
	<h1>2025 Shamrock Showdown</h1> <h2>March 27-30, 2025</h2> <h3>VS-25-44</h3>		Hosted by: 
SANCTION:	<ul style="list-style-type: none"><li>• Held under the sanction of USA Swimming/Virginia Swimming, Inc. Sanction No. VS-25-44</li><li>• USA Swimming, Inc., Virginia Swimming, Inc., and Greater Richmond Aquatics Partnership, doing business as SwimRVA, 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.</li><li>• In applying for this sanction, the Host, SwimRVA agrees to comply and to enforce all health and safety mandates and guidelines of USA Swimming, Virginia Swimming, the Commonwealth of Virginia, and Chesterfield County.</li></ul>		
LOCATION:	<ul style="list-style-type: none"><li>• SwimRVA-CSAC, 5050 Ridgedale Parkway, Richmond, VA 23234</li><li>• Phone: (804) 271-8271 (Pool front desk)</li></ul>		
FACILITY:	<ul style="list-style-type: none"><li>• SwimRVA-CSAC Provides 2 indoor pools and supporting amenities including hospitality, a swim shop, and concession stand.</li><li>• 50-meter competition pool with bulkhead offers 2 eight-lane, 25-yard competition pools with a depth of 7' 7" to 8' 1" end to end. Competition lanes are 8' 3" wide.</li><li>• All sessions will be run in the 25-yard competition pool set up for 8 lanes.</li><li>• Myrtha track start blocks and backstroke wedges.</li><li>• Colorado System 7 timing, Dolphin watches and Colorado 31' video board.</li><li>• Indoor 6-lane 25-yard pool for continuous warm-up, cool-down.</li><li>• The meet host will ensure that the competition course meets the required dimensions are specified in 103.3 USA Swimming Rules and Regulations</li><li>• American Red Cross certified lifeguards will be on duty for the duration of the contest. The facility is also equipped with first aid supplies, 2 AEDs and emergency oxygen.</li><li>• In order to provide parents/guardians who are outside of the facility the ability to view their athletes' events, this meet may be video streamed following all MAAPP guidelines. By attending or participating in this competition, you acknowledge and grant permission to be included in the video-streaming.</li></ul>		
MEET DIRECTOR:	<p><b>Name:</b> Adam Kennedy</p> <p><b>Email:</b> <a href="mailto:adam.kennedy@swimrichmond.org">adam.kennedy@swimrichmond.org</a></p> <p><b>Phone:</b> (804) 334-7669</p>	<p><b>Name:</b> Jacob Wallin</p> <p><b>Email:</b> <a href="mailto:jacob.wallin@swimrichmond.org">jacob.wallin@swimrichmond.org</a></p> <p><b>Phone:</b> (804) 647-1567</p>	
ELIGIBILITY:	<ul style="list-style-type: none"><li>• Open to all 13 &amp; older USA Swimming athletes registered before the first day of the competition that meet the qualifying time in each event entered. The 100 IM does not have a qualifying time. It will not be counted as a qualifying event or a bonus event, however it will count toward the athletes' maximum allowable events per day (3).</li><li>• Qualifying period will be January 1, 2024, through March 26, 2025.</li><li>• No on deck athlete registration will be permitted.</li><li>• Athletes listed as UNAT must check in with the meet director and be assigned a supervising coach in order to warm-up and to compete.</li><li>• Age on <b>March 27, 2025</b> will determine age for the entire meet.</li></ul>		
ATHLETES WITH A SERIOUS MEDICAL CONDITION	<ul style="list-style-type: none"><li>• The swimmer (or swimmer's coach) is responsible for notifying the Meet Referee prior to the competition of the medical condition that is potentially life-threatening that is potentially life-threatening while swimming and of any requested accommodations. Early notice (e.g., concurrent with the meet entry) is encouraged to allow for any needed planning or logistical support.</li><li>• This provision does not apply to medical conditions that are not life-threatening while swimming including injuries that limit range of motion.</li><li>• The swimmer/coach shall provide a Personal Assistant(s) as needed.</li></ul>		

