



THE 55<sup>TH</sup> ANNUAL  
**MEL ZAJAC JR.**  
**INTERNATIONAL SWIM MEET**

June 1-3, 2018  
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: #23013  
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

## ORGANIZING COMMITTEE

**Meet Director** Lawrence Lam  
[director@swimzajac.com](mailto:director@swimzajac.com)

**Technical Director** Brian Johns  
[brianjohns@vancouverpacificswimclub.com](mailto:brianjohns@vancouverpacificswimclub.com)

**Meet Referee** Norma Lachance

**Entries Coordinator** Lawrence Lam  
[director@swimzajac.com](mailto:director@swimzajac.com)

## ENTRIES

**Entry Deadline**  
Tuesday, May 22<sup>nd</sup>, 2018 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,  
2017 and May 22, 2018.

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.

Bonus (non-qualifying) events should be  
marked appropriately upon 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 Zajac Dolphin  
trophies for all individual events. Relay event  
winners will receive a meet sponsored prize.

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, with the  
exception of the 400-meter events, which  
will have the final 2 heats circle-seeded.

Repechage may be swum depending on the  
total size of the meet. 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 first preliminary  
session, after the completion of the Relay  
and Distance events.

Finals will be swum in 10 lanes in all events,  
with 'A', 'B' and 'C' finals for all 50, 100 and  
200-meter events. At the discretion of meet  
management, 'C' finals may be available in  
the 400-meter 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. A PROVEN TIME MUST BE USED  
FOR ENTRY

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 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 750 athletes

# SCHEDULE AND TIME STANDARDS

## THURSDAY, MAY 31, 2018

Open Training Times 16:00-21:00

## FRIDAY, JUNE 1, 2018

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	9:20.00	9:09.02	10:27.45	1
2	2:12.49	2:27.06	2:30.00	200 Back	2:21.00	2:18.24	2:04.54	3
4	1:11.54	1:19.41	1:21.00	100 Breast	1:14.00	1:12.55	1:05.36	5
6	1:57.47	2:10.39	2:13.00	200 Free	2:04.00	2:01.57	1:49.52	7
8	4:45.29	5:16.67	5:23.00	400 IM	5:00.00	4:54.12	4:24.97	9
10	27.82	30.88	31.50	50 Fly	28.50	27.94	25.17	11
12	18:26.26	18:22.94	18:45.00	1500 Free				
13				4 x 100 Free Relay				14

## SATURDAY, JUNE 2, 2018

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	1:00.06	1:06.67	1:08.00	100 Fly	1:02.00	1:00.78	54.76	16
17	5:17.09	4:37.45	4:43.00	400 Free	4:23.00	4:17.84	4:54.68	18
19	29.59	32.84	33.50	50 Back	30.50	29.90	26.94	20
21	2:14.25	2:29.02	2:32.00	200 IM	2:21.00	2:18.24	2:04.54	22
23	25.61	28.43	29.00	50 Free	26.00	25.49	22.96	24
25	2:34.57	2:51.57	2:55.00	200 Breast	2:40.00	2:36.86	2:21.32	26
27				4 x 200 Free Relay				28

## SUNDAY, JUNE 3, 2018

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	10:55.46	9:33.53	9:45.00	800 Free				
30	32.90	36.52	37.25	50 Breast	33.75	33.09	29.81	31
32	2:16.90	2:31.96	2:35.00	200 Fly	2:20.00	2:17.25	2:03.65	33
34	53.88	59.80	1:01.00	100 Free	56.00	54.90	49.46	35
36	1:01.83	1:08.63	1:10.00	100 Back	1:05.00	1:03.73	57.41	37
				1500 Free	18:00.00	17:38.82	17:42.01	38
39				4 x 100 Medley Relay				40

# MEET RECORDS

1	<b>Men 800 Free</b>	7:51.74	2009-05-22	Ryan Cochrane - Island Swimming
2	<b>Women 200 Back</b>	2:09.34	2012-05-25	Meagan Nay - QAS, AUS
3	<b>Men 200 Back</b>	1:59.92	2012-05-25	Mitchell Larkin - QAS, AUS
4	<b>Women 100 Breast</b>	1:07.32	2009-05-22	Annamay Pierse - UBC Dolphins
5	<b>Men 100 Breast</b>	1:00.70	2017-05-26	<i>Richard Funk - Canada</i>
6	<b>Women 200 Free</b>	1:57.84	2008-05-23	Bronte Barratt - Australia
7	<b>Men 200 Free</b>	1:46.75	2012-05-25	Taehwan Park - KOREA
8	<b>Women 400 IM</b>	4:38.75	2009-05-22	Ariana J Kukors - KING
9	<b>Men 400 IM</b>	4:20.27	2008-05-23	Keith Beavers - ROW
10	<b>Women 50 Fly</b>	26.64	2010-05-28	Dana Vollmer - California-PC
11	<b>Men 50 Fly</b>	24.45	2017-05-26	<i>Dillon Virva - KING</i>
12	<b>Women 1500 Free</b>	16:27.99	2013-05-25	Emily Brunnerman - Club Wolverine
15	<b>Women 100 Fly</b>	58.59	2010-05-29	Dana Vollmer - California-PC
16	<b>Men 100 Fly</b>	53.52	2009-05-23	Joe Bartoch - LAC
17	<b>Women 400 Free</b>	4:05.86	2008-05-24	Bronte Barratt - Australia
18	<b>Men 400 Free</b>	3:44.22	2012-05-26	Taehwan Park - KOREA
19	<b>Women 50 Back</b>	28.58	2017-05-27	<i>Johanna Roas - University of Denver</i>
20	<b>Men 50 Back</b>	25.20	2012-05-26	Hayden Stoeckel - SASI, AUS
21	<b>Women 200 IM</b>	2:11.07	2009-05-23	Ariana J Kukors - KING
22	<b>Men 200 IM</b>	2:00.15	2013-05-24	Ryan Lochte - DBS-FL
23	<b>Women 50 Free</b>	24.58	2008-05-24	Cate Campbell - Australia
24	<b>Men 50 Free</b>	22.50	2009-05-23	Brent Hayden - UBC Dolphins
25	<b>Women 200 Breast</b>	2:25.25	2017-05-27	<i>Kierra Smith - KWIC</i>
26	<b>Men 200 Breast</b>	2:13.80	2012-05-26	Scott Dickens - UBC Dolphins
29	<b>Women 800 Free</b>	8:27.07	2008-05-24	Kylie Palmer - Australia
30	<b>Women 50 Breast</b>	30.84	2017-05-28	<i>Rachel Nicol - LASC</i>
31	<b>Men 50 Breast</b>	27.92	2017-05-28	<i>Richard Funk - Canada</i>
32	<b>Women 200 Fly</b>	2:09.80	2014-05-25	Audrey Lacroix - CAMO
33	<b>Men 200 Fly</b>	1:58.12	2008-05-25	Adam Sioui - UCSC
34	<b>Women 100 Free</b>	54.27	2011-05-29	Natalie H Coughlin - Cal Aquatics
35	<b>Men 100 Free</b>	49.16	2009-05-24	Brent Hayden - UBC Dolphins
36	<b>Women 100 Back</b>	1:00.80	2011-05-29	Natalie H Coughlin - Cal Aquatics
37	<b>Men 100 Back</b>	54.62	2012-05-27	Hayden Stoeckel - SASI, AUS
38	<b>Men 1500 Free</b>	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."