver, BC V6T 1Z1, Canada
- Competition Pool: 50 m - 8 lanes – Omega Electronic Timing

Organizing Committee

- Meet Director..... Tyler Lewall604-736-0411 vpsscswim@telus.net
- Competition Coordinator..... Brian Johns.....604-822-8903 brian.johns@ubc.ca
- Technical & Entries Rob Traynor604-822-8903 ubcswimming@gmail.com
- Officials Director..... Graem Luis.....604-736-0411 vpsscswim@telus.net

Entries

- Domestic team entries should be submitted to <https://www.swimming.ca/MeetList.aspx>
- Foreign team entries use the same website and select “Province selection --- Out of Country ---“
- The Team Manager Event File will be available at <https://www.swimming.ca/MeetList.aspx>

Entry Fees

- Individual Events: CA \$105.00 including Provincial Team Splash fee, Relays Events: CA\$20.00 per event
- Fees must be paid in **Canadian funds**: cheque, money order or cash. Credit card payments and e-mail money transfers are available, please contact the Meet Director for further information.
- **Entry fees are due FRIDAY, May 27, 2016 at 08:00 AM PDT and MUST BE PAID PRIOR TO THE COMPETITION.** Entry fees should be paid in person or credit card and not sent via postal service
- Cheques and Money Orders are payable to “VPSC”.
- Time trials may be run time permitting at a cost of \$30 per swim

Entry Deadline

- **Entries are due Tuesday May 17, 2016 at 12:00 PDT (noon).**
- Late entries may be charged at 200%, at the discretion of meet management (as per rule SNC 2.2.5)

Scratches

- Please note the following scratch deadlines:
 - Friday events: end of Technical Meeting on Thursday May 26, 2016
 - Saturday events: 30 minutes following the end of finals on Friday evening
 - Sunday events: 30 minutes following the end of finals on Saturday evening
- Scratches for finals must be submitted 30 minutes following the last heat swim of the morning. \$20 penalty will be assessed for missed final swims.



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Proof of Times

- Proof of times are REQUIRED. Please include proof of times (via e-mail; including a web site where the proof can be verified) if entry times do not appear on one of the following sites: www.swimming.ca, www.usaswimming.org, www.swimrankings.net

Rules

- SCN and FINA rules will apply.
- SCN warm-up protocol will be in effect (this is posted on the meet web page)

Doping Control

- Photo identification will be required for doping control purposes. All swimmers require photo identification (e.g. driver's license, school identification card, passport, etc.)

Eligibility

- All swimmers must be registered with SCN, USS or a FINA recognized organization.
- The qualifying period is between January 1, 2015 and May 17, 2016.
- Qualifying times are included below and in the Hy-Tek Team Manager Event File.
- **Swimmers may swim a maximum of 6 individual events.** One qualifying event allows up to 6 individual events. Bonus (non-qualifying) events should be entered at an actual time and indicated by the BONUS checkbox in Hy-tek or Splash Team Manager.
- Entry times are to be entered in the course of the performance. Meet management will convert entry times for preliminary/final events at the Hy-tek standards
- For Timed Final events, seeding will be done in order of course entered: long course metres, followed by short course metres, followed by short course yards. Please note that in order to compete in the Top 8 – Final Heat of the Women's and Men's 800 Free and the Women's and Men's 1500 Free - a **PROVEN LONG COURSE TIME MUST BE USED FOR ENTRY**. Also note the entry limit to the distance events under the Format section of this meet information.

Training Times

- Pre-meet training will be available in the competition pool Thursday, May 26, 2016, times will be announced.
- For additional pre-meet training, please contact Brian Johns at brian.johns@ubc.ca

Meet Registration

- All club officials and/or swimmers are required to register at the UBC Aquatic Centre classroom, **between 15:00 and 17:00, THURSDAY, May 26, 2016 or before 07:30 FRIDAY May 22.** **All teams must be REGISTERED AND HAVE THEIR FEES PAID before competing.** Please notify the host at vpscswim@telus.net if you cannot register during these times.

