



Join us for the  
**SDSC SNOWBALL INVITATIONAL**  
Saturday January 31 – Sunday February 1, 2026  
Penfield Community Pool

Held under the sanction of USA Swimming, USA Swimming Sanction # NI-2526-35



# SDSC Snowball Invitational

Hosted by:

Saturday January 31 – Sunday February 1, 2026

Sanction # NI-2526-035

Sea Dragons Swim Club

MEET DIRECTOR	MEET REFEREE	CLUB OFFICIALS CHAIR
Mark Phillips <a href="mailto:markphil85@gmail.com">markphil85@gmail.com</a>	Mike Visconte <a href="mailto:mikevisconte@aol.com">mikevisconte@aol.com</a>	Lytton Smith <a href="mailto:lyttonsmith@gmail.com">lyttonsmith@gmail.com</a>
<b>SANCTION</b>	Held under the sanction of USA Swimming through Niagara Swimming: <b>NI-2526-035</b> In granting this sanction it is understood and agreed that USA Swimming, Niagara Swimming, SDSC, and Penfield High School shall be held free and harmless from any and all liabilities or claims for damages arising by reason of injuries to anyone during the conduct of this event.	
<b>FACILITY</b>	<p><b>Penfield Community Pool at Penfield High School</b> 25 High School Drive Penfield, New York 14526</p> <p>Pool entrance adjacent to Athletic Stadium entrance 6 lanes, 25 yards Water depth range of 108" at 3 feet 3.5 inches 108" at 16 feet 5 inches at the starting end and 42" at 3 feet 3.5 inches to 48" at 16 feet 5 inches at the turning end. The competition course has not been certified in accordance with current <i>USA Swimming Rules and Regulations</i>, Article 104.2.2(C). Diving well will be available for continuous warm-up/cool-down during competition. Diving well may be closed during warm-ups. All swimmers are required to stage in the Cafeteria and are not allowed in the stands due to safety regulations. Any special accommodations need to be requested with entry submissions and pre-approved by meet management. Parents, spectators, coaches, and officials are always welcome in the Cafeteria.</p>	
<b>ENTRY DEADLINE</b>	<p><b>Friday January 23th by 6:00pm</b></p> <p>IMPORTANT: The above date is the deadline for clubs to submit their entries to the Entry Coordinator, Lytton Smith, at <a href="mailto:lyttonsmith@gmail.com">lyttonsmith@gmail.com</a>. Therefore, clubs usually set an earlier deadline to receive entries from their swimmers. Check with your club for this information.</p>	
<b>SCHEDULE</b>	<p><b>Saturday January 31<sup>st</sup>,</b> <b>SESSION I: Warm-ups 4:30pm, Start 5:30pm</b></p> <p><b>Sunday February 1<sup>st</sup>,</b> <b>SESSION II: Warm-ups 8:00am, Start 9:00am</b></p> <p><b>Sunday February 1<sup>st</sup>,</b> <b>SESSION III: Warm-ups 12:30pm, Start 1:30pm</b></p> <p>Swimmers may compete in a maximum of 4 individual events and 2 relay events per session. Swimmers may only enter one session per day. <b>Meet Director reserves the right to adjust times/sessions and maximum entry limits after all entries are received.</b></p>	

<b>ELIGIBILITY</b>	<p>Open to all registered USA Swimmers.</p> <p>No swimmer will be permitted to compete in the meet unless the swimmer is registered as an athlete member of USA Swimming as provided in <i>USA Swimming Rules and Regulations</i>, Article 302.</p>
<b>DISABILITY SWIMMERS</b>	<p>NI and host clubs along with their meet directors are committed to <a href="#">the Inclusion Policy</a> as adopted by the NI BOD. Athletes with a disability are welcomed and are asked to provide advance notice of desired accommodations to the Meet Director. The athlete (or athlete's coach) is also responsible for notifying the session referee of any disability prior to competition.</p>
<b>TIMING SYSTEM</b>	Automatic timing with scoreboard will be used.
<b>RULES</b>	<p>Current USA Swimming rules shall govern this meet.</p> <p>All adults participating in or associated with this meet acknowledge that they are subject to the provisions of the USA Swimming <a href="#">Minor Athlete Abuse Prevention Policy</a> ("MAAPP"), and that they understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</p> <p>No on-deck USA-S registration is permitted.</p> <p>In compliance with <i>USA Swimming Rules and Regulations</i>, the use of audio or visual recording devices, including a cell phone is not permitted in the changing areas, rest rooms, or locker rooms. Per NI policy, the use of equipment capable of taking pictures (e.g., cell phones, cameras, etc.) is banned from behind the starting blocks during the entire meet, including warm up, competition and cool down periods.</p> <p>Deck changes are prohibited.</p> <p>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. 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.</p> <p>Operation of a drone or any other flying devices is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present.</p> <p>Dive-over / Fly-over starts will be used.</p> <p>The Meet Director and the NI Technical Committee reserve the right to limit events, heats, swimmers or adjust the format to conform with the 4-hour provision for sessions that include 12 &amp; U events per Rule 205.3.1F.</p> <p>Relays must be entered as either all girls, all boys or mixed (2 boys and 2 girls). Relays that don't meet these criteria will be disqualified.</p>
<b>EVENT RULES</b>	<p>All events are timed finals.</p> <p>Relays must be entered as either all girls, all boys or mixed (2 boys and 2 girls). Relays that don't meet these criteria will be disqualified.</p> <p>25-yard events will start in the water at the shallow end of the pool.</p>
<b>POSITIVE CHECK IN</b>	Positive Check-in is required for 400 IM, 500 Freestyle, and 1650 Freestyle. Swimmers must check-in, in-person, <b>before</b> the start of the meet (5:00pm).

