



The 57th Annual
Mel Zajac Jr.
International Swim Meet

June 3-5th, 2022
UBC Aquatic Centre

Our Sponsors



FOR CHILDREN

Out here we raise spirits.



THE MEL JR. & MARTY
ZAJAC FOUNDATION



VANCOUVER
PACIFIC
SWIM
CLUB



GENERAL INFORMATION

FINA Approved International Competition
Sanctioned by Swim BC: #37175
SNC and FINA rules will apply

The University of British Columbia and the Vancouver Pacific Swim Club, would like to begin by acknowledging that the land on which we gather is the traditional, ancestral, unceded territory of the Musqueam people.

VENUE

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

POOL

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 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 Scott Wilson
director@swimzajac.com
Meet Manager Norma Lachance
mathdva@gmail.com
Technical Director Derrick Schoof
derrick.schoof@ubc.ca
Meet Referee Glenn Greig
glgreig@gmail.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.

ENTRIES

Entry Deadline

Tuesday May 24th, 2022 at 11:59PM PDT

Entry Fees

\$125 Splash Fee Per Swimmer, which includes the Swim BC competition surcharge of \$4 per swimmer.
\$20 Per Relay Entry

Late Entries: Subject to paying double the Splash Fee at the discretion of Meet Management

Cheques and fees should be made payable to UBC Athletics.

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 \$20.

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.

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

Swimmers are limited to a maximum of six individual events.

Bonus Event Structure

1 QT = 3 Bonus events

2 QT = 2 Bonus events

3 or more QT = 1 Bonus event

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

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

Time conversions will not be accepted. Seeding will be done in the following order LCM/SCM/SCY.

PRIZES

The top 3 finishers in the Championship Final, will receive Zajac Dolphin trophies for all individual events.

Awards will be given immediately following the completion of the A Championship Final. More information will be provided prior to the competition in the technical bulletin.

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.

Depending on number of entries after the entry deadline, the meet may be separated into an A flight and B flight.

Details will be communicated prior to the meet in the technical bulletin.

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.

*Finals format is subject to change depending on COVID capacity protocols.

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 distance heats at the end of the preliminary session, slowest to fastest, alternating women and men.

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.

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

SCRATCH PROTOCOL

Scratches for heats are due 15 minutes after the last event of finals, no penalty for prelim no show. Scratches for Finals are due 30 minutes after the conclusion of the B flight heats.

A no show in finals will result in a penalty of \$50 and removal from any other events from that final session.

COMPETITION LIMIT

The meet management will have the discretion to limit the number of participating athletes with an expected meet size of 700 athletes.

Meet Management reserves the right to limit the number of entrants based on COVID capacity protocols.

ACCOMMODATIONS

Please contact the meet director for information for onsite accommodations for visiting teams.

COVID PROTOCOLS

Due to the ongoing COVID-19 pandemic and fluctuating federal, provincial, and facility regulations, specific COVID-19 protocols will be communicated closer to the competition. Please note safety protocols may include, but not be limited to: proof of vaccination, wearing of face masks, facility capacity limits, spectators and social distancing restrictions.

Schedule and Standards

Wednesday June 1st, 2022

Pre-Registered Training 9:30-12:00pm at UBC Aquatic Centre 10 lanes 50m

Pre-Registered Training 17:00-19:00pm at UBC Aquatic Centre 10 lanes 50m

Thursday June 2nd, 2022

Open Training 9:30-12:00pm at UBC Aquatic Centre 10 lanes 50m

Open Training 16:30-20:30 at UBC Aquatic Centre 10 lanes 50m

Friday June 3rd, 2022

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

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

<u>W</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>Event</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>M</u>
				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	1:21.60	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	27.60	30.64	32.25	50 Fly	28.25	27.70	24.95	11
12	18:29.56	18:22.94	18:45.00	1500 Free*				
13				4x100 Free Relay				14

