



THE 60th ANNUAL
MEL ZAJAC JR.
INTERNATIONAL SWIM MEET

MEL
ZAJAC

May 16th - 18th, 2025
UBC Aquatic Centre

HOSTED BY:



VANCOUVER
PACIFIC
SWIM
CLUB

GENERAL INFORMATION



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World Aquatics Tier 3 International Competition
Sanctioned by Swim BC: # 24076
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 as per World Aquatics rule II.4.

ORGANIZING COMMITTEE:

Meet Director Sarah Rudolf
director@swimzajac.com
Meet Manager Kathy Findlay
meetmanager@swimzajac.com
Technical Director Derrick Schoof
derrick.schoof@ubc.ca
Meet Referee Peter Burke
peterburke@shaw.ca
Entry Co-ordinator, Darryl 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.

Deck changes are explicitly prohibited.

Separate adult only washrooms are not available due to facility constraints.

ELIGIBILITY:

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 6th, 2025 at 11:59PM PST

Scratch and Adjustment Deadline

Monday May 12th, 2025 at 11:59PM PST
No adjustments to entries will be permitted after May 12th.

Entry Fees

\$145 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. Payment will also be accepted by eTransfer to:

finance@vancouverpacificswimclub.com

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. Deck entries made after 8:30am will be done on a best-efforts basis.

Deck entries for swimmers not already in the meet must be accompanied by proof of current registration, including name spelling as it appears in the SNC registration system, date of birth, and SNC registration number.

Entry Process

As the Swimming Canada online entry system is not currently available, entries for this meet will be done as follows:

Entry files must be emailed directly to Darryl Rudolf at entries@swimzajac.com.

Entries may only be submitted for swimmers whose registration is active in the new REMS database.

All entry files must contain the complete and accurate information as required (the same as if uploading to the SNC online system) – this includes swimmer 9-digit ID #, name, correct date of birth, and gender.

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

Bonus Swims must be marked as such in the entry file. Entries that do not meet the Mel Zajac standard and are not marked as Bonus will be removed from the meet.

AWARDS:

The top 3 finishers will receive awards for all individual events. Awards will be presented during scheduled awards ceremonies.

FORMAT:

All events except the 800 and 1500 Freestyle will swim heats and finals. Both heats and finals will be swum in 10 lanes. The final 3 heats will be circle-seeded in all 50, 100, 200 and 400 meter events.

GENERAL INFORMATION



A, B and C finals will be swum in all 50, 100, 200 and 400 meter events for each gender. Finals will be in the following order: A Final, B Final, C Final. Awards presentations for the Championship A Final will occur three times during each session.

This competition can provide the following accommodations for swimmers who are D/deaf or Hard of hearing:

1. Non-verbal instruction provided by a support person from the swimmer's own club, who is registered in the REMS as 'support staff'
2. Visual hand signals given by the starter/referee
3. Facility or Swimming Canada provided strobe light: An external strobe light is available at this competition

During events only one (1) swimmer per lane is permitted.

Coaches are reminded that once competition begins, the field of play is reserved for swimmers, officials and support staff. Coaches are not permitted behind the starting blocks or at the turn end but are welcome to coach and encourage their swimmers from the sides of the pool

Distance

The 800 and 1500 meter Freestyle events will be swum as timed Finals with the top 10 LCM qualified entries for each gender swimming during 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. ALL distance events will be limited to a maximum of 30 entries. Swimmers who are not in the fastest 30 entries received by the entry deadline will be given an opportunity to enter another event in lieu of the distance event.

Relays

All relays will be swum as Timed Finals.

The top 20 teams of the 4x100 medley and 4x100 free relay events (for each gender) will swim during the Finals. The 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 May 15th.

Scratches for Saturday preliminary events are due 30 minutes after the 50 Fly Final and scratches for Sunday preliminary events are due 30 minutes after the 50 Free Final.

Scratches for Finals are due:

Friday: 30 minutes after 50 Fly Prelim

Saturday: 30 minutes after 50 Free Prelim

Sunday: 30 minutes after 100 Free Prelim

No shows in preliminaries and finals will result in a fine of \$50.00. Fines must be paid by the end of the session. This includes the distance timed finals 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 May 15th, 2025 at 15:30

ACCOMODATIONS:

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

COACHES & SENIOR 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](#)

PHOTOGRAPHY:

In order to minimize risk, all photographs and video taken at Swimming Canada/Swim BC sanctioned competitions, whether taken by a professional photographer or videographer, spectator, team support staff or any other participant, must observe generally accepted standards of decency. Under no circumstances are cameras or other recording devices allowed in the area immediately behind the starting blocks during practice or competition starts, or in locker rooms, bathrooms, or any other dressing area.