	<ul style="list-style-type: none"> <li>Athletes requiring observation and/or post-race triage will be seeded to swim in the outside lanes (New Virginia Swimming Best Practices Recommendations)</li> </ul>
<b>DISABILITY SWIMMERS:</b>	<ul style="list-style-type: none"> <li>Athletes with a disability are welcome and shall provide advance notice of desired accommodations to the Meet Director.</li> <li>The athlete (or the athlete's coach) is also responsible for notifying the session referee of any disability prior to the competition.</li> </ul>
<b>FORMAT:</b>	<p><b>Thursday Distance Session:</b></p> <ul style="list-style-type: none"> <li>All Thursday events will be swum as timed finals and run in a dual course format separated women and men.</li> <li>There will be a 15-minute break following the 800 Freestyle Relays.</li> <li>Both the 1650 and the 1000 will be swum fastest to slowest.</li> </ul> <p><b>Preliminary Sessions:</b></p> <ul style="list-style-type: none"> <li>Meet Director, in consultation with the Meet Referee, may choose to swim in dual course for any event depending on the timeline and entries received. Teams will be notified No Later Than <b>Monday, March 18<sup>th</sup></b> if dual courses are used.</li> <li><b>Relay events:</b> The 200 Medley and the 200 Freestyle relays will be swum as timed finals events with all heats competing in the preliminary.</li> </ul> <p><b>Finals Sessions:</b></p> <ul style="list-style-type: none"> <li>13 &amp; Over events will be swum in finals separated 13-14 and 15 &amp; Over.</li> <li>Individual events other than the 400 IM and 500 Free, 13-14 will qualify sixteen (16) qualifiers in B/A format followed by 15 &amp; Over finalists. <ul style="list-style-type: none"> <li>Top 8 only will qualify in the 400 IM and the 500 Free</li> </ul> </li> <li>Individual events other than the 400 IM and 500 Free, 15 &amp; Over will qualify thirty-two (32) qualifiers in D/C/B/A format. <ul style="list-style-type: none"> <li>Top 16 only will qualify in the 400 IM and the 500 Free in B/A format.</li> </ul> </li> <li>All Finals swimmers will report directly to their assigned starting block except for the A-finals which will march out from the ready room and be introduced with music, names, and team affiliation prior to the start of the race.</li> <li><b>Relay events:</b> For the 400 Medley and the 400 Freestyle relays, the fastest seeded eight (8) 13-14 relay teams will swim during finals. The fastest seeded sixteen (16) 15 &amp; Over relays will swim during finals. All other heats swum during the preliminary session. Teams may designate AM/PM preference but must do so prior to the scratch deadline for the corresponding day.</li> </ul>
<b>FEES:</b>	<p><b>Individual events: \$ 16.50</b></p> <p><b>Relay events: \$22.00</b></p> <p><b>Swimmer surcharge: \$ 2.50 per swimmer</b> (entered in the meet in any capacity)</p> <ul style="list-style-type: none"> <li>Checks should be made payable to <b>SwimRVA</b></li> <li>Mail payment to: <p style="margin-left: 40px;"><b>SwimRVA</b> Attn: Adam Kennedy 5050 Ridgedale Parkway Richmond, VA 23234</p> </li> <li>Payment must be received by <b>Thursday, March 27, 2025</b>. Failure to pay entry fees by this deadline could result in teams being barred from the meet.</li> </ul>
<b>ENTRIES:</b>	<p><b>ENTRY DEADLINE: 5:00 PM, TUESDAY March 18<sup>th</sup>.</b></p> <p><b>NEW QUALIFIER DEADLINE: 5:00PM, MONDAY March 24<sup>th</sup>.</b></p> <ul style="list-style-type: none"> <li>Entries must be submitted using Commlink-2 software.</li> <li>Teams must submit entries via e-mail to: <a href="mailto:entries@swimrichmond.org">entries@swimrichmond.org</a></li> <li>The Meet Director reserves the right to limit entries in any event, if necessary, to prevent too lengthy a session.</li> <li>The Meet Director reserves the right to eliminate Relays to prevent too lengthy a session.</li> <li>The Meet Referee reserves the right to combine heats and events, which may require reseeding.</li> </ul> <p><b>ENTRY LIMITS:</b></p>

