



THE 58th ANNUAL
MEL ZAJAC JR.
INTERNATIONAL SWIM MEET

June 2-4, 2023
UBC Aquatic Centre

MEL
ZAJAC

HOSTED BY:



VANCOUVER
PACIFIC
SWIM
CLUB

GENERAL INFORMATION



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World Aquatics Approved International Competition

Sanctioned by Swim BC: #38486

SNC and World Aquatics rules will apply

The University of British Columbia and the Vancouver Pacific Swim Club acknowledge that the land on which we gather is the traditional, ancestral, unceded territory of the Musqueam people.

POOL VENUE:

UBC Aquatic Centre

6080 Student Union Blvd.,

Vancouver, BC, V6T 1Z1

10 lane 50 meter competition pool

8 lane 25 meter warm-up pool

Omega Electronic Timing

Starts will be conducted from

starting platforms (blocks) as per World

Aquatics 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 Sierra Moores

director@swimzajac.com

Meet Manager Kathy Findlay

meetmanager@swimzajac.com

Technical Director Derrick Schoof

derrick.schoof@ubc.ca

Meet Referee Glenn Greig

glgreig@gmail.com

Entry Co-ordinator, Sarah Rudolf

entries@swimzajac.com

SAFE SPORT STATEMENT:

The University of British Columbia, and the Vancouver Pacific Swim Club, believes that athletes, coaches, officials, support staff and volunteers have the right to participate in a safe and inclusive sport environment that is free of abuse, harassment and discrimination.

All interactions between an athlete and an individual who is in a position of trust should normally, and wherever possible, be in an environment or space that is both “open” and “observable” to others.

All athletes must be registered as competitive swimmers with SNC, or any other amateur swimming organization recognized by World Aquatics. A valid SNC registration number is required by all

Canadian swimmers and entries without a SNC Registration number will be declined entry.

A swimmer must have at least ONE time that equals or betters the qualifying standards listed below.

Enter unconverted LCM/SCM/SCY times only. Seeding will be completed as LCM/SCM/SCY. Once qualified, a swimmer will be permitted to swim up to 2 bonus events determined as follows:

Bonus (non-qualifying) Event Structure:

1 QT = 2 Bonus Events

2 QT or more = 1 Bonus event

The 400 Free, 400 IM and 800/1500 Free are **NOT** eligible to be used as Bonus events.

Bonus events **MUST** be marked appropriately upon entry.

ENTRIES:

Entry Deadline

Tuesday May 23rd, 2023 at 11:59PM PST

Scratch Deadline

Monday May 29th, 2023 at 11:59PM PST

Entry Fees

\$135 entry fee per swimmer, which includes the Swim BC competition surcharge of \$5 per swimmer.

\$25 per relay entry.

Late Entries: Subject to paying double the entry fee at the discretion of Meet Management.

Cheques and fees should be made payable to **UBC Athletics**. All fees may be paid via credit card, in person, upon check-in.

Deck Entries

Deck entries will be allowed at the discretion of Meet Management, provided they do not create a new heat. The deck entry fee will be \$40.

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 ---”

Swimmers are limited to a **maximum of six individual events**.

AWARDS:

The top 3 finishers will receive awards for all individual events. Awards will be given immediately following the completion of the A Final.

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 heats may be swum depending on the size of the meet after the entry deadline. To be confirmed in the technical bulletin. Repechage heats may take place following the conclusion of the preliminary session on each day of the meet and after the completion of the relay and distance events.

The 800 and 1500 meter Freestyle events will be swum as timed Finals with the top 10 LCM qualified 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 qualified entries. More entries MAY be permitted at the discretion of meet management.

Finals will be in the following format: C Final, B Final, A Championship Final. The A, B, and C finals will be swum in the 100, 200, and 400-meter events for both genders.

Relays

All relays will be swum as timed Finals.

The top 20 teams of the 4x100 medley and 4x100 free relay events will swim during the Finals. Top 10 teams of the 4x200 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.

Meet Management reserves the right to limit the number of relays, based on timelines.

SCRATCH PROTOCOL:

Scratches for Friday preliminaries are due 30 minutes after the technical meeting on June 1st.

All other scratches for preliminaries are due 15 minutes after the last event of Finals.

Scratches for finals are due 30 minutes after the conclusion for the repechage.

No show in finals will result in a penalty of \$50.00 and removal from any other events from the final session. This includes the distance timed final Championship heat and the Relays.

COMPETITION LIMIT:

Athlete limit: 575

* The Federation or Swim Club which enters the 575th swimmer will be the last entries accepted into the meet.

