



ATHLETE SELECTION PROCEDURES
2026 Mel Zajac Junior Invitational
Vancouver, BC, Canada
REDLINED: April 3, 2026

The 2026 Mel Zajac Junior Invitational will be held in Vancouver, BC, Canada June 5 to 7, 2026.

DEFINITIONS

Available Swimmer. “Available Swimmer” means a swimmer who (i) qualifies to be Selected to the Team in Events according to these Selection Procedures and has complied with all eligibility requirements set forth in Sections 1.1-1.2 of these Selection Procedures; (ii) is a current member of USA Swimming’s 2025-2026 National Junior Team;¹ (iii) certifies to USA Swimming that they remain available to swim through the completion of the Competition; (iv) has not been selected to USA Swimming’s 2026 AP London team; (v) indicates in writing that they will accept the invitation to be Selected to the Team within 48 hours of receiving the invitation and to swim in all of the Events at the Competition that resulted in their Selection to the Team (i.e., all Events used to calculate the Available Swimmer’s Average Percentage of the MS for the Priority for which they were Selected, as outlined in Section 1.3, not including any Events used to break a tie) (except as otherwise provided herein); a decline of any of the Events for which they were Selected or failure to accept will be considered a decline of the invitation and the swimmer will no longer be considered an Available Swimmer and will not be Selected to the Team. If a swimmer does not satisfy these requirements, then they are not considered an Available Swimmer.

Average Percentage of MS. “Average Percentage of MS” means the average of an Available Swimmer’s lowest Percentage of MS across certain Events, which will vary per Priority, as indicated in Section 1.3.

Competition. “Competition” refers to the 2026 Mel Zajac Junior Invitational which will be held in Vancouver, BC, Canada, from June 5 to 7, 2026

Event. “Event” means those individual pool competition events contested at the Competition, which are the individual pool competition events contested at the Olympic Games.

Head Coach. Unless otherwise indicated, “Head Coach” refers to the head coach of the Team.

Director, National Junior Team. “Director, National Junior Team” means the USA Swimming Director, National Junior Team or designee.

Director and Coach, National Team. “Director and Coach, National Team” refers to the USA Swimming Director and Coach, National Team, or their designee.

¹ For the avoidance of doubt, this is the 2025-2026 National Junior Team (pool) selected in September 2025 through August 31, 2026.

Managing Director, National Team. “Managing Director, National Team” refers to the USA Swimming Managing Director, National Team, or their designee.

Medal Standard. “Medal Standard” or “MS” means the average of the bronze medal earning times from the 2023 World Championships, 2024 Olympic Games, and 2025 World Championships in any singular Event i.e., the MS for the 100-meter Freestyle for purposes of these Selection Procedures is the average of the bronze medal earning times in the 100-meter Freestyle at the 2023 World Championships, 2024 Olympic Games, and 2025 World Championships. All MSs can be found in Appendix 1. If there was a tie for silver where no bronze medal was awarded, the silver medal winning time will be used.

Percentage of MS. “Percentage of MS” means the difference between a swimmer’s Time compared to the MS for the same Event. The resulting time difference will be converted to a percentage to demonstrate how much faster or slower the swimmer’s Time is compared to the MS in that same Event. This percentage will be calculated by subtracting the MS from the swimmer’s Time in that same Event then dividing the difference by the MS. Calculations will be carried to one-thousandth of a percent (i.e., x.xxx%). This means lower percentages will be ranked higher.

For example, if the MS in the 100-meter Freestyle is 54 seconds, and Swimmer #1’s Time in the 100-meter Freestyle is :60 seconds, then Swimmer #1 has swum 6 seconds slower than the MS in the 100-meter Freestyle. Using the formula described above (60 seconds minus 54 seconds, divided by 54 seconds) Swimmer #1’s Percentage of the MS would be 11%.

If the MS in the 200-meter Freestyle is 1 minute and 54 seconds, and Swimmer #2’s time in the 200-meter Freestyle in the Finals is 2 minutes, then Swimmer #2 has swum 6 seconds slower than the MS. Using the formula above (120 seconds minus 114 seconds, divided by 114 seconds) that swimmer’s Percentage of MS would be 5%. Swimmer #1’s Percentage of MS (11%) would be considered slower than Swimmer #2’s Percentage of MS (5%) and thus, Swimmer #2 would be ranked higher.