	<ul style="list-style-type: none"> <li>Individual Events: Athletes may swim no more than three (3) individual events per day. Relays: (4) per team, per event. Each team may score a maximum of two (2) relays per team, per event.</li> <li><b>Bonus Events:</b> Swimmers may swim bonus events based on the number of events they are qualified to swim. The following are the bonus event qualifications: <ul style="list-style-type: none"> <li>1 Qualifying Time: 4 bonus events</li> <li>2 Qualifying Times: 3 bonus events</li> <li>3 Qualifying Times: 2 bonus events</li> <li>4 Qualifying Times: 1 bonus events</li> <li>5 or more Qualifying Times: 0 bonus events</li> </ul> </li> <li>The 100 IM does not have a qualifying time. It will not be counted as a qualifying event or a bonus event, however it will count toward the athlete's maximum allowable events per day (3).</li> <li>There are no qualifying times for bonus events or relays. <ul style="list-style-type: none"> <li>"No Time" entries for bonus and relay events will be allowed.</li> <li>"Coach Times" are not permitted for any event including relays. Relays may be aggregate times of the four fastest relays legs on record within the qualifying period.</li> </ul> </li> </ul>
<b>SCRATCHES:</b>	<ul style="list-style-type: none"> <li>The 13 &amp; Over 100 IM does not have a qualifying time. This event <b>cannot</b> be used to gain entry into the meet and or to add bonus events. This event will count towards the total number of swims allowed per day.</li> <li>The scratch procedures listed in current <i>USA Swimming Rules and Regulations</i>, Article 207.11.6 A-E.3 will apply except for 207.11.6.C as it pertains to timed final events requiring a positive check-in. The following statement will be used instead: <b>A swimmer who fails to scratch from a timed final individual event and does not show up to compete will be barred from his/her next individual event.</b></li> <li>Deadline for scratches from Individual Events: <ul style="list-style-type: none"> <li>Scratches for Thursday events should be made through a positive check-in procedure which will close 40 minutes prior to the start of the session (4:20pm).</li> <li>Scratches for Friday, Saturday, and Sunday's events, including relays, are due 30 minutes after the start of the preceding day's finals session (5:30pm).</li> </ul> </li> <li>The scratch rule regarding finals will apply to all evening heats.</li> </ul>
<b>WARM-UPS:</b>	<ul style="list-style-type: none"> <li><b>Thursday PM:</b> <ul style="list-style-type: none"> <li>Warm up 3:30-4:50 pm, Competition begins 5:00 pm. **Teams that would like warm-up prior to 3:30 pm should email the Meet Director. Access to the pool to warm-up will be based on space available.</li> </ul> </li> <li><b>Prelims:</b> <ul style="list-style-type: none"> <li>No earlier than 6:30 – 7:50 am; Competition begins no earlier than 8:00 am.</li> <li>13 &amp; Over Preliminary warm-up session will be <b>open warm-up</b>. For the final 20 minutes the Meet Director and Referee will open pace and sprint lanes based on demand.</li> </ul> </li> <li><b>Finals:</b> <ul style="list-style-type: none"> <li>No earlier than 4:00 – 4:50 pm; Competition begins no earlier than 5:00 pm.</li> <li>Finals sessions will be open for general warm-up for the first 35 minutes. For the final 15 minutes the meet director and referee will open pace and sprint lanes based on demand.</li> </ul> </li> </ul>
<b>SCORING &amp; AWARDS:</b>	<ul style="list-style-type: none"> <li><b>Shamrock Showdown medals will be awarded to the top 3 finishers in all events</b></li> <li><b>Individual Events</b> will be scored top 16 in the following age groups, 13-14, 15 &amp; Over. Individual Events: F – 20-17-16-15-14-13-12-11, C – 9-7-6-5-4-3-2-1</li> <li><b>Relay Events</b> will be scored in their corresponding age group. Teams may score a maximum of two relays per team, per event. Relays: F – 40-34-32-30-28-26-24-22, C – 18-14-12-10-8-6-4-2</li> <li><b>Team Silver Plates:</b> Women, Men, Combined</li> <li><b>Women's High Point, Men's High Point</b> in the following age groups: 13-14, 15 &amp; Over.</li> </ul>
<b>RULES:</b>	<ul style="list-style-type: none"> <li>The current USA Swimming Rules and Regulations, including the Minor Athlete Abuse Prevention Policy, will govern this meet.</li> <li>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</li> </ul>

