



THE 56TH ANNUAL
MEL ZAJAC JR.
INTERNATIONAL SWIM MEET

May 24-26, 2019
UBC Aquatic Centre

OUR SPONSORS



THE MEL JR. & MARTY
ZAJAC FOUNDATION



GENERAL INFORMATION

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FINA Approved International Competition
Sanctioned by Swim BC: #32040
SNC and FINA rules will apply

VENUE

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

POOL

10-lane 50-meter competition pool
8-lane 25-meter warm-up pool
Omega Electronic Timing
Stats will be conducted from Starting
Platforms (blocks) as per FINA 2.3 and SW 4.1
and/or from the deck or bulkhead as per
Canadian Facility Rule CFR 2.3 and CSW 4.1.1

ORGANIZING COMMITTEE

Meet Director Sarah Rudolf
director@swimzajac.com
Meet Manager Norma Lachance
mathdva@gmail.com
Technical Director Brian Johns
brianjohns@vancouverpacificswimclub.com
Meet Referee Peter Garagan
pgaragan@mymts.net

ENTRIES

Entry Deadline
Tuesday, May 14th, 2019 at 11:59PM PDT

Entry Fees
\$115 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 athletes must be registered as
Competitive swimmers with SNC, or any other
amateur swimming organization recognized
by FINA. A valid SNC registration number is
required by

All Canadian swimmers and entries without a
SNC Registration number will be declined
entry. The qualification period for entry into
the meet is January 1st, 2018 to May 14th, 2019.

A swimmer must have at least **ONE** proven
time that equals or betters the qualifying
standards listed below. Entry times will be
converted to long course meters by meet
management for the purposes of seeding.

Once qualified, a swimmer will be permitted
to swim up to 3 bonus events while
competing in a maximum of 3 individual
events in a single day of competition. A
swimmer may enter more than 4 events, if
they equal or better the qualifying standards
for the meet in all registered events.

Bonus (non-qualifying) events should be
marked appropriately upon entry.

PRIZES

The top 3 finishers in the Championship Final,
will receive Zajac Dolphin trophies for all
individual events. Prizes will also be awarded
for the top 3 finishers in the Junior
Championship Final. Relay event winners will
receive a meet sponsored prize pack.

Prize money will be rewarded for event
winners, record breakers and top performers
in the meet. More information will be made
available prior to the competition.

FORMAT

Heats will be swum in 10 lanes. Events will be
senior-seeded, with the final 3 heats circle-
seeded in all events, except for the 400-meter
events, which will have the final 2 heats
circle-seeded.

Repechage may be swum depending on the
size of the meet after the entry deadline. The
number of Repechage heats will be
determined and communicated prior to the
start of the meet.

Repechage heats will take place following
the conclusion of the preliminary session on
each day of the meet, after the completion
of the Relay and Distance events.

Finals will be swum in all 50, 100 and 200-
meter events, with the following finals being
offered in each event for each gender.

- Championship Final (top ten swimmers)
- Junior Championship Final (top ten 18 and under swimmers, who have not qualified for Championship Final)
- Consolation Final (next ten fastest swimmers regardless of age)

FOR ALL 400-METER EVENTS, a
Championship Final and Junior
Championship Final will be swum. At the
discretion of meet management, a
Consolation Final may be available in the
400-meter 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. Only a Championship
Final will be offered for the distance
events. A PROVEN TIME MUST BE USED
FOR ENTRY.**

The remaining heats will be swum slowest to
fastest, 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 10 teams in all Relay events will
swim during the finals.

All other relays will swim at the end of the
preliminary heats prior to the start of the
distance events that may be held in that
session.

COMPETITION LIMIT

The meet management will have the
discretion to limit the number of
participating athletes with an expected
meet size of 650 athletes.