If a swimmer’s time in an Event is faster than the MS for that Event, their percentage will be negative. For example, if Swimmer #1’s time in the 100-meter Freestyle is :48 seconds, their Percentage of MS would be -11% (48 seconds minus 54 seconds equals negative 6 seconds; negative 6 seconds divided by 54 seconds equals -11%). If Swimmer #2’s time in the 200-meter Freestyle is 1:48, their Percentage of MS would be -5% (108 seconds minus 114 seconds equals negative 6 seconds; negative 6 seconds divided by 114 seconds equals -5%). Swimmer #2’s MS (-5%) is slower than Swimmer #1’s MS (-10%), and thus Swimmer #1 would be ranked higher.

Select/Selected/Selection to the Team. “Select/Selected/Selection the Team” refers to the Team selected by USA Swimming on or before April [6 13](#), 2026, plus any replacements that may be added to the Team pursuant to Section 4.

Team. “Team” means the Competition team Selected on or before April [6 13](#), 2026, plus any changes or replacements made pursuant to these Selection Procedures.

Time. For purposes of these Selection Procedures, an athlete’s “Time” means the fastest long course meters time swum by an Available Swimmer from June 1, 2025 through and including March 31, 2026 in

each Event. Only that one Time will be used per Available Swimmer per Event for purposes of these Selection Procedures. Relay lead-offs, time trials, intermediate splits, and swim-offs, will not be considered. Times must be achieved at World Aquatics or USA Swimming sanctioned competitions that have been entered into USA Swimming's SWIMS database, found here <http://www.usaswimming.org/time>, by March 31, 2026 at 11:59 pm Mountain Time.

2026 AP London. "2026 AP London" means the competition between May 23 to 25, 2026 in London, United Kingdom, to which USA Swimming will send a roster of ~~eight~~ **nine** men and ~~eight~~ **nine**-women.

1. SELECTION SYSTEM

1.1 The minimum eligibility requirements for an athlete to be considered for Selection to the Team:

1.1.1 To be considered for Selection to the Team an athlete must at the time of Selection to the Team:

- (a) be an Available Swimmer;
- (b) be a registered athlete member of USA Swimming in good standing;
- (c) be a citizen of the United States; and
- (d) be eligible to represent the United States in international competition.

1.1.2 Nationality/Passport requirements:

Athlete must hold a valid U.S. passport as of April 1, 2026, that will not expire until six months after the Championships.

1.1.3 Other requirements (if any):

- (a) Each athlete that has been Selected to the Team must sign their acceptance in writing and return to USA Swimming by April ~~6~~ **13**, 2026, and abide by the USA Swimming applicable competition forms which will be made available prior to Selection;
- (b) Each athlete that has been Selected to the Team must comply with all applicable rules and requirements of the Competition, the U.S. Olympic and Paralympic Committee ("USOPC"), the International Olympic Committee ("IOC"), World Aquatics, the World Anti-Doping Agency ("WADA"), the U.S. Anti-Doping Agency ("USADA"), the U.S. Center for SafeSport, and USA Swimming, including without limitation USA Swimming policies and protocols regarding Team preparation and participation, through the Competition.
- (c) All athletes that are 18 years of age must successfully complete and pass a criminal background check as required by USA Swimming and the USOPC.
- (d) To ensure that USA Swimming selects the best possible team for the 2026 Pan Pacific Championships and the 2026 AP London, all swimmers who are selected (or decline their invitation) for either of the aforementioned competitions are ineligible for Selection to the Competition and cannot be considered a replacement swimmer. USA Swimming will allocate athletes to these three teams in the following order and athletes must swim in the competition to which they are assigned, unless otherwise excused pursuant to these Selection Procedures:

- i. 2026 Pan Pacific Championships
- ii. 2026 AP London
- iii. The Competition

1.2 Tryout Events:

1.2.1 *Provide the event names, dates, and locations of all trials, events, and camps to be used as part of the selection process:*

N/A

1.2.2 *Provide event names, dates, locations, and description of how athletes qualify for the Qualifying Competitions above in 1.2.1 (if any)*

(a) N/A

1.3 Comprehensive Selection Process:

This Section sets forth the steps by which Available Swimmers will be Selected to the Team. The process of determining who is eligible to be Selected to the Team will take place on or before April **6 13**, 2026. The results from the application of these Selection Procedures will be announced on or before April **6 13**, 2026, although USA Swimming retains the right to make changes to the results to address withdrawals, vacancies, and invitations through the entry deadline.

