



2026 AJCC Snowball Ramble

Hosted by AJCC

January 17-18, 2026

Held at the Asheville Jewish Community Center Pool

40 Clyde St, Asheville, NC, 28801

Held under the Sanction of USA Swimming, Inc., issued by North Carolina Swimming, Inc.

Sanction #NC26018

MEET DIRECTOR	MEET ENTRY COORDINATOR
Will Scoggins 919-381-8525 headcoach@jcc-asheville.org	Will Scoggins 40 Clyde St, Asheville, NC, 28801 919-381-8525 headcoach@jcc-asheville.org
MEET REFEREE	MEET MARSHAL
John Gillan 828-925-6563 Swimgillan@gmail.com	Wendy Lawrence – wendy@jcc-asheville.org Connor Pitts – connorjpitts.cp@gmail.com

**FACILITY and HOST
TEAM
REQUIREMENTS**

AJCC has discussed specific health and safety procedures with the venue management. At this time, the facility and AJCC have no additional requirements. Compliance with the most current guidelines from USA Swimming, North Carolina Swimming, CDC, State and Local jurisdictions will be maintained throughout the duration of the meet.

FACILITY

The Asheville Jewish Community Center Aquatic Center is a facility with six (6) 25- yard lanes. The water depth of the competition pool (or course) is Twelve (12) feet deep at the starting end of the course and three feet six inches (3'6") at the turn end of the course. Any starts from the turn end, including relay starts, must begin within the water. The host will ensure proper course dimensions. Colorado Timing Systems 6 multi-line scoreboard with touchpads and plunger buttons. There are two timers per lane, one with a stopwatch, and the other with a stopwatch and button connected to the CTS.

The pool will have two American Red Cross certified guards on duty during the entirety of the meet. In the event of an emergency medical incident, First Responders will be immediately contacted. A dedicated emergency phone is present on the deck side along with AED and Stop the Bleed tourniquet kit.

Parking is available directly outside the facility as well as the chiropractic office on Charlotte Street at the end of the street.

Deck changing is not allowed

There will be limited "in-person" spectator viewing. Spectators are confined to the pool's bleachers that are not occupied by athletes. If the weather permits, the retractable dome ceiling may be opened to allow for additional spectator seating. That will be a day of call based on weather conditions. Deck chairs will be allowed.

MEET FORMAT

All events will be conducted on a timed final basis. Events may be combined at the discretion of the Meet Referee and Meet Management. All events will swim from slowest to fastest.

Session	Day	Warm-up	Meet Start	Age Group
1	Saturday	12:00 PM	1:00 PM	10 & Under
2	Saturday	3:00 PM	4:00 PM	11-12, 13 & Over
3	Sunday	8:00 AM	9:00 AM	10 & Under
4	Sunday	11:00 AM	12:00 PM	11-12, 13 & Over

DEADLINE AND MEETING SUMMARY:

Day, Date	Time	For:
Thursday, Jan. 8, 2026	5:00 PM	Entry deadline
Saturday, Jan. 17, 2026	12:00 PM & 2:15PM	Session 1 & Session 2 Official Briefings
Saturday, Jan. 17, 2026	12:30 PM	Coaches/General Meeting
Saturday, Jan. 17, 2026	12:40 PM & 3:45PM	Session 1 & Session 2 Timer Briefing
Sunday, Jan. 18, 2026	8:00 AM & 11:15AM	Session 3 & Session 4 Official Briefings
Sunday, Jan. 18, 2026	8:40 AM & 11:45AM	Session 3 & Session 4 Timer Briefing

RULES

This meet will be conducted in accordance with the current USA Swimming Rules and Regulations, except where rules therein are optional, and exceptions are stated.

**TECHNICAL SUIT BAN
for 12&Us**

Per USA Swimming Rule 102.8.1F, 12 & Under athletes may not compete in Technical Suits at this meet.

