



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

# THE 49<sup>th</sup> ANNUAL 2012 MEL ZAJAC JR INTERNATIONAL SWIM MEET

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***This organizers of this meet have requested FINA Competition approval where swimmers can achieve the FINA "A" and "B" Qualifying Standard Times for the London 2012 Olympic Games. One of the criteria for approval is having FINA level officials (Starters and Referees) officiating the sessions. As such, only times achieved in the "A" Finals of this meet may be eligible to achieve the FINA qualifying standards (pending FINA Competition approval).***

### Sanction

- Sanctioned by SwimBC: #12774

### Location

- UBC Aquatic Centre: 6121 University Blvd., Vancouver, BC V6T 1Z1, Canada
- Competition Pool: 50 m - 8 lanes – Omega Electronic Timing
- Warm Up Pool: 55 y – 6 lane

### Organizing Committee

- |                                    |                       |              |  |
|------------------------------------|-----------------------|--------------|--|
| • Meet Manager.....                | Margaret Durward..... | 604-822-8903 | <a href="mailto:margaretdurward@telus.net">margaretdurward@telus.net</a>             |
| • Meet Chairperson.....            | Flip Filippelli.....  | 604-822-8903 | <a href="mailto:ubcdolphins@gmail.com">ubcdolphins@gmail.com</a>                     |
| • SNC Competition Coordinator..... | Dave Shewfelt.....    |              | <a href="mailto:daveandsueshewfelt@sympatico.ca">daveandsueshewfelt@sympatico.ca</a> |
| • Meet Director.....               | Janice Hanan.....     | 604-822-8903 | <a href="mailto:ubcdolphins@gmail.com">ubcdolphins@gmail.com</a>                     |
| • Technical & Entries.....         | Rob Traynor.....      | 778-688-2975 | <a href="mailto:pdsa.entries@gmail.com">pdsa.entries@gmail.com</a>                   |

### Entries

- Domestic team entries should be submitted to <https://www.swimming.ca/MeetList.aspx>
- Foreign team entries may be e-mailed to [pdsa.entries@gmail.com](mailto:pdsa.entries@gmail.com)
- The Team Manager Event File will be available at <https://www.swimming.ca/MeetList.aspx>

### Entry Fees

- Individual Events: CA \$90.00 splash fee, Relays Events: CA\$16.00 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 THURSDAY, May 24, 2012 at 18:00 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 "PDSA".

### Entry Deadline

- **Entries are due Tuesday May 15, 2012 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 24, 2012
  - Saturday events: 30 minutes following the end of finals on Friday evening
  - Sunday events: 30 minutes following the end of finals on Saturday evening
- Please see SNC 3.4 at <https://www.swimming.ca/APPENDIX-A-SNC-designated-meet-rules> for penalties associated with scratch infractions.



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**Proof of Times**

- Proof of times are REQUIRED for the 800m and 1500m events. 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](http://www.swimming.ca), [www.usaswimming.org](http://www.usaswimming.org), [www.swimrankings.net](http://www.swimrankings.net)

**Rules**

- SNC and FINA rules will apply.
- SNC warm-up protocol will be in effect (this is posted on the meet web page and appended to this document)
- The meet will be run "card-less"; it is the responsibility of the swimmer to arrive at the blocks in time for their events.

**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 SNC, USS or a FINA recognized organization.
- The qualifying period is between January 1, 2011 and May 15, 2012.
- 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.
- Converted entry times may be used in all preliminary/final events, converted using Hy-tek (from SCM 2%, from SCY 11.5%).
- 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 24, 2012, times will be announced.
- For additional pre-meet training, please contact Janice Hanan at [ubcdolphins@gmail.com](mailto:ubcdolphins@gmail.com).

**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 24, 2012. All teams must be REGISTERED AND HAVE THEIR FEES PAID before competing.** Late registration may also be done between 07:30 and 08:30 on Friday, May 25. Please notify the host at [ubcdolphins@gmail.com](mailto:ubcdolphins@gmail.com) 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 24, 2012, 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 Margaret Durward at [ubcdolphins@gmail.com](mailto:ubcdolphins@gmail.com)

**Scoring**

- Individual event team scoring: 1<sup>st</sup>-16<sup>th</sup>: 50-30-20-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay event team scoring: 1<sup>st</sup>-8<sup>th</sup>: 50-30-20-15-14-13-12-11



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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 1<sup>st</sup>. There is additional prize money for setting a meet record. In case of ties, prize money will be split.
- 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup> 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.pacificdolphins.com> 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 **500 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
- 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 [info@pacificdolphins.com](mailto:info@pacificdolphins.com) or contact someone on the organizing committee

#### Updates

- Please check <http://www.pacificdolphins.com> for the latest meet updates.