1.3.1 **Team Size.** The maximum allowable Team size is nine men and nine women. The actual Team size will be determined once these Selection Procedures are implemented. For purposes of these Selection Procedures, the men's and women's components of the Team will be considered separately. USA Swimming is under no obligation to Select to the Team a full team of nine athletes per competition category. Transgender athletes shall compete at the Championships consistent with USA Swimming, IOC, World Aquatics, USOPC, and Championships' Organizing Committee policies and criteria.

1.3.2 **Application of Priorities for Team Selection.** These priorities will be applied on or before April **6 13**, 2026. Athletes not qualifying via one of these priorities will not be eligible to be Selected to the Team unless they are subsequently added to the Team as replacement according to Section 4. If, after applying the priorities below, as well as the procedures in Sections 1.3.3, there are fewer than nine men and nine women, or both, on the Team, then USA Swimming will not field a full Team, unless the Team is filled as a result of adding one or more replacements as provided in Section 4.

Priority #1. The Available Swimmer with the lowest Average Percentage of MS across the following Events will be Selected to compete in the Competition: the 400-meter-Freestyle, 800-meter-Freestyle, and 1500-meter-Freestyle. The Available Swimmer Selected to the Team pursuant to Priority #1 must agree to swim the 400-meter-Freestyle, 800-meter-Freestyle, and 1500-meter-Freestyle at the Competition. Once an Available Swimmer accepts Priority #1, they are no longer considered an Available Swimmer via Priority #2 and thus cannot be Selected to the

Team via Events in Priority #2, though they may swim other Events at the Competition per Section 1.3.5.

Priority #2. All remaining Available Swimmers will be ranked by the lowest Average Percentage of MS, which shall be calculated based on their average percentage of their three lowest Percentages of MS. The Available Swimmer with the resulting lowest Average Percentage of MS will be Selected to compete in the Competition. This process will continue with all remaining Available Swimmers until nine men and nine women have been Selected to the Team. The Available Swimmers Selected to the Team must agree to swim all three Events at the Competition that were used to calculate their Average Percentage of MS for the purposes of Priority 2.

For example: If Swimmer #1's lowest Percentages of MS are in the 100-meter Freestyle, 100-meter Butterfly, and 200-meter Freestyle, those three percentages will be averaged to result in Swimmer #1's Average Percentage of MS. That Average Percentage of MS for Swimmer #1 will be used to rank Swimmer #1 against all other Available Swimmers' Average Percentages of MS. If Swimmer #1 is Selected to the Team, they must agree to swim the 100-meter Freestyle, 100-meter Butterfly, and 200-meter Freestyle at the Competition.

1.3.3 Breaking a Tie.

- (a) Tie in Average Percentage of MS. If there is a tie between two or more Available Swimmers in their Average Percentage of MS, all Available Swimmers involved in the tie will be added to the team so long as in doing so would not exceed the maximum Team Size of nine women or nine men.
- (b) If the tie causes the Team Size to exceed nine women or nine men, then the tie will be broken by identifying the Available Swimmer with the lowest Percentage of MS (in any Event); that Available Swimmer will be Selected to the Team. If there are still vacancies on the Team after that Available Swimmer is Selected to the Team; the Available Swimmer involved in the tie with the next lowest Percentage of MS (in any Event) will be also added to the Team should the Team Size not exceed nine men or nine women. This process will be repeated until reaching the maximum Team Size in order to break the tie. If this process does not break a tie, the tie will be broken by random draw.

1.3.4 Announcement.

Those officially Selected to the Team will be announced on or before April 6 13, 2026. If there is a vacancy that arises on or after April 6 13, 2026, the replacement process in Section 4 will be used to fill the vacancy in that Event(s).

