

**2025 PSM Pentathlon Meet
Sunday, March 23, 2025**

Warm-up: 12 PM – Meet starts 1 PM
Hosted by Puget Sound Masters
Sanctioned by PNA for USMS Inc.
365-S004



LOCATION: Mary Wayte Pool,
[8815 SE 40th Street, Mercer Island, WA 98040](https://www.google.com/maps/place/8815+SE+40th+Street,+Mercer+Island,+WA+98040)
(206) 588-1117

MEET DIRECTOR: David McCarty – davidmccarty7@gmail.com
(425) 530-1595

MEET REFEREE: Dick Chapman – dick_chapman@comcast.net

FACILITY: Competition 25 yard, 6 lanes, 5' – 12.0' deep. Temp 79-81°F. Continuous warm-up available in the shallow end throughout the meet. The length of the competition course is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1, but as a bulkhead course, is subject to length confirmation. Eligibility of times for USMS Top 10 and Records will be contingent on verification of bulkhead placement.

TIMING SYSTEM: The primary timing system will be automatic timing. Times may be submitted for USMS records and USMS Top 10 consideration.

CONCESSIONS: None. Bring your own food and drink.

RULES: Current USMS rules will govern the meet.
Strictly forbidden: Using hand paddles, fins, or kick boards in warm-up areas; Diving in warm-up areas unless in designated sprint lanes. At the meet referee's discretion, breaks may be adjusted or eliminated, and events may be combined by distance and / or stroke.

ELIGIBILITY: Open to all 2025 USMS or foreign registered swimmers 18 and above as of 3/23/25. Age groups based on the swimmer's age as of 3/23/25. Foreign registered swimmers need to provide proof of current registration with their country's federation.

ENTRIES: Individual Entries and Relay-Only Swimmers

- This meet is designed to be a Pentathlon Meet with three options of Events for a swimmer to choose from:
 - Mini-Pentathlon – 50s of each stroke and a 100 yard IM
 - Maxi-Pentathlon – 100s of each stroke and a 200 yard IM
 - Freestyle Pentathlon – swim all four of the Freestyle events and the 50 yard Backstroke
- Swimmers who desire to swim five events of their own choosing and not participate in the Pentathlon competition are welcome to attend this meet as well. Please realize, however, that the order of events for this meet was drafted to accommodate the Pentathlon competitors. Also, please note the scheduled breaks in the meet.
- Swimmers may enter up to a maximum of 5 individual events and 1 relay.
- Entry time required for all events. Estimates are OK.
- Enter Online at:**
https://www.clubassistant.com/club/meet_information.cfm?c=2663&smid=19529
- Entry Deadline:** Entries must be submitted online by 11:59 PM (Pacific) Sunday, March 16, 2025.

- Entry Fees:** \$17 surcharge PLUS \$3 per individual event. No charge for relays. PNA swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#).
- Refunds:** There will be no refunds.
- Deck Entries:** No race day deck entries allowed.
- Entry Questions:** Linda Chapman – chapman_family@comcast.net

SEEDING: All events slow to fast, age groups and genders mixed. Pre-seeded except for relays.

RELAYS – Submit relay cards to the Clerk of the Course:

- Relay events may be swum together depending on the timeline.
- Relay cards due by end of Event 8.
- Relays may be all women, all men, or mixed. Mixed relays require two men and two women. A swimmer may swim on only one relay team.
- No charge for relays, but relay-only swimmers must enter online and pay the meet surcharge by the entry deadline.
- The age of the youngest relay team member shall determine the age group of the relay – 18+, 25+, 35+, 45+, 55+, 65+, 75+, 85+, 95+, ... 10-year increments as high as is necessary.
- Relay teams must swim in the oldest age group for which they are eligible.

500 FREE: Positive check-in is not required for the 500 Free.

Swimmers in the 500 Free must provide their own COUNTER if desired. Timers and counting device will be provided. Entrants may be limited if timeline constraints are reached, with priority given to swimmers participating in the Freestyle Pentathlon. A waitlist for the event will be created if necessary.

AWARDS: There will be a pentathlon award given for each age and gender group based on the combined total time in the 5 events.

- To be eligible for the pentathlon award, a swimmer must compete in all 5 of the Mini Pentathlon, all 5 of the Maxi Pentathlon or all 5 of the Freestyle Pentathlon events.
- In the event a swimmer receives a disqualification in an event, the disqualification is recorded and a 5-second time penalty per 50 yards of race length will be added to that swimmer's total time.
- Recognition for High point winners for each gender and age-group combination.

ORDER OF EVENTS – Short Course Yards:

1	Mixed 500 Free		~ BREAK ~
2	Mixed 200 IM	9	Mixed 50 Free
3	Mixed 100 IM	10	Mixed 100 Breast
	~ BREAK ~	11	Mixed 50 Breast
4	Mixed 100 Fly	12	Mixed 100 Free
5	Mixed 50 Fly		~ BREAK ~
6	Mixed 200 Free	13 14 15	Womens 200 Medley Relay Mens 200 Medley Relay MiXed 200 Medley Relay
7	Mixed 100 Back	16 17 18	Womens 400 Medley Relay Mens 400 Medley Relay MiXed 400 Medley Relay
8	Mixed 50 Back		