 USMS Falcon Invitational 

On Sunday, November 13th the Cedar Crest College Swim Team will be hosting the 1st Annual Falcon Invitational at Rodale Aquatic Center on the campus of Cedar Crest College. Proceeds from this meet will go towards the fundraising efforts of the Cedar Crest College Swim Team.

**LOCATION:** Rodale Aquatic Center- 100 College Drive, Allentown, PA 18104. Ample parking is available adjacent to the pool.

**FACILITY:** Rodale Aquatic Center is located on the campus of Cedar Crest College and has been providing programming for the college and community since 2006. Rodale is the home of Cedar Crest College’s NCAA DIII swim team.

**POOL:** The facility boasts an 8 lane, 25 yard competition pool with an 8-lane digital scoreboard, Colorado System 6 timing system, and touchpads in every lane.

*The length of the competition course is not on file with USMS. Eligibility of times achieved in this meet will be contingent upon pool length measurement and approval with USMS; if bulkheads are present, their placement must also be confirmed by measurements at the meet (USMS articles 105.1.7 and 107.2.1).*

**RULES:** Current 2016 U.S. Masters Swimming rules will govern the conduct of this meet.

**ELIGIBILITY:** The meet is open to anyone 18 and older. All entrants must be registered with U.S. Masters Swimming or a member of a FINA-recognized National governing body. Each swimmer is eligible to swim a maximum of five (5) individual events, excluding relays.

**AGE GROUPS:**The swimmer's age is determined *as of November 13, 2016.* Age categories are 18-24, 25-29, 30-34, etc.  
  
**ENTRY FEES:**  Swimmers may swim up to 5 individual events. Each swimmer must pay a $25.00 entry fee and $5.00 per individual event. Relays are an additional $12.00 per relay team. While relays may be deck entered, individual deck entries will only be accepted based on availability due to time restraints. The number of entries for the 500 free may also be limited based on time restraints. Meet entry fees will be collected through Club Assistant (preferable), but paper entries with cash or check can be used- contact meet director for more information at kvincent@cedarcrest.edu.

**EVENT DEADLINES:  Online entries close on Tuesday, November 8th at 11:59 PM EDT.** Relay entries may be deck entered. Relay cards must be turned by 6:30am on November 13.  
  
**RELAYS:  Relays may be deck entered. All relay cards must be turned by 6:30am on November 13th.**   
  
**SEEDING:**   All heats will be seeded slowest to fastest.    
  
**COMPETITION SCHEDULE:**

6:00am Warm-Up Starts

6:30am Designated Sprint Lanes Open

6:50am Warm-Up Ends

7:00am Competition Begins

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| **WARM-UP PROCEDURES:** Swimmers must enter the pool feet first in a cautious and controlled manner. No diving or backstroke starts will be allowed, except in designated sprint lanes. One or two lanes shall be designated as one-way sprint lanes during the pre-meet warm-up sessions in the competition pools only. Any swimmer who acts in an unsporting or unsafe manner within the swimming venue may be considered for appropriate action or penalty by the referee (rule 102.15.3). Pull-buoys, kick boards, fins and hand paddles are not allowed in competition or warm-up pools.  **SCORING & AWARDS:**   Individual events: 11-9-8-7-6-5-4-3-2-1.  Relays shall score double the individual event point value.   **RESULTS:**  Will be posted on the USMS Website.  **QUESTIONS:** For questions or additional information, please contact Katie Vincent at kvincent@cedarcrest.edu  **EVENT WEBSITE:** https://www.clubassistant.com/club/meet\_information.cfm?c=2375&smid=8249  **SPONSOR WEBSITE:**  http://www.cedarcrestathletics.com/index.aspx?path=swim&  **MEET DIRECTORS:** Katie Vincent- [kvincent@cedarcrest.edu](mailto:kvincent@cedarcrest.edu) or at 610-606-4666 ext. 3921  **ORDER OF EVENTS:** |
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| Warm-ups start at 6:00 AM  Meet starts at 7:00 AM  Meet will end before 11:00 AM   |  |  |  |  |  | | --- | --- | --- | --- | --- | | # | Sex |  | Event | | | 1 | Mixed |  | 200 Y | Medley Relay | | 2 | Mixed |  | 200 Y | Free | | 3 | Mixed |  | 200 Y | IM | | 4 | Mixed |  | 50 Y | Fly | | 5 | Mixed |  | 200 Y | Breast | | 10 Minute Break | | | | | | 6 | Mixed |  | 400 Y | Free Relay | | 7 | Mixed |  | 100 Y | Breast | | 8 | Mixed |  | 50 Y | Back | | 9 | Mixed |  | 100 Y | Free | | 10 Minute Break | | | | | | 10 | Mixed |  | 400 Y | Medley Relay | | 11 | Mixed |  | 100 Y | Fly | | 12 | Mixed |  | 50 Y | Breast | | 13 | Mixed |  | 200 Y | Back | | 10 Minute Break | | | | | | 14 | Mixed |  | 200 Y | Free Relay | | 15 | Mixed |  | 100 Y | Back | | 16 | Mixed |  | 50 Y | Free | | 17 | Mixed |  | 200 Y | Fly | | 18 | Mixed |  | 100 Y | IM | |