Saturday June 4th, 2022

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

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

<u>W</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>Event</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>M</u>
15	2:13.15	2:27.79	2:30.75	200 IM	2:19.50	2:16.76	2:03.21	16
17	59.62	1:06.18	1:07.50	100 Fly	1:01.25	1:00.05	54.10	18
19	29.81	33.09	33.75	50 Back	30.75	30.15	27.16	20
21	5:13.73	4:34.51	4:40.00	400 Free*	4:19.50	4:14.41	4:50.76	22
23	2:34.57	2:51.57	2:55.00	200 Breast	2:38.00	2:34.90	2:19.55	24
25	25.39	28.19	28.75	50 Free	26.00	25.49	22.96	26
27				4x200 Free Relay				28

Sunday June 5th, 2022

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

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

<u>W</u>	<u>SCY</u>	<u>SCM</u>	<u>LCM</u>	<u>Event</u>	<u>LCM</u>	<u>SCM</u>	<u>SCY</u>	<u>M</u>
29	10:51.54	9:30.10	9:41.50	800 Free*				
30	1:01.16	1:07.89	1:09.25	100 Back	1:04.25	1:02.99	56.75	31
32	33.12	36.76	37.50	50 Breast	34.00	33.33	30.03	33
34	2:15.58	2:30.49	2:33.50	200 Fly	2:19.00	2:16.27	2:02.77	35
36	53.44	59.31	1:00.50	100 Free	55.50	54.41	49.02	37
				1500 Free*	17:10.00	16:49.80	16:55.86	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

Men 800 Free	7:51.74	2009-05-22	Ryan Cochrane - Island Swimming
Women 200 Back	2:08.37	2018-06-01	Isabelle Stadden – USA JR
Men 200 Back	1:58.14	2012-06-01	Markus Thormeyer- UBCSC/HPC-VAN
Women 100 Breast	1:07.32	2009-05-22	Annamay Pierse - UBC Dolphins
Men 100 Breast	1:00.70	2017-05-26	Richard Funk – Canada
Women 200 Free	1:57.84	2008-05-23	Bronte Barratt - Australia
Men 200 Free	1:46.75	2012-05-25	Taehwan Park – KOREA
Women 400 IM	4:38.75	2009-05-22	Ariana J Kukors - KING
Men 400 IM	4:20.27	2008-05-23	Keith Beavers - ROW
Women 50 Fly	26.57	2019-05-24	Torri Huske - USAJR
Men 50 Fly	23.69	2018-06-01	Caeleb Dressel- Bolles-FL
Women 1500 Free	16:27.99	2013-05-25	Emily Brunnerman – Club Wolverine
Women 100 Fly	58.59	2010-05-29	Dana Vollmer - California-PC
Men 100 Fly	52.04	2019-05-25	Luca Urlando- DART-SN
Women 400 Free	4:05.86	2008-05-24	Bronte Barratt - Australia
Men 400 Free	3:44.22	2012-05-26	Taehwan Park – KOREA
Women 50 Back	28.71	2018-06-02	Isabella Stadden – USA JR
Men 50 Back	25.2	2012-05-26	Hayden Stoeckel – SASI, AUS
Women 200 IM	2:11.07	2009-05-23	Ariana J Kukors - KING
Men 200 IM	2:00.15	2013-05-24	Ryan Lochte - DBS-FL
Women 50 Free	24.58	2008-05-24	Cate Campbell - Australia
Men 50 Free	22.15	2018-06-02	Caeleb Dressel – Bolles- FL
Women 200 Breast	2:25.25	2017-05-27	Kierra Smith – KWIC
Men 200 Breast	2:13.80	2012-05-26	Scott Dickens - UBC Dolphins
Women 800 Free	8:27.07	2008-05-24	Kylie Palmer - Australia
Women 50 Breast	30.84	2017-05-28	Rachel Nicol - LASC
Men 50 Breast	27.89	2018-06-03	Caeleb Dressel – Bolles- FL
Women 200 Fly	2:09.80	2014-05-25	Audrey Lacroix - CAMO
Men 200 Fly	1:54.35	2019-05-26	Luca Urlando- DART- SN
Women 100 Free	54.27	2011-05-29	Natalie H Coughlin - Cal Aquatics
Men 100 Free	49.16	2009-05-24	Brent Hayden - UBC Dolphins
Women 100 Back	1:00.10	2018-01-03	Isabella Stadden – USA JR
Men 100 Back	54.42	2019-05-26	Markus Thormeyer- UBCSC/HPC-VAN
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.”