<b>WARM-UP</b>	<p>The prescribed NI warm-up procedures and safety policies will be followed. The Meet Director may determine the structure of warm-up, including times/lane assignments. General Warm-up and Specific Warm-up Periods are subject to change at the discretion of the Meet Referee or Meet Director.</p> <p>Marshals will actively supervise the warm-ups to ensure that proper procedures are followed.</p> <ul style="list-style-type: none"> <li>General Warm-up Period: First 30 minutes, All lanes <ul style="list-style-type: none"> <li>There shall be NO DIVING off the blocks or edge of the pool at this time</li> <li>No sprinting or pace work</li> </ul> </li> <li>Specific Warm-up Period: Last 20 minutes <ul style="list-style-type: none"> <li>Specific Warm-up Period will be announced by the Referee or Meet Director</li> <li>Lanes 2, 3, 4 &amp; 5: Racing Start only. Swim one length only. All swimmers begin at the starting end of the pool.</li> <li>Lanes 1 &amp; 6: General warm-ups only (as above). NO DIVING.</li> </ul> </li> </ul> <p>Coaches should stand at the starting end of the pool when verbally starting swimmers on sprint or pace work.</p> <p>Backstrokers should be reminded of the danger of leaving simultaneously with someone on the block. No one will be allowed on the starting block until the backstroker has executed his/her start.</p> <p>When the number of participants for a meet session cannot be safely accommodated during the same warm-up period, warm-up sessions will be split to provide a safe and adequate warm-up time for all.</p>
<b>SUPERVISION</b>	<p>Coaches are responsible for the conduct of their swimmers and cleaning up for their team areas.</p> <p>Marshals have the authority through the meet director over the warm-up. A swimmer and/or coach may be removed from the deck for interfering with the marshals.</p>
<b>SEEDING</b>	<p>Entries will be seeded slowest to fastest.</p> <p>All events will be pre-seeded except for the 400 IM, 500 Freestyle, and 1650 Freestyle.</p>
<b>SCORING</b>	<p>There will be no team scoring for this meet.</p>
<b>AWARDS</b>	<p>Awards will be given for 12 &amp; Under swimmers.</p> <p>Awards will be delivered to teams after the meet. A representative from each team must coordinate with the Meet Director prior to the end of the meet to arrange delivery.</p> <p>Individual Events:</p> <ul style="list-style-type: none"> <li>8 &amp; Under: Medals 1-3; Ribbons 4-12</li> <li>9 &amp; 10: Medals 1-3; Ribbons 4-12</li> <li>11 &amp; 12: Medals 1-3; Ribbons 4-12</li> </ul> <p>Relay Events:</p> <ul style="list-style-type: none"> <li>Ribbons 1-3</li> </ul>
<b>PROGRAMS</b>	<p>Programs will be available for purchase at least 30 minutes prior to warm-ups.</p>
<b>CREDENTIALS</b>	<p>Only athletes, USA Swimming certified coaches, deck officials, volunteer timers or other required volunteers will be permitted on the deck. Coaches and Officials should have proof of active USA Swimming membership with them at all times.</p>
<b>SPECTATOR ENTRY FEE</b>	<p>None.</p>
<b>OFFICIALS</b>	<p>Officials interested in volunteering please contact the Meet Directors and register via the Stack Team App.</p> <p>Officials volunteering for this meet should sign in at the recording table prior to the start of warm-ups. Certified officials who have not previously volunteered should contact the referee upon arrival to make their services available. A comprehensive officials briefing will precede each session during warm-ups.</p>