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**Friday, May 25, 2012**

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

**WOMEN**

**MEN**

	800 Free.....	08:41.04L.....	1	
2.....	02:32.11L.....	200 Back.....	02:17.56L.....	3
4.....	01:19.99L.....	100 Breast.....	01:10.90L.....	5
6.....	02:13.83L.....	200 Free.....	02:02.41L.....	7
8.....	05:23.20L.....	400 IM.....	04:55.93L.....	9
10.....	00:31.61L.....	50 Fly.....	00:27.67L.....	11
12.....	17:59.82L.....	1500 Free		
13.....	4x100 Free Relay.....			14

**Saturday, May 26, 2012**

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

15.....	01:08.98L.....	100 Fly.....	01:01.00L.....	16
17.....	00:33.13L.....	50 Back.....	00:29.80L.....	18
19.....	04:43.71L.....	400 Free.....	04:22.10L.....	20
21.....	02:32.01L.....	200 IM.....	02:18.07L.....	22
23.....	00:28.89L.....	50 Free.....	00:25.55L.....	24
25.....	02:53.01L.....	200 Breast.....	02:35.64L.....	26
27.....	4x200 Free Relay.....			28

**Sunday, May 27, 2012**

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

29.....	09:34.00L.....	800 Free		
30.....	00:36.87L.....	50 Breast.....	00:32.52L.....	31
32.....	02:32.31L.....	200 Fly.....	02:17.06L.....	33
34.....	01:02.22L.....	100 Free.....	00:55.55L.....	35
36.....	01:10.70L.....	100 Back.....	01:03.73L.....	37
		1500 Free.....	17:03.10L.....	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	02:12.50	2009-05-22	Melissa Franklin - USA Jr Team
3	Men 200 Back	01:59.92	2000-07-09	Lenny Krayzelburg - Trojan
4	Women 100 Breast	01:07.32	2009-05-22	Annamay Pierse - UBC Dolphins
5	Men 100 Breast	01:01.88	2009-05-22	Scott Dickens - UBC Dolphins
6	Women 200 Free	01:57.84	2008-05-23	Bronte Barratt - Australia
7	Men 200 Free	01:49.36	2005-06-17	Brent Hayden - UBC Dolphins
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	24.49	2009-05-22	Joe Bartoch - LAC
12	Women 1500 Free	16:35.94	2011-05-27	Savannah King - UBCD
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	25.50	2009-05-23	Daniel Arnarnart - Aquaburn
19	Women 400 Free	04:05.86	2008-05-24	Bronte Barratt - Australia
20	Men 400 Free	03:50.13	2008-05-24	Ryan Cochrane - Island Swimming
21	Women 200 IM	02:11.07	2009-05-23	Ariana J Kukors - KING
22	Men 200 IM	02:01.81	2008-05-24	Leith Brodie - Australia
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	02:14.31	2008-05-24	Mike Brown - UCSC
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	28.35	2004-05-16	Morgan Knabe - UC Swim Club
32	Women 200 Fly	02:10.65	2008-05-25	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	54.93	2009-05-24	Daniel Arnarnart - Aquaburn
38	Men 1500 Free	15:07.30	2009-05-24	Ryan Cochrane - Island Swimming



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During the designated warm-up period, the meet management committee shall be responsible for ensuring that all Risk Management/Warm-up procedures are followed. It is incumbent on all participants, i.e. meet management, coaches, swimmers, and officials to comply with these procedures. Non-compliance with these procedures will result in a warning or removal of the swimmer from the warm-up pool, and possible further reporting to meet management and the Referee for action under rule SW 2.1.1.

Meet management shall designate Safety Marshals to actively monitor the warm-up period in the competition pool and ensure compliance with these procedures. Safety Marshals should be notified of any disabled swimmers who are participating in warm-ups. Additional "practice" pools, if any, are to be supervised by lifeguards and coaches.

*"Safety Marshals shall be responsible to the Referee for all aspects of safety related to conduct during the warm-up period and shall ensure that all appropriate warm-up procedures are followed."* (CSW 2.13.1.5)

#### **GENERAL WARM-UP RULES:**

- Swimmers shall enter the water FEET FIRST in a cautious manner.
- No Running on the pool deck
- No Diving from the side of the pool.
- Meet Management shall provide signage to indicate designated lane use during warm-up.
- Notices/barriers shall be placed on starting blocks to prevent diving during the general warm-up.
- Diving Starts are only permitted in designated Sprint Lanes during the warm-up period.
- Lanes shall be open primarily for 'Circle Swimming during the General warm-up period.
- Coaches and swimmers shall allow Backstrokers & PARA swimmers the 'right of way' for safety purposes.
- Meet Management may designate a Sprint Lane(s) and/or a Pace Lane(s) throughout the general warm-up period.

#### **SPECIFIC/SPRINT WARM-UP PERIOD:**

- Sprint and Pace lanes must be opened for at least the last 30 minutes of warm-ups or as designated by meet management.
- Outside Lanes should be designated as Sprint Lanes.
- Only 'one-way' swimming shall be permitted in Sprint Lanes.
- Sprint Lanes, Pace Lanes, and Circle Swimming lanes shall be clearly marked with signage.

The following statement shall appear in the meet information and in posted notices:

"SNC WARM UP PROCEDURES WILL BE IN EFFECT AT THIS MEET".

#### **EQUIPMENT:**

- FLUTTER BOARDS and PULLBUOYS are allowed.
- HAND PADDLES and FLIPPERS (ZOOMERS) are NOT ALLOWED.