1.3.5 Selection of Swimmers for Events.

USA Swimming may enter an unlimited number of athletes in each Event at the Competition. Therefore, all swimmers who are named to the Team through the Selection Procedures shall be eligible for entry into additional Events held at the Competition. However, to remain on the Team, each swimmer must swim all Events for which they were Selected. Prior to the announcement of the Team, if an athlete declines any of the Events for which they were Selected to the Team, they

will no longer be considered an Available Swimmer and will not be Selected to the Team. If after announcement of the Team, an athlete declines any Event for which they were Selected to the Team, the replacement procedures in Section 4 will apply.

2. DISCRETIONARY SELECTION

2.1 *Provide rationale for utilizing discretionary selection (if any):*

All swimmers who are Selected to the Team shall be eligible for selection to any and all relays to be held at the Competition. The Director, National Junior Team, will be responsible for selecting the swimmers for each relay held at the Competition, with the advice and consent of the Head Coach. In selecting the relay teams, the Director, National Junior Team, with the advice and consent of the Head Coach, shall consider all available relevant information, including but not limited to each Team member's most recent performances, performances at the Competition, past relay performances, past relay reaction times, relay exchange experience, personal best performances, Competition event schedules, individual workload, other recent results and performances, consistency of performances, fatigue, health, fitness levels, training preparation, participation in relay training camps, scientific evaluation, attitude and team chemistry.

2.2 *Specify the process that will be used to identify and handle any potential conflicts of interest involving a member of the committee.*

The Director, National Junior Team (or their designee) will be responsible for relay selection, with the advice and consent of the Head Coach. Should the Director, National Junior Team have a conflict of interest, as determined by USA Swimming's Ethics Committee, his/her designee will be responsible for Team Relay and Event Selection, with the advice and consent of the Head Coach and Assistant Coach. All involved in relay selection must comply with USA Swimming's Statement of Ethics and Conflict of Interest Policy, to include completing and submitting a disclosure form for review by the Ethics Committee. Anyone involved in relay selection who has an actual, possible, or perceived conflict of interest must disclose to the Ethics Committee, prior to the start of the relay selection process. The Ethics Committee may determine that this individual must disclose the conflict to the others involved in relay selection and/or recuse themselves from selection and/or voting. A conflict of interest exists when a person's personal, family, financial, professional, club, team, or business interest poses a direct or indirect relationship, connection, or affiliation, past or present, with an athlete in contention for relay selection that could compromise the individual's ability to participate in selection in an unbiased manner. For example, if it is determined that an individual must recuse him/herself from voting, the Ethics Committee may still find that if they have relevant and necessary information with respect to athlete performance, for example a national team coach or performance scientist, they may, if requested by the others involved in relay selection, still provide such information, so long as it is provided in a fair and unbiased manner and the individual with the conflict does not vote. The individual must not otherwise influence others in selection. Additionally, any person (including any potentially impacted athlete or coach of a potentially impacted athlete) with a good faith belief that an individual involved in selection has a conflict of interest should report the alleged conflict of interest to the Ethics Committee. Reports may be made anonymously. No individual involved in selection shall retaliate in any way against a person who, in good faith, reports an alleged conflict of interest.

3. REMOVAL OF ATHLETES

An athlete who is to be Selected to the Team may be removed for any of the following reasons, as determined by USA Swimming's Managing Director, National Team in conjunction with the USA Swimming President & CEO and USA Swimming Athletes' Advisory Council Chair ("AAC Chair"). An athlete who is to be removed from the Team or an Event, or from eligibility to be Selected to the Team, has the right to a hearing per USA Swimming's Bylaws (usaswimming.org), the USOPC's Bylaws, Section 9, or the applicable anti-doping code/protocol before such removal or declaration of ineligibility.