<b>TIMERS</b>	Each participating club will be asked to assist with timing during the meet.  Each swimmer must provide their own Counter for the 500 and 1650 Freestyle.
<b>ENTRY PROCEDURES</b>	<p>Entries should be submitted by email to the Meet Director Mark Phillips at <a href="mailto:markphil85@gmail.com">markphil85@gmail.com</a>.</p> <p>Include in the subject of the email, "Snowball 2026 - ****" with the club's initials in place of the asterisks.</p> <p>Include in entry email: Electronic Entry File (Standard SD3), report of entries by Athlete (PDF), and coaches Name/Phone/Email.</p> <p>Entries directly from individual team members will not be accepted unless entering unattached.</p> <p>Entries by phone or fax will not be accepted.</p> <p>Entries must include USA Swimming numbers.</p> <p>On-Deck registration will not be allowed</p> <p>The Entry Coordinator will acknowledge receipt by return email within 24 hours. If acknowledgement is not received in a timely manner, please contact the Meet Director.</p> <p>Any club that enters an unregistered or improperly registered athlete, falsifies an entry in any way, or permits an unregistered coach to represent them will be fined the sum of \$100 by NI and no further entries will be accepted from that club until the said fine is paid.</p>
<b>ENTRY FEES</b>	<p>Per Swimmer Surcharge: \$8.00 Individual event fee: \$5.00 Relay event fee: \$14.00</p> <p>Make checks payable to Sea Dragons Swim Club. Make sure to include contact information on the check itself or in the envelope if mailing payment. Checks may be mailed to:</p> <p style="text-align: center;">SDSC Snowball 2025 PO Box 112 Penfield, New York 14526</p> <p>Payment for entries from unattached swimmers not affiliated with a team must be received prior to the meet. Payment may be made by cash or check.</p> <p>Team Entry fees are due with meet entries or can be delivered to the Meet Director during the meet. Unpaid fees will be reported to the NI Administrative Office at the conclusion of the meet.</p>
<b>Available Medical Supervision/Equipment</b>	Medical assistance will be provided at the facility. If you require medical assistance, please notify a member of the meet staff. AED, backboard, & First Aid supplies at facility.

## SDSC Snowball

**Saturday January 31, 2026**

**SESSION I:**

4:00pm Warm-Up, 5:00pm Start

GIRLS	EVENT	BOYS
1	18 & Under 400 Individual Medley	2
3	18 & Under 500 Freestyle	4
5	18 & Under 200 Backstroke	6
7	18 & Under 200 Individual Medley	8
9	18 & Under 200 Butterfly	10
11	18 & Under 200 Freestyle	12
13	18 & Under 200 Breaststroke	14
15	18 & Under 1650 Freestyle	16

**Sunday February 1, 2026****SESSION II:**

8:00am Warm-Up, 9:00am Start

GIRLS	EVENT	BOYS
17	10 & Under 100 Individual Medley	18
19	8 & Under 25 Freestyle	20
21	9 & 10 50 Freestyle	22
23	10 & Under 100 Backstroke	24
25	8 & Under 25 Breaststroke	26
27	10 & Under 50 Breaststroke	28
29	8 & Under 100 Mixed Medley Relay	29
30	10 & Under 200 Mixed Medley Relay	30
31	8 & Under 25 Butterfly	32
33	10 & Under 50 Butterfly	34
35	10 & Under 100 Breaststroke	36
37	8 & Under 25 Backstroke	38
39	10 & Under 50 Backstroke	40
41	8 & Under 50 Freestyle	42
43	10 & Under 100 Butterfly	44
45	8 & Under 100 Freestyle	46
47	9-10 100 Freestyle	48
49	8 & Under 100 Mixed Free Relay	49
50	10 & Under 200 Mixed Freestyle Relay	50

**SESSION III:**

12:30pm Warm-Up, 1:30pm Start

GIRLS	EVENT	BOYS
51	11 & 12 50 Freestyle	52
53	13 – 18 50 Freestyle	54
55	11 & 12 50 Breaststroke	56
57	11 – 18 100 Breaststroke	58
59	11 & 12 200 Mixed Medley Relay	59
60	11 – 18 200 Mixed Medley Relay	60
61	11 & 12 50 Butterfly	62
63	11 – 18 100 Butterfly	64
65	11 & 12 50 Backstroke	66
67	11 – 18 100 Backstroke	68
69	11 & 12 100 Freestyle	70
71	13 – 18 100 Freestyle	72
73	11 & 12 200 Mixed Freestyle Relay	73
74	11 – 18 200 Mixed Freestyle Relay	74