SCHEDULE AND TIME STANDARDS

THURSDAY, MAY 23, 2019

Open Training: 16:00-20:30 at UBC Aquatic Centre

FRIDAY, May 24, 2019

Preliminaries Warm-Up: 07:00-08:45 Start: 09:00

Finals Warm-Up: 16:00-17:15 Start: 17:30

W	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	M
				800 Free	9:10.00	8:59.22	10:16.25	1
2	2:11.60	2:26.08	2:29.00	200 Back	2:20.25	2:17.50	2:03.87	3
4	1:11.54	1:19.41	1:21.00	100 Breast	1:13.50	1:12.06	1:04.92	5
6	1:57.47	2:10.39	2:13.00	200 Free	2:02.25	1:59.85	1:47.98	7
8	4:43.96	5:15.20	5:21.50	400 IM	4:55.00	4:49.22	4:20.55	9
10	0:27.60	0:30.64	0:31.25	50 Fly	0:28.25	0:27.70	0:24.95	11
12	18:29.56	18:22.94	18:45.00	1500 Free				
13				4 x 100 Free Relay				14

SATURDAY, May 25, 2019

Preliminaries Warm-Up: 07:00-08:45 Start: 09:00

Finals Warm-Up: 16:00-17:15 Start: 17:30

W	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	M
15	0:59.62	1:06.18	1:07.50	100 Fly	1:01.25	1:00.05	0:54.10	16
17	5:13.73	4:34.51	4:40.00	400 Free	4:19.50	4:14.41	4:50.76	18
19	0:29.81	0:33.09	0:33.75	50 Back	0:30.75	0:30.15	0:27.16	20
21	2:13.15	2:27.79	2:30.75	200 IM	2:19.50	2:16.76	2:03.21	22
23	0:25.39	0:28.19	0:28.75	50 Free	0:26.00	0:25.49	0:22.96	24
25	2:34.57	2:51.57	2:55.00	200 Breast	2:38.00	2:34.90	2:19.55	26
27				4 x 200 Free Relay				28

SUNDAY, May 26, 2019

Preliminaries Warm-Up: 07:00-08:45 Start: 09:00

Finals Warm-Up: 16:00-17:15 Start: 17:30

W	SCY	SCM	LCM	EVENT	LCM	SCM	SCY	M
29	10:51.54	9:30.10	9:41.50	800 Free				
30	0:33.12	0:36.76	0:37.50	50 Breast	0:34.00	0:33.33	0:30.03	31
32	2:15.58	2:30.49	2:33.50	200 Fly	2:19.00	2:16.27	2:02.77	33
34	0:53.44	0:59.31	1:00.50	100 Free	0:55.50	0:54.41	0:49.02	35
36	1:01.16	1:07.89	1:09.25	100 Back	1:04.25	1:02.99	0:56.75	37
				1500 Free	17:10.00	16:49.80	16:55.86	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	2:08.37	2018-06-01	Isabelle Stadden - USA JR
3	Men 200 Back	1:58.14	2012-06-01	Markus Thormeyer- UBCSC/HPC-VAN
4	Women 100 Breast	1:07.32	2009-05-22	Annamay Pierse - UBC Dolphins
5	Men 100 Breast	1:00.70	2017-05-26	Richard Funk - Canada
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	26.59	2018-06-01	Penny Oleksiak - TSC
11	Men 50 Fly	23.69	2018-06-01	Caeleb Dressel- Bolles-FL
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	28.71	2018-06-02	Isabella Stadden - USA JR
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	22.15	2018-06-02	Caeleb Dressel - Bolles- FL
25	Women 200 Breast	2:25.25	2017-05-27	Kierra Smith - KWIC
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	30.84	2017-05-28	Rachel Nicol - LASC
31	Men 50 Breast	27.89	2018-06-03	Caeleb Dressel - Bolles- FL
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	1:00.10	2018-01-03	Isabella Stadden - USA JR
37	Men 100 Back	54.49	2018-01-03	Markus Thormeyer- UBCSC/HPC-VAN
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."