

49th Annual Conestoga Valley Invitational



Dear Summer Swim Coaches,

The Conestoga Valley Summer Swim Team Board and Coaches cordially invites you and your swimmers to this year's **Conestoga Valley Invitational (CVI) on June 10, 2023**. The CVI is open to all swimmers in the LSSL, **attached as a team that is attending or unattached as an individual without a team attending**. The CVI started in 1974 with the desire to give swimmers an opportunity to have a successful first meet. Please let us know by June 1st if your team is planning on attending.

Event Date: June 10, 2023

Location: Leola Community Pool 23 E. Main Street, Leola PA 17540

Order of Events:

Backstroke

Breaststroke

Mixed Freestyle Relay (at least 2 swimmers must be girls/women)

Mixed Medley Relay (at least 2 swimmers must be girls/women)

Butterfly

Freestyle

100 Individual Medley

Due date for all entries will be **Thursday, June 8th by noon**. Please send your entries via Meet Manager zip file to cvsimmerswim@yahoo.com. Also complete the [Team Summary](#).

Looking forward to seeing you at the pool,

Matt Smith - CVI Meet Director

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General Rules and Information:

- USS Swimming rules unless otherwise modified by the Lancaster Summer Swim League.
- Results will be determined by the average of two semi-automatic times with a third manual time if necessary.
- A concession stand will be available throughout the day.
- Please have your swimmers use the trash receptacles provided and clean up their team area before leaving.
- The coach and/or parent representative will be notified if extreme weather causes us to cancel or postpone the meet.

Entry Information:

- Each swimmer is limited to swim in five events.
- Entry times must be in meters.
- **Entries are due by June 8th at noon.**
- Send entries in Meet Manager zip file to: cvsummerswim@yahoo.com
- There will be **NO CHANGES** after June 8th. **NO ADDITIONS** will be accepted Saturday morning.

Entry Fees:

- **\$4** for individual events and **\$12** for relays.
- The entry fees are non-refundable.
- Please bring a check for your team's entries payable to: **Conestoga Valley Summer Swim Team**

Order of Events:

- Backstroke
- Breaststroke
- Mixed Freestyle Relay (at least 2 swimmers must be girls/women)
- Mixed Medley Relay (at least 2 swimmers must be girls/women)
- Butterfly
- Freestyle
- Individual Medley

Team Requirements:

- Each team must provide 2 timers. Timers will receive free admission.

Event Timeline:

Gates open	7:30 am
Warm ups*	8:00 am
Coaches (Scratch) Meeting	8:20 am
Official's and Timer's Meeting	8:40 am
Starting Time of the Meet	9:00 am

*Exact warm up times will be emailed to the coaches Thursday, June 8th.

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Awards:

- Individual events: medals for places 1-3 and ribbons for places 4-10
- Relays: medals for places 1-3
- Heat winners

Admissions:

- \$5 per adult (over 12 years old)
- **All swimmers, coaches, officials and meet volunteers will be admitted FREE****

****To be admitted FREE, volunteers must be listed on the pre-submitted volunteer sheet****

Any team wishing to set up tents Friday evening are welcome to from 5:30 p.m.-7:30 p.m. However, do this at your own risk. The Conestoga Valley Swim Team, the Lancaster Family YMCA, and the Leola Community Pool are not responsible for any loss or damage.

DUE by June 8th at noon:

1. Team entries in Meet Manager zip file to: cvsimmerswim@yahoo.com
2. [Team Summary](#)

Leola Pool/YMCA Waiver:

The Lancaster YMCA is requiring all participants that swim in the Leola Community Pool to read and sign a waiver. **A swimmer will not be able to participate unless this form is completed.** Our suggestion is to send this form to all swimmers the week prior to swimming.

[Leola Pool/YMCA Waiver](#)



If there are any questions, please contact the meet director. Thank you for supporting your swimmers.

Matt Smith
CVI Meet Director
(717) 600-5156
cvsimmerswim@yahoo.com