

**PORT ANGELES SWIM CLUB
SHAMROCK SHOWDOWN
SATURDAY, MARCH 15, 2025**

**Warm-up: 8:00 AM; Meet starts at 9:00 AM
Sanctioned by PNA for USMS Inc. # 365-S006**



THIS MEET WILL RUN PARALLEL WITH A USA SWIMMING MEET. THE FOLLOWING RULES APPLY ONLY TO ATHLETES COMPETING AS USMS ATHLETE MEMBERS.

ANY ATHLETE WHO IS A MEMBER OF BOTH ORGANIZATIONS MUST SELECT ONE ORGANIZATION IN WHICH TO COMPETE.

A DUAL-REGISTERED ATHLETE WHO ENTERS AS A USA SWIMMING MEMBER BY COMPLYING WITH THE ENTRY INFORMATION BELOW WHO THEN WISHES TO CHANGE REPRESENTATION MUST SUBMIT A USMS DECLARATION OF INTENT FORM TO THE MEET DIRECTOR NO LATER THAN THE USMS ENTRY DEADLINE.

LOCATION: Shore Aquatic Center
[225 East 5th Street, Port Angeles, WA 98362](#), (360) 775-2119

FACILITY: Competition 25 yards, 6 lanes. Temp 77-82°F. Continuous warm-up in the dive tank. 2 lanes (#1-2) will be used for competition. The length of the competition course without a bulkhead is in compliance and on file with USMS in accordance with articles 105.1.7 and 106.2.1. Starting end 5'4" deep, turning end 4'4" deep. At the discretion of the meet referee, warm-up/warm-down lanes may be adjusted as needed to avoid interferences.

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

MEET DIRECTOR: Keely Ridle, keelyridle@gmail.com

MEET REFEREE: Shellie Hunter, shellie.hunter.pasc@gmail.com

CONCESSIONS: Will be available for purchase.

RULES: Current USMS rules will govern the meet.

ELIGIBILITY: Open to all 2025 USMS or foreign registered swimmers 18 and above as of 3/15/25. Age groups based on the swimmer's age as of 3/15/25.

ENTRIES: Swimmers may enter up to 5 individual events and participate on one (1) relay team. Entries must be submitted online by 11:59 (Pacific) Wednesday, March 5, 2025.

This meet is designed to be a Pentathlon Meet with 3 options of Events for swimmers to choose from:

1. Mini-Pentathlon – 50s of each stroke and 100 IM
2. Maxi-Pentathlon – 100s of each stroke and 200 IM
3. Freestyle Pentathlon – swim all 5 of the freestyle events

Swimmers desiring to choose five events of their own choosing are also welcome to attend.

ENTRY FEES: \$15 USD PLUS \$2.50 USD per individual event. Deck entry surcharge \$30 USD. No charge for relays. PNA swimmers who need financial assistance for entry fees may request same from the [PNA Wiggin Fund](#).

ONLINE ENTRIES: Enter online at: [2025 PASC Shamrock Showdown 3/15/25 \(clubassistant.com\)](#).

DECK ENTRIES: Deck entries will be allowed in open lanes only at the discretion of the Meet Referee. Cash or check payable to PASC. [Complete USMS Liability Waiver](#).

SEEDING: All events slow to fast, age group and genders mixed. Pre-seeding except for relays and events 200Y or longer.

CHECK-IN: Positive check-in is required for 200Y and above events by 8:15 AM. Swimmers missing the check-in deadline may be scratched from the event. Any late arrival should check in with the Meet Referee for possible heat/lane assignment.

RELAYS: Deck-enter relays at the meet

- Women, Men, and Mixed relays may be seeded together
- A swimmer may swim on only one relay team (all women, all men, or mixed – 2 women and 2 men) for each relay event
- 18+, 25+ and subsequent ten-year increments as needed. The age of the youngest member of the relay team shall determine the age group.
- Deck entries for all relays due 15 minutes after the start of warmups
- No charge for relays
- Relay Only Swimmers: Wishing to swim only relays at the meet may do so. Same entry deadline and entry fee surcharge applies.

500 FREE: Swimmers in the 500 Free must provide their own COUNTER if desired. Timers and counting device will be provided. Entrants will be limited to the first 6 swimmers. A waitlist for the event will be created if necessary.

AWARDS: Pentathlon events – the swimmer in each age group and competition category with the fastest combined time for the five pentathlon events as identified in the Order of Events will receive a medal.

- Ribbons 1st-6th places by age group and competition category
- The age groups for awards will be 18-24, 25-29, 30-34, 35-39...

SCORING: No scoring

ORDER OF EVENTS:

1	* Mixed 500 Free (limit 6)		~ 5 MIN BREAK ~
2	Mixed 200 IM	10	Mixed 50 Free
3	Mixed 100 IM	11	Mixed 100 Breast
4	Mixed 25 Free	12	Mixed 50 Breast
	~ 5 MIN BREAK ~	13	Mixed 100 Free
5	Mixed 100 Fly		~ 5 MIN BREAK ~
6	Mixed 50 Fly	14	Womens 200 Medley Relay
7	Mixed 200 Free	15	Mens 200 Medley Relay
8	Mixed 50 Back	16	Mixed 200 Medley Relay
9	Mixed 100 Back		

* Entry limit may be increased if time allows.

~ BREAK ~ estimated break may or may not be included at meet referee's discretion and if time allows.

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