- 3.1.1 An athlete may choose to voluntarily withdraw from an Event or the Team. The athlete must submit in writing any withdrawal to the Managing Director, National Team and Senior Director and Coach, National Team. An athlete considering withdrawal is strongly encouraged to submit the written withdrawal by April ~~6~~ 13, 2026.
- 3.1.2 USA Swimming may remove an athlete who has an injury or illness, as certified by a physician for the Championships, that is likely to keep them from competing at peak levels in the Championships. If an athlete refuses verification of the illness or injury by an approved Championships' physician, the injury will be assumed to keep them from competing at peak levels in the Championships and they may be removed.
- 3.1.3 An athlete may be removed by the Managing Director, National Team, in consultation with the Senior Director and Coach, National Team, and AAC Chair, if it is determined that the swimmer is unable or unwilling to maintain a training regimen necessary for peak performance in the Championships. If any of these individuals involved in the decision has a conflict of interest, they will not be part of the decision-making.
- 3.1.4 A swimmer may be removed from the Team if the swimmer violates any USA Swimming or other rules and regulations applicable to the Team or its members, including, without limitation applicable Codes of Conduct or Team Rules. If there is a violation and the swimmer is to be dismissed from the Team, upon request of the swimmer, there will be an emergency hearing held before USA Swimming's National Board of Review within 24 hours of the violation (or as soon as possible) to determine whether the proposed dismissal or other discipline is warranted.
- 3.1.5 If a swimmer is alleged to have committed an anti-doping rule violation, they shall remain on the Team (or remain eligible to be Selected to the Team) until the swimmer: (i) is provisionally suspended; (ii) is declared ineligible after a hearing conducted pursuant to the USADA Protocol for Olympic Movement Testing or by AQUA; (iii) voluntarily accepts a provisional suspension or sanction of ineligibility; or (iv) voluntarily withdraws from the Team or relinquishes eligibility to be Selected to the Team.
- 3.1.6 If a swimmer is alleged to have committed a violation of the SafeSport Code for the Olympic and Paralympic Movement, they shall remain on the Team (or remain eligible to be Selected to the Team) until the swimmer: (i) is suspended; (ii) is declared ineligible after a hearing; (iii)

voluntarily accepts a suspension or sanction of ineligibility; or (iv) voluntarily withdraws from the Team or relinquishes eligibility to be Selected to the Team.

4. REPLACEMENT OF ATHLETES

4.1 Describe the selection and approval process for determining replacement athlete(s) should a vacancy occur:

The pool of potential replacement athletes includes those individuals who meet the criteria in this Section 4.

4.2 Prior to submission of Entries by Name to the Organizing Committee (time and date TBD):

If a vacancy occurs between the time of announcement of the Team on April ~~6~~ 13, 2026 at approximately 12:00 pm Mountain Time, and the date in which entries are due to the organizing committee (time and date TBD), USA Swimming can add Available Swimmers to the Team. If the vacancy arises in Priority #1, then the next Available Swimmer not yet Selected to the Team, pursuant to Priority #1 will be Selected. If that Available Swimmer has already been Selected to the Team and the vacancy remains, then the next Available Swimmer pursuant to Priority #1 will be Selected to the Team. If the vacancy arises in Priority #2, then the next Available Swimmer not yet Selected to the Team pursuant to Priority #2 will be Selected. If that Available Swimmer has already been Selected to the Team and the vacancy remains, then the next Available Swimmer pursuant to Priority #2 will be Selected to the Team.

4.1.2 After submission of Entries by Name to the Organizing Committee:

After Entries by Name have been submitted to the Organizing Committee (time and date TBD), USA Swimming will not attempt to fill any vacancy.

4. SUPPORTING DOCUMENTS

USA Swimming will retain the approved Selection Procedures and all supporting documents, including scouting or evaluation forms, etc., and data from the selection process for six months past the date of the Championships.

5. PUBLICITY/DISTRIBUTION OF PROCEDURES

The Selection Procedures (complete and unaltered) will be posted/published by USA Swimming on its website.

6. DATE OF SELECTION

The Selection of Athletes will take place on or before April ~~6~~ 13, 2026.

7. MANDATORY TRAINING AND/OR COMPETITION

Specify the location, schedule, and duration of mandatory training and/or competition*:

Event	Date	Site
Depart	June 3	Various Airports to YVR
Training Onsite	June 4	Vancouver, Canada
Competition	June 5 to June 7	Vancouver, Canada
Return Home	June 8	YVR to Various Airports

*Dates and locations are subject to change

8. ANTI-DOPING REQUIREMENTS

Athletes must adhere to IOC, WADA, World Aquatics, USADA, and United States Olympic and USOPC anti-doping protocols, policies, and procedures, as applicable. This includes participation in Out-of-Competition Testing as required by the IOC, WADA, World Aquatics, USADA, and USOPC Rules, as applicable.