	<p>understand that compliance with MAAPP is a condition of participation in the conduct of this competition.</p> <ul style="list-style-type: none"> <li>• Operation of a drone, or any other flying apparatus, 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 without written USA swimming permission.</li> <li>• Any swimmer entered in the meet must be certified by a USAS 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.</li> <li>• Use of audio or visual recording devices, including cell phones, is not permitted in changing areas, rest rooms or locker rooms. In addition, photography behind the blocks is not permitted.</li> <li>• Changing, in whole or in part, into or out of swimsuit when wearing just one suit in an area other than in a locker room, bathroom, or other space designated for changing is PROHIBITED.</li> <li>• In accordance with VSI best practices, swimmers should shower before entering the pool.</li> <li>• Any athlete suspected of sustaining a concussion or exhibiting signs of a concussion, will immediately be removed from competition and shall not return to competition that day. The athlete may return to competition on a subsequent day, but only with a release authorization signed by a licensed healthcare provider.</li> <li>• In accordance with VSI Policy, only those coaches who have current, valid USA Swimming credentials will be permitted to act in a coaching capacity at this meet. Coaches with expired or non-current credentials will be required to leave the deck area.</li> </ul>
<b>PENALTIES:</b>	<ul style="list-style-type: none"> <li>• A fine of up to \$100 per event may be assessed for any illegal participation in the meet. Illegal participation is defined as <ul style="list-style-type: none"> <li>◦ Entries using fraudulent or non-verifiable times.</li> <li>◦ Athletes competed in the incorrect age group.</li> <li>◦ Athletes not registered with USA Swimming prior to the first day of the meet.</li> </ul> </li> <li>• If the swimmer is representing a club in the competition, the fine will be levied on the Club. If the swimmer is unattached, the fine will be levied on the swimmer.</li> <li>• Any event in which an athlete participated illegally will be rescored and re-awarded</li> </ul>
<b>OFFICIALS:</b>	<p><b>Meet Referee</b>  <b>Name:</b> Kevin Hogan  <b>Email:</b> <a href="mailto:hogan.kevin.t@gmail.com">hogan.kevin.t@gmail.com</a>  <b>Phone:</b> (434)962-7529</p> <ul style="list-style-type: none"> <li>• Officials will be needed for all positions and all sessions for this meet.</li> <li>• Certified and Apprentice Officials interested in serving should fill out the SwimRVA signup at <b>by Sunday March 23<sup>rd</sup> or as soon as possible thereafter by clicking the link below:</b>  <a href="#"><b>SHAMROCK SHOWDOWN: APPLICATION TO OFFICIATE</b></a></li> </ul>
<b>SAFETY:</b>	<p><b>Meet Safety Officer:</b> Jacob Wallin  <b>Email:</b> <a href="mailto:jacob.wallin@swimrichmond.org">jacob.wallin@swimrichmond.org</a>  <b>Phone:</b> (804)-647-1567</p> <ul style="list-style-type: none"> <li>• VSI Safety and Warm-up procedures will be in effect.</li> <li>• During general warm-up, feet first entry only. There will be NO DIVING OR RACING STARTS from the blocks or end of the pool during general warm-ups.</li> <li>• Use of training equipment other than snorkels is not permitted during warm-ups.</li> </ul>
<b>TIMERS:</b>	<ul style="list-style-type: none"> <li>• Clubs will be required to provide timers for all preliminary sessions in proportion to the number of swimmers they have entered in each session.</li> <li>• Timers will be provided by SwimRVA for all finals sessions.</li> <li>• Timers will receive a commemorative gift from the Shamrock Showdown.</li> <li>• The number of timers required per club and their lane assignments will be sent to teams no later than <b>Monday, March 24<sup>th</sup></b>.</li> <li>• Swimmers are responsible for providing timers and lap counters for the 1000 Free and 1650 Freestyle events, except for the final's heats on Sunday. Lap counting devices will be provided.</li> </ul>
<b>GENERAL:</b>	<ul style="list-style-type: none"> <li>• Spectator Admission:</li> <li>• All-Session Pass - <b>\$30.00</b></li> </ul>

