

MEL ZAJAC



THE MEL JR. & MARTY ZAJAC FOUNDATION

THE 56TH ANNUAL MEL ZAJAC JR. INTERNATIONAL TECHNICAL BULLETIN

May 24-26th, 2019
UBC Aquatic Centre



VANCOUVER
PACIFIC
SWIM
CLUB



TECHNICAL BULLETIN

GENERAL INFORMATION

Welcome to this year's edition of the Mel Zajac Jr. International Swim Meet at the UBC Aquatic Centre. We are very excited to continue the tradition of hosting a world-class competition and enable local programs to race against top-level international swimmers.

For those returning from last year, thank you for choosing our meet. We hope this bulletin will provide clarity about what to expect from our competition and facility. For those new to the pool, welcome! Read through this bulletin carefully and please respect the rules and guidelines laid out by the technical and organization committee.

VENUE

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

POOL

10-lane 50-meter competition pool
2.5 meter depth
8-lane 25-meter warm-up pool
Swiss Electronic Timing

ORGANIZING COMMITTEE

Meet Director Sarah Rudolf
director@swimzajac.com

Technical Director Brian Johns
brianjohns@vancouverpacificswimclub.com

Meet Referee Peter Garagan
melzajacseniorofficials@outlook.com

Meet Manager Norma Lachance

Entries Coordinator Sarah Rudolf
director@swimzajac.com

REGISTRATION & ACCREDITATION

Thursday May 23, 2019
15:30-20:30
UBC Aquatic Centre Lobby

Friday May 24, 2019
06:30-08:30
UBC Aquatic Centre Lobby

Meet fees must be paid prior to the first session. Cheque or cash payment preferred. All cheques must be made out to "UBC Athletics referencing UBC Thunderbird Swimming". Credit card will be accepted and will be charged in Canadian dollars. Exchange rate fees may apply. Swimmers will not be permitted to swim if their fees are not submitted by Friday May 24th 2019 at 8:30am. Team accreditations will be distributed at registration.

Accreditation will be strictly enforced and will be required for all swimmers, coaches, officials and volunteers to access the pool deck. The facility will be restricting access to the pool during competition and access control points will be in place to verify accreditations. Please email director@swimzajac.com with your team's total accreditations needed for COACHES and SUPPORT STAFF.

Lost accreditation will be replaced at a cost of **\$60.00** per accreditation.

TECHNICAL MEETING

Thursday, May 23, 2019 @ 17:00
Henry Angus 295

Additional coaches' meetings may be held immediately prior to the start of sessions if deemed necessary.

PRE-MEET TRAINING

There will be open training time available for all teams on **Thursday, May 23, 2019 from 16:00-20:30**. Please register and receive your accreditation prior.

SCRATCH PROCEDURES

All Scratches shall be submitted to the Clerk of Course (in front of lane 9 on East side of pool)

Friday Prelim Event
-30 minutes following the technical meeting (approximately 6:00pm)

Friday Finals Events
A Flight- 30 minute after the A Flight preliminary events.
B Flight- 30 minutes following the completion of the B flight event (ex: to scratch W 200 Back, scratch needs to be in within 30 minutes of the completion of the W B Flight 200 BACK)

Saturday Prelim Events
-conclusion of the final events not including distance or relays (conclusion of 50 Fly)

Saturday Finals Events
A Flight- 30 minute after the A Flight preliminary events.
B Flight- 30 minutes following the completion of the B flight event (ex: See W 200 Back EXAMPLE above)

Sunday Prelim Events:
Saturday June 2, 2018
- conclusion of the final events not including relays (conclusion of 200 Breast)

Sunday Finals Events
A Flight- 30 minute after the A Flight preliminary events.
B Flight- 30 minutes following the completion of the B flight event (ex: See W 200 Back EXAMPLE above)

Scratches for distance and relay events are also due at the deadlines outlined above.

Scratches via email will not be accepted.

Late scratches, including no shows, 'step-downs' and other unexcused incomplete swims, will be privy to a **\$50.00** fine. Fines incurred in Preliminaries may be paid up until the end of the preliminary session. The swimmer in question may swim other events in that preliminary session prior to paying the penalty. Fines incurred in Finals must be paid **IMMEDIATELY**. The swimmer in question shall not swim subsequent events (current session or other) until the fine has been paid. The swimmer's team members will not be affected.