For reference only - A Technical Suit is one that has the following components:

- Any suit with any bonded or taped seams regardless of its fabric or silhouette; or
- Any suit which includes any woven fabric and which extends past the hips.

MAAPP

All adults participating in or associated with the meet acknowledge that they are subject to the provisions of the USA Swimming Minor Athlete Abuse Protection Policy ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.

SAFE SPORT

The NCS Safety Program is in effect for this meet. Coaches are advised to closely supervise their swimmers at all times. Swimmers may be dropped off only in designated safe areas. Swimmers are not permitted in work out rooms, storage rooms, meeting rooms, or control rooms. No glass containers or bottles are allowed inside the facility at any time. Anyone failing to comply with a safety request may forfeit his or her privilege to participate. We strongly recommend each team assign a marshal to monitor warm-up sessions and locker rooms in addition to host team marshal.

Use of audio or visual recording devices, including a cell phone, is not permitted in changing areas, rest rooms, locker rooms, or behind the starting blocks. Flash photography of any kind is prohibited at the start of a race.

Deck changes are prohibited.

Any swimmer entered in the meet must be certified by a USA Swimming member-coach as being proficient in performing a racing start or must start each race from within the water without the use of a backstroke ledge. When unaccompanied by a member-coach, it is the responsibility of the swimmer or the swimmer's legal guardian to ensure compliance with this requirement. It is also the responsibility of the swimmer or the swimmer's guardian to request assignment from the Meet Director to a USA Swimming member coach attending the meet if a coach from the swimmer's team is unable to attend.

Unless approved in writing in advance of the competition by the Program and Events Committee Chair or designee, operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, spectator areas, and open ceiling locker rooms) any time athletes, coaches, officials, and/or spectators are present.

Only swimmers, properly certified officials and coaches, and meet volunteers will be allowed on deck. No spectators will be allowed on deck at any time.

ELIGIBILITY

All swimmers must be registered with USA Swimming, Inc. and be members of AJCC or invited teams. All Adult Athletes must hold current APT certification to compete. Swimmers must be registered prior to entry deadline. Entries listed as "Registration Applied For" will not be accepted. There will be no on deck registration available at this meet.

MEMBERS WITH DISABILITIES OR MEDICAL CONDITIONS

AJCC welcomes all swimmers with disabilities as described in the USA Swimming Rules and Regulations, Article 105, to participate in our meets. Coaches entering swimmers with disabilities that require any accommodations are required to provide advance notice in writing to the Meet Referee and Meet Director by the entry deadline accompanying their meet entry file, including the need for any personal assistants required and/or registered service animals. Please use the North Carolina "Necessary Accommodation Form – Athlete" found on the North Carolina Swimming Website under *DE&I/Swimmers with Disabilities/Form for Coaches*. Failure to provide advance notice may limit AJCC's ability to accommodate all requests. To request accommodation or modification for swimmers with disabilities, coaches should complete the [USA Swimming Accommodation Form](#) and submit it to the Meet Referee and Meet Director prior to the entry deadline.

ENTRIES

Entries submitted in Hy-Tek format require no hard copy entry forms. Email is preferred for electronic entries. A completed and signed Entry Summary Sheet (included in the announcement) and payment in full must be received by the Meet Entry Coordinator by the entry deadline. A swimmer's age on the first day of the meet will determine their age for the entire meet. AJCC entries will be entered first and then accept teams/entries in the order received, until the four/eight-hour rule is reached. Entries received thereafter will be returned immediately. All relay only swimmers including alternates must be listed and pay the NCS Travel Fund surcharge.

ENTRY LIMITATIONS

Swimmers may swim a maximum of 4 individual events plus 1 relay per day and a total of 8 individual events and 2 relays for the meet.

ENTRY VERIFICATION

An email will be sent to the person submitting the entry confirming receipt of the entry within 48 hours of receipt.

ENTRY DEADLINES

The Meet Entry Coordinator must receive entries by the date and time listed in the Deadline and Meeting Summary. Late entries may be accepted at the discretion of the Meet Referee. There will be no on deck entries.