TECHNICAL MEETING:

Thursday June 1, 2023 at 15:00

ACCOMODATIONS:

Details will be made available on the [Mel Zajac Jr. Intl. Swim Meet Website](#)

COACHES & OFFICIALS SOCIAL:

Saturday night after Finals

SPECTATORS:

This will be a ticketed event – details will be made available on the [Mel Zajac Jr. Intl. Swim Meet Website](#)

SCHEDULE AND TIME STANDARDS



To book training time prior to June 1st please contact Christine Saunders christine.saunders@ubc.ca

Thursday June 1, 2023

Open Training at the UBC Aquatic Centre:

09:30-12:00 10 lanes 50m

16:30-20:30 10 lanes 50m

Friday June 2, 2023

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*	9:17.07	9:06.14	10:24.16	1
2	2:11.82	2:26.32	2:29.25	200 Back	2:19.51	2:16.78	2:03.22	3
4	1:11.16	1:18.99	1:20.57	100 Breast	1:10.41	1:09.03	1:02.19	5
6	1:55.97	2:08.73	2:11.30	200 Free	2:02.24	1:59.84	1:47.97	7
8	4:42.44	5:13.50	5:19.77	400 IM	4:56.80	4:50.99	4:22.15	9
10	0:27.07	0:30.05	0:30.65	50 Fly	0:28.01	0:27.46	0:24.74	11
12	18:55.54	18:52.13	19:14.77	1500 Free*				
13				4x100 Free Relay				14

Saturday June 3, 2023

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	2:13.00	2:27.63	2:30.59	200 IM	2:18.35	2:15.64	2:02.20	16
17	0:59.38	1:05.91	1:07.23	100 Fly	1:01.03	0:59.83	0:53.90	18
19	0:29.79	0:33.07	0:33.73	50 Back	0:31.58	0:30.96	0:27.89	20
21	5:11.76	4:32.79	4:38.24	400 Free*	4:20.93	4:15.81	4:52.36	22
23	2:32.92	2:49.74	2:53.13	200 Breast	2:32.09	2:29.11	2:14.33	24
25	0:25.45	0:28.25	0:28.82	50 Free	0:26.07	0:25.56	0:23.03	26
27				4x200 Free Relay				28

Sunday June 4, 2023

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	10:52.76	9:31.17	9:42.59	800 Free*				
30	1:01.39	1:08.14	1:09.50	100 Back	1:04.33	1:03.07	0:56.82	31
32	0:33.34	0:37.01	0:37.75	50 Breast	0:33.11	0:32.47	0:29.25	33
34	2:14.91	2:29.75	2:32.75	200 Fly	2:18.74	2:16.02	2:02.54	35
36	0:54.02	0:59.96	1:01.16	100 Free	0:55.55	0:54.46	0:49.06	37
				1500 Free*	17:40.17	17:19.38	17:22.51	38
39				4x100 Medley Relay				40

*Yards Standards for the 400 Free, 800 Free, 1500 Free are for the 500 Free, 1000 Free, and 1650 Free.

	EVENT	TIME	DATE	RECORD HOLDER
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	26.57	2019-05-24	Torri Huske - USAJR
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	52.04	2019-05-25	Luca Urlando- DART-SN
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	28.34	2022-06-04	Erika Pelaez – 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	1:54.35	2019-05-26	Luca Urlando- DART- SN
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	54.42	2019-05-26	Markus Thormeyer- UBCT/HPC-VAN
38	Men 1500 Free	15:07.30	2009-05-24	Ryan Cochrane - Island Swimming



COMPETITION WARM-UP SAFETY PROCEDURES

Meet Management for all sanctioned Swim BC 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 warm-up time. Any such lane usage must be communicated through a pre-competition handout or announcement and visible through on deck signage.
- **Swim BC recommends that**, where lane density exceeds 20 swimmers per lane SC or 40 swimmers per lane LC, Meet Management split warm-up to ensure a safe environment (swimmers per lane) exists (i.e. by club, gender or age). A split warm up must be communicated in some fashion prior to the start of warm-up. This can be through a pre-competition handout or email, a technical meeting, or a general announcement.
- 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.
- Pre-event training shall be managed by the coaches and will have sufficient lifeguards on deck. There will be no Safety Marshals in place during pre-event training.
- Safety Marshals will not be in place during the competition in warm-up/warm-down pools.

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 national events 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 national events 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 are required. This section is specific to diving violations and not equipment.

- Swimmers witnessed by a Safety Marshal diving or entering the water in a dangerous fashion may be removed, by the Meet Referee, 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 and should subsequent violations occur the swimmer may be removed by the Referee without warning from their first individual event as noted above.
- In the case of a second offense during the same competition the swimmer may be removed from the remainder of the competition by the Meet Referee.



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.

A minimum of 2 safety marshals are recommended for each of the 25m warm-up pools in use during short course competitions, and a minimum of 4 safety marshals are recommended for 50m warm-up pools in use during long course competitions.

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 procedures 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 Meet Manager, prior to the meet, of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.

The following statement must appear in all Swim BC sanctioned meet information and posted notices:

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