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DECK ENTRIES

Deck entries will be accepted at \$35.00 for swimmers already entered in the meet to fill empty lanes ONLY.

Deck entries will only be accepted up to the start of the meet session at 09:00. Deck entries will be "exhibition" only.

A missed swim may not swim as a deck entry in the same event.

CAPPED EVENTS

In accordance to the meet package, the Friday distance events (M 800 Free and W 1500 Free) will be capped at the Top 30 proven entries.

The 400 Free and 400 IM will be capped at the top 80 proven times in each event.

WARM-UP PROCEDURES

The pool will be open for warm-up starting at 07:00 for preliminaries and 16:45 for finals. Access to the facility in the morning will be made available 30 minutes prior to the start of warm up (06:30). All participants are to respect the start time for warm-ups to ensure that all safety protocols are in place. Athletes are NOT to enter the water without lifeguards on deck, and safety marshals in place.

Sprint and Pace Lanes will open 45 minutes prior to the end of warm-up during prelims warm-up, and 30 minutes before the end of warm-up during the final session.

Pace Lanes will be assigned to Lanes 0 & 9.

Sprint Lanes will be assigned to Lane 1 in the North End and Lane 8 in the South End. Additional Sprint Lanes may be assigned depending on the needs of the participants.

Backstroke Start Lane will be assigned to Lane 7.

Swimming Canada Warm-Up protocols will apply.

PRELIMINARIES FORMAT

Prelims will be swum in the following order:

- A Flight Preliminaries
- 15 min break
- Relay Timed Finals (except Top 10 entries)
- B Flight Preliminaries (fastest to slowest)
- Distance Timed Finals (except Top 10 entries)

A Flight Preliminaries

A Flight preliminaries will be swum slowest to fastest and will include:

- fastest 4 heats of 400m events
- fastest 7 heats of 200m events
- fastest 8 heats of 100m events
- fastest 10 heats of 50m events

The fastest 3 heats of events less than 400m will be circle seeded. The fastest 2 heats of the 400m events will be circle seeded.

All remaining preliminaries will be swum in the B Flight session.

Relay Timed Finals

Relays (except Top 10 entries) will be swum during preliminaries slowest to fastest.

Please notify the Clerk by the scratch deadline for prelims of any requests to swim relays during preliminaries instead of finals (for Top 10 entries) particularly on Sunday for any teams leaving early.

B Flights Preliminaries

The remaining preliminary heats will be swum fastest to slowest.

Distance Timed Finals

800 and 1500 Free (except Top 10 entries) will be swum during preliminaries slowest to fastest alternating 800/1500

Please notify the Clerk by the scratch deadline for prelims of any requests to swim distance during preliminaries instead of finals (for Top 10 entries) particularly on Sunday for any teams leaving early.

FINALS FORMAT

Finals (10-lane) will be swum in this order:

- Consolation Final
- Junior Championship Final
- Championship (A) Final

Awards presentations for the Championship (A) Final and Junior Championship Final will occur immediately following the conclusion of the race. The Top 3 swimmers of the Championship Final and Junior Championship Final are asked to immediately report to the podium upon conclusion of their race.

Coaches and/or team officials may be asked to present awards, with appropriate notification and permission prior to the ceremony.

EVENT PROCEDURES

Seeded heat sheets will be emailed out to coaches once finalized, posted at the Clerk, and available online through Meet Mobile and swimzajac.com. Timelines provided are estimates only.

Preliminaries:

For prelims, swimmers should proceed to their assigned lanes for each event and check-in with the timer at the lane.

Finals:

All Championship and Junior Championship finalists are required to positively check-in at the marshaling area by 6:00pm prior to the start of the final's session. C Finalists can report directly to their lane. ALL FINALISTS should check-in with the marshal at the Ready Room, located on the North Side of the pool behind the warm-down pool, at least 15 minutes prior to the start of the race. Championship finalists will be marched out to their lanes immediately prior to their event.

Relays:

Relay team cards must be submitted by 60 minutes after the start of PRELIMINARIES the day of the relay. Changes for relays in finals sessions will be accepted up to 30 minutes prior to the start of the finals session.