ENTRY FEES

Make checks payable to: ASHEVILLE JEWISH COMMUNITY CENTER; 236 Charlotte Street, Asheville, NC 28801 Attn: Wendy Lawrence; All fees are non-refundable	
Individual Event	\$7.00 per event
Relays	\$14.00 per relay
NCS Travel Fund	\$3.00 per swimmer, including relay only swimmers
Facility Surcharge	\$20.00
Late Entry Fee	\$10.00 per event

SEEDING

The conforming time standard for this meet is short course yards. Swimmers will be seeded and swim from slowest to fastest unless otherwise indicated. All non-conforming times will be seeded last in rank order.

RELAYS – All relays will be mixed relays, male and female (2 of each gender). Relay cards will be required for all relays, listing the swimmers' name, the order of swimmers, and should be turned into Admin 30 minutes prior to the start of the session. Changes can be made prior to the start of the event at the Admin Table.

CHECK-IN

Positive Check-in for the following events will be required:
Saturday Session 2 - 400 IM and Sunday Session 4 - 500 Yd freestyle.
Positive Check-in will close 30 minutes prior to the start of each session.

SCRATCHES

There will be no penalty for scratching events at the block.

SCORING

No team or individual scoring will be kept.

AWARDS

No ribbons will be given for any events. There will be Heat Winner awards and also randomly selected Hot Heats with awards for the winner. No relay awards will be given.

RESULTS

Results will be posted on AJCC's TeamUnify website within 24 hours of the meets conclusion. At the conclusion of the meet, teams may obtain Hy-Tek backups either on a memory stick or via email attachment.

COACHES

All coaches on deck must be registered and certified with USA Swimming. Meet Management will require all coaches to show proof of such by prominently displaying their registration card or be prepared to show their Deck Pass virtual membership card upon request. There will be a coach/general meeting at the date and time listed in the Deadline and Meeting Summary. Other meetings may be held at the meet referee's discretion. Meet Management requests that at least one coach representative from each team attend all coaches' meetings.

OFFICIALS/TIMERS/ VOLUNTEERS

There will be a need for officials. AJCC welcomes and encourages anyone willing to volunteer. Volunteering Officials should contact the Meet Referee by email **prior to the**

meet. All officials on deck must be registered and certified with USA Swimming. Certification will be verified by Meet Referee the day before the meet/session. There will be a meeting at the day(s)/time(s) listed in the “Deadline and Meeting Summary” above. Meetings may be in-person at the meet or virtual in advance and assignments may be communicated electronically prior to each session. All officials are strongly encouraged to complete an individual personal review of applicable USAS rules prior to the meet. Officials should report at the time specified by the Meet Referee and bring a writing utensil.

**HOSPITALITY/
CONCESSIONS**

There will be a hospitality area open to all coaches and officials. Refreshments will be available at the concession stand.

WARM-UP

In accordance with USA Swimming guidelines, there will be a published warm-up procedure for all swimmers and coaches attending the meet. The Marshal will ensure all teams, coaches, and swimmers follow all warm-up procedures. Meet Management reserves the right to change warm-up times according to the number of entries. During the competition, there will be lanes available for continuous warm-up/down (if available). **There is to be no diving or horseplay in this area.**

WAIVER/RELEASE

As a team entered in this meet, upon entry you are verifying that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. You acknowledge that you are familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that you shall be responsible for the compliance of your swimmers with those rules during this meet. AJCC, The Asheville JCC Members Pool, The Asheville JCC, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. You acknowledge that by entering this meet, you are granting permission for the names of any or all of your team’s swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

IMAGE RELEASE

All participants agree to be filmed and photographed by the host club approved photographer(s) and videographers and to allow the right to use names and pictures before, during, or after the meet such as in public psych sheets, heat sheets, and results or featured on the host club or NCS website or social media or in public broadcast of the event via television or webcast. Parents and guardians of minor swimmers who do not wish their swimmers to participate in interviews or have individual pictures featured on any media should inform their team’s head coach and the Meet Director prior to the meet.