Technical Meeting

- There will be a technical meeting in the classroom of the UBC Aquatic Centre on **Thursday, MAY 26, 2016, at 17:00.**

Officials Briefing

- The officials will meet each day of the competition, one hour prior to the start time of each session. All officials working at that session are required to attend.
- All senior officials may also be required to attend a de-briefing following each session.
- If you have parents traveling with your team that are interested in officiating at this National Level meet please have them contact Tyler Lewall at vpscswim@telus.net

Scoring

- FINA Individual event team scoring: 1st-16th: 18, 16, 15, 14, 13, 12, 11, 10, 8, 7, 6, 5, 4, 3, 2, 1
- FINA Relay event team scoring: 1st-8th: 36, 32, 30, 28, 26, 24, 22, 20



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Awards

- A Combined Team award will be presented to the club that accumulates the highest aggregate scoring total for the men and women's events. See SNC 4.4.6. National federations will not be eligible for this award.
- Prize money may be awarded for placing 1st. There is additional prize money for setting a meet record. In case of ties, prize money will be split.
- 1st, 2nd and 3rd UBC Dolphin trophies for all individual and relay events
- The details of the prize money will be available prior to the competition.

Format

- **Psych Listing:** will be available at <http://www.ubcd.ca> shortly following the entry deadline.
- **Finals:** will be swum in an alternating format with B finals, followed by A finals.
- **C-Finals:** will be available in 50m, 100m and 200m events, at the discretion of the meet management; C finals will proceed B finals when offered.
- **Positive Check-In - Finals:** all finals require positive check in. The positive check-in deadline for finals is at **17:15** each day, prior to the final. Swimmers may check-in any time after the start of the warm up period. **If the swimmer is not checked in by 17:15, the alternate will be placed.** A finalists are required to march on prior to their final heat.
- **Positive Check-In – 800 / 1500:** will also be required for the women's and men's, 800 free and 1500 free; check-in times for the 800 & 1500 events **Friday and Sunday is 10:00.**
- **800 & 1500 Top 8:** the 8 fastest entries will be swum during the finals in the program order. As stated in the Eligibility section: in order to compete in the Top 8 – Final Heat of the Women's and Men's 800 Free and the Women's and Men's 1500 Free, a **LONG COURSE TIME MUST BE USED FOR ENTRY.** Conversion will not be allowed for the top 8 entries in those events.
- **800 & 1500 Slower Heats:**
 - For the W 1500 and M 800 free, will be limited to the top 24 proven entries in each event
 - Alternates will be identified and should check back regularly in case of scratches.
 - The W 800 and M 1500 free, will be limited to the top 32 proven entries in each event.
 - Alternates will be identified and should check back regularly in case of scratches.
 - The top 8 will swim during finals with the remaining heats swum fastest to slowest, alternating women and men, at the end of the preliminary session.
 - All athletes swimming in the non-final session must provide at least one timer for their lane.
- **Relays:**
 - All relays will be timed-finals.
 - The top 16 teams in the 4x100 Free Relay and the 4x100 Medley Relay will swim during the finals, while the top 8 teams in the 4x200 Free Relay will swim during the finals. All other relays will swim at the end of the preliminaries but prior to the overflow heats of other events (see below).
 - The heats of the 4x100 Medley Relay (if necessary) will swim before the 800/1500 preliminary heats on Saturday afternoon.
- **Competitor Limit:** The meet management will have the discretion to **limit the number of participating athletes.** We estimate **400 athletes.**
- **Overflow Heats:** The meet management reserves the right to limit the number of heats in the preliminary sessions, where additional heats beyond the set limit of fast heats, will be swum at the **end** of the preliminary session. If necessary, overflow heats may be capped. Notification of capped overflow heats will be sent out after the entry deadline.
- Core preliminary sessions (prior to overflow) are estimated to finish at 12:00. Finals are estimated to finish at 19:30.
- Following the entry deadline, the order of events (including all heats) and estimated schedule will be published

Questions

- E-mail vpscswim@telus.net or contact someone on the organizing committee

Updates

- Please check <http://www.ubcd.ca> for the latest meet updates.