SCHEDULE AND TIME STANDARDS

To book training time prior to May 15th, 2025, please contact Christine Saunders christine.saunders@ubc.ca

Thursday May 15th, 2025

Open Training at the UBC Aquatic Centre:

09:00-12:00 10 lanes 50m

16:30-20:30 10 lanes 50m + 8 lanes 25m

Friday May 16th, 2025

Preliminaries: Warm-Up: 07:00-08:45 Start: 09:00 Finish: 13:00

Finals: Warm-Up: 16:00-17:15 Start: 17:30 Finish: 20:30

W	SCY	SCM	LCM	Event	LCM	SCM	SCY	M
				800 Free*	9:11.66	9:00.84	10:18.10	1
2	2:10.54	2:24.90	2:27.80	200 Back	2:18.16	2:15.45	2:02.03	3
4	1:10.47	1:18.22	1:19.78	100 Breast	1:09.73	1:08.36	1:01.59	5
6	1:54.85	2:07.48	2:10.03	200 Free	2:01.05	1:58.68	1:46.92	7
8	4:39.69	5:10.46	5:16.67	400 IM	4:53.92	4:48.16	4:19.60	9
10	26.81	29.76	30.36	50 Fly	27.73	27.19	24.50	11
12	18:44.51	18:41.14	19:03.56	1500 Free*				
13				4x100 Free Relay				14

Saturday May 17th, 2025

Preliminaries: Warm-Up: 07:00-08:45 Start: 09:00 Finish: 13:30

Finals: Warm-Up: 16:00-17:15 Start: 17:30 Finish: 20:30

W	SCY	SCM	LCM	Event	LCM	SCM	SCY	M
15	2:11.71	2:26.20	2:29.12	200 IM	2:17.01	2:14.32	2:01.01	16
17	58.80	1:05.27	1:06.58	100 Fly	1:00.44	59.25	53.38	18
19	29.50	32.75	33.40	50 Back	31.27	30.66	27.62	20
21	5:08.73	4:30.14	4:35.54	400 Free*	4:18.40	4:13.33	4:49.52	22
23	2:31.43	2:48.09	2:51.45	200 Breast	2:30.61	2:27.66	2:13.03	24
25	25.21	27.98	28.54	50 Free	25.82	25.31	22.80	26
27				4x200 Free Relay				28

Sunday May 18th, 2025

Preliminaries: Warm-Up: 07:00-08:45 Start: 09:00 Finish: 13:00

Finals: Warm-Up: 16:00-17:15 Start: 17:30 Finish: 20:00

W	SCY	SCM	LCM	Event	LCM	SCM	SCY	M
29	10:46.42	9:25.62	9:36.93	800 Free*				
30	1:00.79	1:07.48	1:08.83	100 Back	1:03.71	1:02.46	56.27	31
32	33.02	36.65	37.38	50 Breast	32.79	32.15	28.96	33
34	2:13.60	2:28.30	2:31.27	200 Fly	2:17.39	2:14.70	2:01.35	35
36	53.50	59.38	1:00.57	100 Free	55.01	53.93	48.59	37
				1500 Free*	17:29.88	17:09.29	17:12.39	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.

MEET RECORDS



EVENT		TIME	DATE	RECORD HOLDER
1	Men 800 Free	07:50.05	2024-06-21	Ilia Sibirtsev - UZB
2	Women 200 Back	02:08.37	2018-06-01	Isabelle Stadden – USA JR
3	Men 200 Back	01:57.97	2024-06-21	Yeziel Morales – Puerto Rico
4	Women 100 Breast	01:06.32	2024-06-21	Mona McSharry – Tennessee Aquatics
5	Men 100 Breast	01:00.70	2017-05-26	Richard Funk – Canada
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	04:18.41	2023-06-21	Collyn Gange - LOSC
10	Women 50 Fly	26.13	2024-06-21	Margaret MacNeil - CAN
11	Men 50 Fly	23.35	2024-06-01	Ilya Kharun- CAN
12	Women 1500 Free	16:27.99	2013-05-25	Emily Brunemann – Club Wolverine
15	Women 200 IM	02:11.07	2009-05-23	Ariana J Kukors - KING
16	Men 200 IM	02:00.15	2013-05-24	Ryan Lochte - DBS-FL
17	Women 100 Fly	57.70	2023-06-02	Maggie MacNeil - LAC
18	Men 100 Fly	51.14	2024-06-22	Josh Liendo - CAN
19	Women 50 Back	28.17	2018-06-02	Isabelle Stadden - USA-JR
20	Men 50 Back	25.20	2012-05-26	Hayden Stoeckel – SASI, AUS
21	Women 400 Free	04:05.86	2008-05-24	Bronte Barratt - Australia
22	Men 400 Free	03:44.22	2012-05-26	Taehwan Park – KOREA
23	Women 200 Breast	02:22.49	2024-06-22	Mona McSharry – Tennessee Aquatics
24	Men 200 Breast	02:13.8	2012-05-26	Scott Dickens - UBC Dolphins
25	Women 50 Free	24.58	2008-05-24	Cate Campbell - Australia
26	Men 50 Free	22.15	2018-06-02	Caeleb Dressel – Bolles- FL
29	Women 800 Free	08:27.07	2008-05-24	Kylie Palmer - Australia
30	Women 100 Back	01:00.10	2018-01-03	Isabella Stadden – USA JR
31	Men 100 Back	54.42	2019-05-26	Markus Thormeyer- UBCT/HPC-VAN
32	Women 50 Breast	30.84	2017-05-28	Rachel Nicol - LASC
33	Men 50 Breast	27.89	2018-06-03	Caeleb Dressel – Bolles- FL
34	Women 200 Fly	02:09.80	2014-05-25	Audrey Lacroix - CAMO
35	Men 200 Fly	01:54.35	2019-05-26	Luca Urlando- DART- SN
36	Women 100 Free	54.27	2011-05-29	Natalie H Coughlin - Cal Aquatics
37	Men 100 Free	49.02	2023-06-03	Josh Liendo - NYAC
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."