ORDER OF EVENTS

Session 1

Saturday, January 17

Warm-up: 12:00 PM; Meet Start: 1:00 PM

Girls	Event	Boys
1	10 & U MIXED 100 Medley Relay	
2	10 & Under 200 Free	3
4	8 & Under 25 Breast	5
6	10 & Under 50 Breast	7
8	9-10 100 Breast	9
10	8 & Under 25 Back	11
12	10 & Under 50 Back	13
14	9-10 100 Back	15
16	9-10 200 IM	17

Session 2

Saturday, January 17

Warm-up: 3:00 PM; Meet Start: 4:00 PM

Girls/Women	Event	Boys/Men
18	OPEN MIXED 200 Medley Relay	
19	11-12 200 Free	20
21	13 & Over 200 Free	22
23	11-12 50 Breast	24
25	13 & Over 100 Breast	26
27	11-12 100 Back	28
29	13 & Over 200 Back	30
31	11-12 50 Fly	32
33	13 & Over 100 Fly	34
35	11-12 50 Free	36
37	13 & Over 50 Free	38
39	11-12 400 IM	40
41	13 & Over 400 IM	42

Session 3
Sunday, January 18
Warm-up: 8:00 AM; Meet Start: 9:00 AM

Girls	Event	Boys
43	10 & U MIXED 100 Free Relay	
44	10 & Under 100 IM	45
46	8 & Under 25 Fly	47
48	10 & Under 50 Fly	49
50	9-10 100 Fly	51
52	8 & Under 25 Free	53
54	10 & Under 50 Free	55
56	9-10 100 Free	57

Session 4
Sunday, January 18
Warm-up: 11:00 AM; Meet Start: 12:00 PM

Girls	Event	Boys
58	OPEN MIXED 200 Free Relay	
59	13 & Over 200 IM	60
61	11-12 100 IM	62
63	13 & Over 100 Back	64
65	11-12 50 Back	66
67	13 & Over 200 Fly	68
69	11-12 100 Fly	70
71	13 & Over 100 Free	72
73	11-12 100 Free	74
75	13 & Over 200 Breast	76
77	11-12 100 Breast	78
79	OPEN 500 Free	80

Meet Name**Summary of Fees/Release Form**

Complete and email or mail this form along with entry fees to
(checks payable to ASHEVILLE JEWISH COMMUNITY CENTER):

ASHEVILLE JEWISH COMMUNITY CENTER

ATTN: Wendy Lawrence

236 Charlotte Street

Asheville, NC 28801

Email to: wendy@jcc-asheville.org

Team Name	
Club Code	
Coach	
Coach Phone	
Coach Email	
Team Address	

Item	Total Number	Cost per	Total
Individual Entries		\$7.00 per event	
Relay Entries		\$14.00 per relay	
Swimmers (Travel Fund & Facility Surcharge)		\$23.00 per swimmer	
Total Fees Due			

Waiver, Acknowledgement and Liability Release:

I, the undersigned coach or team representative, verify that all of the swimmers and coaches listed on the enclosed entry are registered with USA Swimming. I acknowledge that I am familiar with the Safety Rules of USA Swimming, Inc. and North Carolina Swimming, Inc. regarding warm-up procedures and meet safety guidelines, and that I shall be responsible for the compliance of my swimmers with those rules during this meet. HOST TEAM, FACILITY, North Carolina Swimming, Inc., and USA Swimming, Inc., their agents, employees, and coaches shall be held free and harmless from any and all liabilities or claims for damages arising by reason of illness or injury to anyone during the conduct of this meet. I also acknowledge that by entering this meet, I am granting permission for the names of any or all of my team's swimmers to be published on the internet in the form of Psych Sheets, Meet Results, or any other documents associated with the running of this meet.

SIGNATURE (Coach or Club Representative)

CLUB

TITLE

DATE