9. USA SWIMMING BYLAWS AND GRIEVANCE PROCEDURES

USA Swimming Bylaws and Grievance Procedures can be found at: usaswimming.org.

10. DISCLAIMER

These Selection Procedures are based on World Aquatics and the Organizing Committee's rules and regulations, as applicable and as presently known and understood. Any change in the Selection Procedures caused by a change in the Organizing Committee or World Aquatics rules and regulations will be distributed to the affected athletes immediately. The Selection Procedures are based on the latest information available to USA Swimming. However, the Selection Procedures are always subject to unforeseen, intervening circumstances, and realistically may not have accounted for every possible contingency.

If circumstances cause the alteration or cancellation of any of the Qualifying Competitions listed in this document, these Selection Procedures will be revised.

The terms and conditions of these written Selection Procedures shall take priority over any verbal explanation, clarification, or interpretation of the Selection Procedures, and an athlete relies on a verbal explanation, clarification, or interpretation of these Selection Procedures at his/her sole risk. Any request or question that would involve a formal clarification or interpretation of these Selection Procedures, or that would address an issue not otherwise covered in these Selection Procedures, should be submitted to the Senior Director and Coach, National Team in writing by no later than March 1, 2026, and the response to such request by USA Swimming must be provided in writing and, where appropriate, must be published promptly on the USA Swimming website.

An athlete who is Selected to the Team by virtue of an error or oversight by USA Swimming may be removed from the Team at any time.

11. SELECTION PROCEDURE APPROVAL COMMITTEE

11.1 Conflicts of Interest

Individuals involved in the creation and enforcement of these Selection Procedures are subject to USA Swimming’s Statement of Ethics and Conflict of Interest Policy (the “Conflict of Interest Policy”). Pursuant to the Conflict of Interest Policy, these individuals must submit annual Disclosure Statements to USA Swimming’s Ethics Committee for review and direction on avoidance and mitigation of any conflicts. Any actual, potential, or perceived conflicts of interest identified in the creation or enforcement of these Selection Procedures should be reported to USA Swimming’s Ethics Committee, pursuant to the Conflict of Interest Policy.

11.2 Retaliation

No individual who raises concerns or asks questions about these Selection Procedures or files a grievance and/or reports a conflict of interest regarding these Selection Procedures shall suffer retaliation, as prohibited by USA Swimming’s Whistleblower and Anti-Retaliation Policy (the “Anti-Retaliation Policy”). Any claims of retaliation should be reported to USA Swimming’s Ethics Committee, pursuant to the Anti-Retaliation Policy. This protection against retaliation includes protection for seeking advice from the Athlete Ombuds Office.

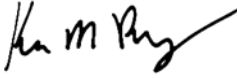


Athlete Ombuds Office Contact Information

Phone: 719-866-5000

Email: ombudsman@usathlete.org Website: usathlete.org

11.3 Signatures

I certify that I have read and understand the standards/criteria set by our IF and incorporated those standards/criteria into our Selection Procedures. I further certify that the information provided herein regarding Athlete Selection Procedures represents the method approved by USA Swimming.

Position	Print Name	Signature	Date
President & CEO	Kevin Ring		3/5/2026
Managing Director, National Team	Greg Meehan		3/9/2026
USA Swimming AAC Chair	Lilly King		3/6/2026

Appendix 1
Medal Standards

Women	Event	Men
00:24.21	50 FR LCM	00:21.53
00:52.64	100 FR LCM	00:47.36
01:54.29	200 FR LCM	01:44.58
03:59.65	400 FR LCM	03:42.43
08:11.29	800 FR LCM	07:39.41
15:42.68	1500 FR LCM	14:37.84
00:27.25	50 BK LCM	00:24.34
00:58.13	100 BK LCM	00:52.30
02:06.12	200 BK LCM	01:54.94
00:30.09	50 BR LCM	00:26.73
01:05.72	100 BR LCM	00:58.88
02:22.07	200 BR LCM	02:07.79
00:25.44	50 FL LCM	00:22.75
00:56.38	100 FL LCM	00:50.33
02:05.93	200 FL LCM	01:53.54
02:08.66	200 IM LCM	01:55.80
04:33.50	400 IM LCM	04:09.08