	<ul style="list-style-type: none"> <li>• Session Pass - <b>\$10.00</b></li> <li>• Tickets can be purchased online at:  <a href="https://www.eventbee.com/v/2025-swimrva-shamrock-showdown/event?eid=269214374">https://www.eventbee.com/v/2025-swimrva-shamrock-showdown/event?eid=269214374</a></li> <li>• <b>Heat Sheets:</b> A listing of seeded heats will be available on the Meet Mobile app. PDF files with daily heat sheets by session will be sent to participating teams by email. Updated Heat Sheets will also be available on the SwimRVA TeamUnify website.</li> <li>• <b>Results:</b> The meet results will be available on the Meet Mobile app. The results will also be posted to the Virginia Swimming website after the conclusion of the meet.</li> <li>• <b>Swim Supplies:</b> Swim &amp; Tri swim shop will be operating in the lobby of the facility.</li> <li>• <b>Hospitality:</b> A light breakfast and box lunch will be provided for coaches and officials. Coaches and officials who have special dietary concerns or needs should bring their own food and beverages.</li> <li>• <b>Concession:</b> SwimRVA Café will be open for the duration of the meet.</li> </ul>
<b>FACILITY RULES:</b>	<ul style="list-style-type: none"> <li>• Access to the deck is limited to coaches, athletes, meet officials, and event staff. Spectators will not be allowed on deck unless volunteering as timers, lap counters, or other needed volunteer positions.</li> <li>• All air flow intake vents on deck are not to be blocked by chairs, benches, spectators, or towels!</li> <li>• Family restrooms are reserved for coaches and officials use only. Individuals needing access should make arrangements with the Meet Director.</li> <li>• No glass containers of any kind are allowed in the facility.</li> <li>• No lawn/deck chairs allowed in the grandstand.</li> <li>• Objects are not to be passed over the grandstand railing.</li> <li>• No smoking on the campus.</li> <li>• Shoes are suggested to be worn in all areas outside the pool deck including locker rooms.</li> <li>• Doors must not to be propped open (HVAC).</li> <li>• No tape of any kind is to be used inside to hang signs, banners, or decorations.</li> </ul>
<b>VIDEO SERVICE:</b>	<ul style="list-style-type: none"> <li>• SwimRVA will be using our state-of-the-art video streaming system for this contest. The athlete's name, team and time will be displayed in an overlay of their lane, just like in the Olympics! Spectators will be able to go back and watch races repeatedly. Visit our streaming site <a href="https://swimrva.vhx.tv/browse">https://swimrva.vhx.tv/browse</a> for product information.</li> </ul>
<b>PARKING:</b>	<ul style="list-style-type: none"> <li>• Parking at the facility is available to patrons of the pool associated with the meets, employees, coaches, and officials.</li> </ul>
<b>HOTELS:</b>	<p>SwimRVA has a travel team ready to support you and your needs.</p> <p>The 288 Travel Group is a Richmond-based housing specialist and standing by to help you secure team blocks!</p> <p>Contact:  Tina Bland  <a href="mailto:tbland@288travel.com">tbland@288travel.com</a>  804.505.3005 ext. 704</p>
<b>KINGS DOMINION:</b>	<p>Shamrock Showdown weekend is also the opening weekend for Kings Dominion! Participants in this meet will be sent information about redeeming tickets to Kings Dominion.</p> <p>Included in this special athlete gift is:</p> <ul style="list-style-type: none"> <li>• 1 complimentary ticket per each participating USA Swimming registered athlete.</li> <li>• Teams will need to submit the excel spreadsheet provided by SwimRVA with each athlete's name and email address to <a href="mailto:entries@swimrichmond.org">entries@swimrichmond.org</a> by Tuesday March 18th to ensure tickets arrive in time. Any last-minute additions are not guaranteed to secure a free ticket.</li> </ul>