Distance Events:

Swimmers competing in the preliminaries may be asked to provide one volunteer timer to time their lane for their heat. Lap counters are available.

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AWARDS

For individual events, the Top 3 finishers in the Championship Final will receive a stylized aluminum dolphin trophy that will represent their 1st, 2nd or 3rd place finish. Top 3 finishers in the Junior Championship Final will receive a commemorative Mel Zajac Podium swim cap provided by Team Aquatic Supplies.

For relay events, the Top 3 teams will receive prize packs.

CASH PRIZE AWARDS

The Mel Jr. and Marty Zajac Foundation is generously providing cash prizes for the competition. These prizes include:

- \$100 for 1st place in individual events
- \$50 for 2nd place in individual events
- \$25 for 3rd place in individual events

- \$100 for individual meet records broken
- \$200 for relay meet records broken (to be split among all relay members)

- \$100 plus a prize pack, presented to the highest FINA 2019 World Ranking
- \$600, \$500, \$400, \$300 and \$200 for the Top 5 performances of the meet, for male and female separately, in rank order based on the highest FINA 2019 World Ranking
- A prize pack for the Top Junior Male (18 and under) and Female (17 and under) whom have the highest ranked performance based on FINA 2018 World Ranking.

Cash prizes can be claimed at the clerk of the course. Winners will be required to sign receipt of the cash prize. Prize money can be collected during Finals on Sunday only.

In the event of a tie for cash awards, the total prize money for the tied positions will be divided equally.

If swimmers are ineligible to accept their cash award (ie. NCAA rules), the coach may accept on their behalf. These cheques will be made out to the swimmer's club.

HOSPITALITY

Refreshments and snacks will be made available for coaches and staff in the classroom behind the clerk desk. Officials hospitality will be available in the Boardroom next to the lifeguard room. Refreshments are not provided for swimmers.

Hospitality for officials and volunteers will be in War Memorial Gym Room 100. Coaches are invited to lounge and eat here provided they produce their accreditation for access. War Memorial Gym is located immediately south of the Bus Loop from the main entrance of the UBC Aquatic Centre.

[Directions to War 100 can be found HERE.](#)

RECEPTION

A BBQ reception for all coaches, officials, sponsors, VIPs and alumni will be held on Saturday immediately after the conclusion of Finals at approximately 8:30pm. The location for the reception will be War Memorial Gym Room 100.

TICKETS / SPECTATORS

Friends, family and other spectators are required to purchase tickets to watch the competition. Pricing is \$10 per day, or \$25 for the whole meet in cash or credit card at the door or in advance online:

www.swimzajac.com/passes



UBC AQUATIC CENTRE

The UBC Aquatic Centre is proud to be the host venue of the Mel Zajac Jr. International Swim Meet. The new UBC Aquatic Centre officially opened on March 1, 2017. The facility, designed for campus, community & competition, is located adjacent the main UBC Transit Exchange and serves hundreds of UBC students, faculty, staff, campus residents and members of the public each day. The UBC Aquatic Centre increases the University's capacity to service not only the needs of UBC Point Grey campus, but also provides the opportunity for UBC and Vancouver to host higher levels of aquatic competition while providing more amenities for the Greater Vancouver region.

General information can be found here: recreation.ubc.ca/aquatics

GETTING TO THE VENUE

The UBC Aquatic Centre is located at 6080 Student Union Boulevard, Vancouver, BC. Information on how to get to UBC Campus can be found at maps.ubc.ca/PROD/getToUBC.php

The venue is located adjacent to the UBC Transit Exchange (aka "Bus Loop"). Transit information and trip planning information is available at translink.ca

Wayfinding to the UBC Aquatic Centre can be found at maps.ubc.ca/PROD/index_detail.php?locat1=213

Up-to-date information closures and detours for pedestrians, vehicular traffic in this part of campus can be found at:

<https://planning.ubc.ca/ubc-road-closures-and-construction-information>

PARKING

A parking map for the university can be found at maps.ubc.ca/PROD/wherePark.php

The closest parking to the venue is: North Parkade
6115 Student Union Boulevard.

