



THE 61st ANNUAL  
**MEL ZAJAC JR.**  
INTERNATIONAL SWIM MEET

June 5<sup>th</sup> – 7<sup>th</sup>, 2026  
UBC Aquatic Centre



**MEL ZAJAC JR.**  
INTERNATIONAL  
**SWIM MEET**

HOSTED BY:



VANCOUVER  
PACIFIC  
SWIM  
CLUB

# COMPETITION INFORMATION



MEI 7A IAC ID

## **GENERAL INFORMATION:**

World Aquatics Tier 3 International Competition  
Sanctioned by Swim BC: # 59537  
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.

Swim BC warm-up procedures will be in effect and will be monitored by safety marshals.

## **ORGANIZING COMMITTEE:**

Meet Director Sarah Rudolf

[director@swimzajac.com](mailto:director@swimzajac.com)

Meet Manager:

Darryl Rudolf/Carrie Matheson

[meetmanager@swimzajac.com](mailto:meetmanager@swimzajac.com)

Technical Director Derrick Schoof

[derrick.schoof@ubc.ca](mailto:derrick.schoof@ubc.ca)

Meet Referee Peter Burke

[peterburke@shaw.ca](mailto:peterburke@shaw.ca)

Entry Co-ordinator, Darryl Rudolf

[entries@swimzajac.com](mailto:entries@swimzajac.com)

## **GENERAL MEET RULES AND INFO**

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.

This meet will be conducted under Swimming Canada rules and regulations.

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.

All swimmers are permitted to race with the swimwear of their choosing at all competitions sanctioned by Swim BC. It is not required to declare the choice of swimwear to the Referee if the fabric of the swimwear is a permeable open mesh textile and would not reasonably be seen to create a technical advantage in terms of speed, buoyancy, or endurance.

The Starter shall report a swimmer to the Referee for misconduct taking place at the start of a race as per Swimming Canada Part II 2.3.2. The "misconduct" shall include but is not limited to (C.2.3.2.1):

1. *Deliberate or negligent acts such as spitting, spouting of water, or blowing the nose in the pool or on the pool deck immediately prior to the start may be considered misconduct.*
2. *Deliberate kicking or striking of the starting platform, including the back plate prior to the start.*
3. *Unsafe or uncontrolled entry into the pool immediately prior to the start of a race. All swimmers must enter the pool with a controlled, feet-first entry.*

The Referee may disqualify a swimmer for such misconduct.

## **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 26th, 2026 at 11:59PM PST

### **Scratch and Adjustment Deadline:**

Monday June 1st, 2026 at 11:59PM PST

No adjustments to entries will be permitted after June 1st.

### **Entry Fees**

\$150 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.

All fees may be paid via credit card, in person, upon check-in, or by cheque. Cheques can be made out to **UBC Athletics**.

# COMPETITION INFORMATION



MEL ZAJAC INTL

## 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 \$50. 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

**Canadian Entries:** Must be submitted through the Swimming Canada online system. Entries will open on April 29 at 12:00pm pst. Any entries submitted before that time will be rejected and not accepted

**Foreign Swimmer Entries:** Must be submitted through the Google form found [HERE](#) or on the Zajac event [website](#). Entries will open on May 4th at 12:00pm pst. Any entries submitted before that time will be rejected and not accepted.

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.

## COMPETITION LIMIT:

### Athlete limit: 575

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

\*Teams that enter outside of the competition limit will be notified of the placement on the wait list within 24 hours of their entries being submitted.

\*Teams will be notified of removal from wait list and entry to the meet, by no later than Tuesday May 26<sup>th</sup>. No swimmers are teams will be entered into the competition off the waitlist after May 26<sup>th</sup>.

## 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.

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
- Clubs must contact Meet Management by the Entry Deadline of the need for accommodations.

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 June 4th.

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 INFORMATION



MEL 7A IAC ID

## **TECHNICAL MEETING:**

Thursday June 4th, 2026 at 15:30.  
More information will be available  
about location after the scratch  
deadline.