# Shamrock Showdown

## Qualifying Times

### 2024-2025

13-14 Girls	15 & Over Girls		13-14 Boys	15 & Over Boys
27.59	26.69	50 Free	25.29	23.69
1:00.19	57.69	100 Free	55.09	52.09
2:10.29	2:05.09	200 Free	2:00.89	1:54.19
5:49.79	5:36.79	500 Free	5:27.19	5:09.39
12:02.09	11:39.69	1000 Free	11:17.09	10:48.29
20:07.29	19:32.49	1650 Free	18:59.49	18:00.69
1:05.19	1:02.79	100 Back	1:00.39	56.69
2:21.09	2:16.29	200 Back	2:11.39	2:03.99
1:15.19	1:12.19	100 Breast	1:08.29	1:04.49
2:42.09	2:36.19	200 Breast	2:28.29	2:20.29
1:05.19	1:02.49	100 Fly	59.69	56.39
2:25.19	2:19.19	200 Fly	2:12.99	2:04.89
2:25.69	2:19.49	200 IM	2:13.99	2:06.79
5:10.29	4:58.19	400 IM	4:46.49	4:30.59

# 2025 Shamrock Showdown

THURSDAY – March 27		
Girls	Event Name	Boys
1	13-14 800 Freestyle Relay	2
3	15 & Over 800 Freestyle Relay	4
	15 Minute Break	
5	13 & Over 1000 Freestyle	-
-	13 & Over 1650 Freestyle	6
FRIDAY – March 28		
Girls	Event Name	Boys
7	13-14 200 Freestyle Relay	8
9	15 & Over 200 Freestyle Relay	10
	10 min. break	
11	13 & Over 200 Backstroke	12
13	13 & Over 200 Freestyle	14
15	13 & Over 100 Breaststroke	16
17	13 & Over 400 IM	18
	10 Minute Break	
19	13-14 400 Medley Relay	20
21	15 & Over 400 Medley Relay	22
SATURDAY – March 29		
Girls	Event Name	Boys
23	13-14 200 Medley Relay	24
25	15 & Over 200 Medley Relay	26
	10 min. break	
27	13 & Over 200 IM	28
29	13 & Over 50 Freestyle	30
31	13 & Over 500 Freestyle	32
33	13 & Over 100 Butterfly	34
	10 Minute Break	
35	13-14 400 Free Relay	36
37	15 & Over 400 Free Relay	38
SUNDAY – March 30		
Girls	Event Name	Boys
39	13 & Over 1650 Freestyle*	-
-	13 & Over 1000 Freestyle*	40
41	13 & Over 100 Backstroke	42
43	13 & Over 200 Breaststroke	44
45	13 & Over 100 Freestyle	46
47	13 & Over 200 Butterfly	48
49	13 & Over 100 IM	50

\*1650/1000 heats will swim in the afternoon prior to finals warmup.

Top 8 in each event will swim in event order at the start of Sunday's finals session.