Additional parking is available at: Health Sciences Parkade
2250 Health Sciences Mall
or Thunderbird Parkade
6085 Thunderbird Boulevard

Additional parking information, including parking rates and availability, is available at parking.ubc.ca

Please note that UBC Commencement ceremonies are happening at the same time as the meet, so the campus, its roads and the parking lots will be busy from May 23rd to 25th. Please give yourself extra time to get to the pool and find parking.

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VENUE ENTRANCE

The entrance to the UBC Aquatic Centre is located at the south-west corner of the building. Access to the facility through emergency exits will not be permitted.

POOL DECK PROTOCOLS

All athletes, coaches, officials, volunteers and spectators are to respect the directions of UBC Aquatic Centre lifeguards and facility staff.

Outside footwear is not permitted on the pool deck or shower areas. Bare feet, aqua shoes or deck sandals/shoes only.

All participants must shower before entering the water.

A single extended horn blast will be used to clearly communicate that all swimmers must exit the water.

Throughout the competition, we ask competitors to use the on-deck seating provided which will be located to south side of the 50m competition tank deck. The east side of the pool deck will be limited to officials and members of the hosting clubs. The mezzanine is available to athletes, coaches, officials and volunteers as well as paying spectators. The facility asks for all competitors to use the seating provided by the facility. Lawn chairs and similar seating will not be permitted on deck.

Lockers: Day Use Lockers are available for \$1 or \$.025 depending on the size of the locker. Clean-up of the facility will occur throughout the day, between sessions and overnight – Participants are asked to be responsible for their own belongings and equipment. The UBC Aquatic Centre and the host clubs, are not responsible for lost or stolen items.

Consumption of outside food and drinks will be limited. All competitors are asked to use personal water bottles and use the water bottle filling stations located on the pool deck within the facility. The facility will respect the swimmers' need to ensure proper nutrition as it relates to performance. However, staff may ask participants to eat meals off the pool deck if they deem that the food cannot be consumed while ensuring the cleanliness of the facility. Absolutely no glass containers will be permitted on the pool deck.

In order to ensure that the pool deck and water is kept clean and safe for all competitors and event support personnel, all are asked to place all of their garbage in the appropriate bins provided.

Teams wishing to display banners are asked to approach the facility for approval in advance.

FACILITY AMENITIES

Wi-Fi:

Wireless internet is available on the UBC campus. To connect, open your wireless setting and select the "UBC Visitor" network. After connecting to the network open your web browser. You will be prompted to read the internet terms of use and enter your email address, and you will then be connected to the internet.

Washrooms:

Washrooms for swimmers and coaches are available in the men's, women's and universal change rooms. Washrooms for spectators are available in the mezzanine and the lobby.

Food & Beverage:

A small food and beverage concession is in the front lobby of the UBC Aquatic Centre. There are several places to eat in the vicinity, including at the Life Building & AMS Student Nest, both located across from the UBC Aquatic Centre front lobby, at the Central building adjacent to War Memorial Gym on University Boulevard, and the University Village, located at the corner of University Boulevard and Wesbrook Mall.

Spectator Mezzanine:

Seating is limited and is not assigned. Spectators are not to stand in the pedestrian pathways, stairways or at the glass edge of the mezzanine. All facility visitors are asked to respect those areas reserved for accessible seating.

Lost and Found:

Lost and found items are accessed via the Lifeguard Room of the UBC Aquatic Centre. After the weekend of the swim meet, lost and found will be held at the UBC Aquatic Centre for one (1) week. If not claimed they will be donated to a local charity.

UBC Aquatic Centre / UBC Athletics & Recreation Code of Conduct: All participants, athletes, officials, visitors are expected to respect the Code of Conduct and related Policies as published by UBC. recreation.ubc.ca/home-page/policies

WHAT IF I NEED ASSISTANCE?

The UBC Aquatic Centre lifeguards and front desk staff will be happy to assist you. Please report any concerns about facility cleanliness or washroom supplies to facility staff or event organizers. For emergencies, dial 911 for police, fire, or ambulance and alert facility staff immediately.

SOCIAL MEDIA

Stay up to date throughout the meet by following us on social media: @swimzajac



Please share with us: #melzajac



FOR CHILDREN

Out here we raise spirits.



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