## **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 June 4th, 2026 please contact Adrian Greszata at [adrian.greszata@ubc.ca](mailto:adrian.greszata@ubc.ca)

## Thursday June 4th, 2026

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 June 5th, 2026

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	8:58.86	10:18.11	1
2	2:09.86	2:24.14	2:26.54	200 Back	2:15.60	2:13.20	2:00.00	3
4	1:08.43	1:15.96	1:17.96	100 Breast	1:09.46	1:07.46	1:00.77	5
6	1:56.15	2:06.53	2:09.73	200 Free	1:59.86	1:56.66	1:45.10	7
8	4:39.52	5:10.27	5:16.67	400 IM	4:53.92	4:47.52	4:19.03	9
10	26.72	29.66	30.36	50 Fly	27.40	26.70	24.05	11
12	18:25.81	18:23.93	18:47.93	1500 Free*				
13				4x100 Free Relay				14

## Saturday June 6th, 2026

Preliminaries: Warm-Up: 07:00-08:45 Start: 09:0 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	2:10.39	2:24.73	2:27.93	200 IM	2:15.40	2:12.20	1:59.10	16
17	58.72	1:05.18	1:06.58	100 Fly	59.53	58.13	52.37	18
19	29.01	32.20	32.80	50 Back	30.20	29.60	26.67	20
21	5:08.73	4:29.14	4:35.54	400 Free*	4:18.40	4:12.00	4:49.52	22
23	2:26.97	2:43.14	2:47.14	200 Breast	2:29.03	2:25.03	2:10.66	24
25	24.60	27.31	28.11	50 Free	25.39	24.59	22.15	26
27				4x200 Free Relay				28

## Sunday June 7th, 2026

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	10:41.80	9:20.01	9:32.81	800 Free*				
30	1:00.17	1:06.79	1:07.99	100 Back	1:02.04	1:00.84	54.81	31
32	32.01	35.53	36.53	50 Breast	32.68	31.68	28.54	33
34	2:13.76	2:28.47	2:31.27	200 Fly	2:14.47	2:11.67	1:58.62	35
36	52.60	58.39	59.99	100 Free	54.26	53.46	48.16	37
				1500 Free*	17:17.34	16:53.34	16:57.00	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	27.13	2025-05-17	Kylie Masse - TSC
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

---

For all Swim BC sanctioned competitions, Meet Management must ensure the following warm-up safety procedures are implemented. Coaches, swimmers, and officials share responsibility for adhering to these guidelines during all scheduled warm-up periods. Coaches are encouraged to support Safety Marshals in promoting a safe environment.

### 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.
- Swimmers shall always be aware of their surroundings and keep the end walls clear.
- 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.
- Swimmers exiting sprint lanes must exercise caution and remain aware of their surroundings. When crossing into other lanes, they shall ensure they do not interfere with ongoing sprint activities, pace work, or lanes designated for Para swimmers.
- Coaches shall decide if their swimmer is ready to safely participate in pace work in designated pace lanes and must be directly supervised by their coaches.
- 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 only be placed in the competition pool when warm-ups take place.

### EQUIPMENT

- Only 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 Referee, without warning from their next individual event following the warm-up period in which the violation occurred. The swimmer's name and club shall be registered with the Meet Manager.
- In the case of a second offense during the same competition the swimmer shall be removed from the remainder of the competition by the Competition Coordinator/Meet Referee.

## SAFETY MARSHALS

The Safety Marshal is a trained position designated by Meet Management. Judgment, tact and confidence is required and therefore the Safety Marshal should ideally be a more experienced official, whenever possible.

Safety Marshals shall:

- Be visible by safety vest.
- Be briefed thoroughly on the warm-up procedures
- Be situated at each end of the competition pool. Actively monitor all scheduled warm-up periods during competition days;
- 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 in helping 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.

## PARA-SWIMMER NOTIFICATION

- Coaches are requested to notify Meet Management of any Para swimmers participating in warm-ups. Meet Management may designate a Para swimmer lane for warm-up when necessary.
- Where a para lane is designated, only classified swimmers may use it. Violations may lead to disciplinary action.

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."**