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Friday, May 27, 2016

Preliminaries: Warm Up: 07:00 – 08:45 Start: 09:00
Finals: Warm Up: 16:00 – 17:15 Start: 17:30

WOMEN

MEN

	800 Free	9:18.43L	1	
2.....	02:31.24L	200 Back	02:21.79L	3
4.....	01:20.09L	100 Breast	01:13.49L	5
6.....	02:14.78L	200 Free	02:04.52L	7
8.....	05:25.09L	400 IM	05:01.39L	9
10....	00:30.62L	50 Fly	00:28.24L	11
12....	18:45.12L	1500 Free		
13....	4x100 Free Relay		14

Saturday, May 28, 2016

Preliminaries: Warm Up: 07:00 – 08:45 Start: 09:00
Finals: Warm Up: 16:00 – 17:15 Start: 17:30

15.....	01:08.99L	100 Fly	01:02.54L	16
17.....	00:33.07L	50 Back	00:30.08L	18
19.....	04:44.53L	400 Free	04:23.90L	20
21.....	02:34.06L	200 IM	02:21.94L	22
23.....	00:28.62L	50 Free	00:26.01L	24
25.....	02:51.19L	200 Breast	02:38.17L	26
27.....	4x200 Free Relay		28

Sunday, May 29, 2016

Preliminaries: Warm Up: 07:00 – 08:45 Start: 09:00
Finals: Warm Up: 16:00 – 17:15 Start: 17:30

29.....	09:54.47L	800 Free		
30.....	00:36.65L	50 Breast	00:33.28L	31
32.....	02:36.73L	200 Fly	02:25.36L	33
34.....	01:02.14L	100 Free	00:57.11L	35
36.....	01:10.24L	100 Back	01:05.23L	37
		1500 Free	17:59.02L	38
39.....	4x100 Medley Relay		40



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Meet Records

1	Men 800 Free	07:51.74	2009-05-22	Ryan Cochrane - Island Swimming
2	Women 200 Back	02:09.34	2012-05-25	Meagan Nay - QAS, AUS
3	Men 200 Back	01:59.92	2012-05-25	Mitchell Larkin - QAS, AUS
4	Women 100 Breast	01:07.32	2009-05-22	Annamay Pierse - UBC Dolphins
5	Men 100 Breast	01:01.57	2012-05-25	Scott Dickens - UBC Dolphins
6	Women 200 Free	01:57.84	2008-05-23	Bronte Barratt - Australia
7	Men 200 Free	01:46.75	2012-05-25	Taehwan Park - KOREA
8	Women 400 IM	04:38.75	2009-05-22	Ariana J Kukors - KING
9	Men 400 IM	04:20.27	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 50 Back	28.63	2008-05-24	Julia Wilkinson - Aggie-GU
18	Men 50 Back	25.20	2012-05-26	Hayden Stoeckel - SASI, AUS
19	Women 400 Free	04:05.86	2008-05-24	Bronte Barratt - Australia
20	Men 400 Free	03:44.22	2012-05-26	Taehwan Park - KOREA
21	Women 200 IM	02:11.07	2009-05-23	Ariana J Kukors - KING
22	Men 200 IM	02:00.15	2013-05-24	Ryan Lochte - DBS - FI
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	02:25.65	2009-05-23	Annamay Pierse - UBC Dolphins
26	Men 200 Breast	02:13.80	2012-05-26	Scott Dickens - UBC Dolphins
29	Women 800 Free	08:27.07	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	02:09.80	2014-05-25	Audrey Lacroix - Camo
33	Men 200 Fly	01:58.12	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	01:00.80	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



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COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Canadian swimming competition must ensure the following safety procedures are applied. It is incumbent on coaches, swimmers, and officials 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 water **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 tank are prohibited.
- Meet Management may designate the use of sprint or pace lanes during the scheduled warm-up time. Any such lane usage must be communicated either in pre-competition handout, 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.
- 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 scheduled warm-up time.
- Meet Management may permit use of tubing or cord assisted sprinting in designated lanes and during specific times of the warm-up only. Coaches are responsible for equipment reliability and use.
- Hand paddles, drag chutes, and flippers / fins are not permitted during any warm-up at any time.

VIOLATIONS:

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion will be removed without warning from their first event following the warm-up period in which the violation occurred.
- In the case of a second offense during the same competition the swimmer will be removed from the competition in its entirety. A provincial disciplinary action or report may be filed.

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 tank and when applicable, similarly situated in designated warm-up tanks 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.

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 WARM-UP COMPETITION SAFETY PROCEDURES WILL BE IN EFFECT AT THIS MEET."

November 25, 2014