



54th Annual

Overlook Relays Invitational - Event Information

The Overlook Swim Team invites you and your swimmers to the 54th Annual Overlook Relays Invitational event on **June 15, 2023**. Since 1969, Overlook Relays has provided generations of Lancaster County swimmers with fun-filled excitement and sportsman-like competition.

Join us to kickoff the summer swim season with this lively annual tradition. Back by popular demand, the theme of this year's event is the 80s. We'll have classic 80s music, bright colors, and the occasional bad mullet!

Table of Contents

[Location](#)

[Contact Information](#)

[General Rules](#)

[Event Timeline](#)

[Order of Events](#)

[Swimmer Entry Fees](#)

[RSVP \(May 30, 2023\)](#)

[Team Registration & Entry Information \(June 11, 2023\)](#)

[Coaches & Volunteers](#)

[Meal Vouchers](#)

[Staging](#)

[Awards](#)

[Visiting Team Volunteer Requirements](#)

[General Admission](#)

[Heat Sheets](#)

[Concessions](#)

[Parking](#)

[T-Shirt Sales](#)

Location

- Overlook Pool - 301 Golf Drive, Lancaster, PA 17601
- [Google Map](#)

Contact Information

- Event Director:
 - Amy Sprankle (alsprankle@gmail.com)
- Board Co-President:
 - Andy Mathers (andy@andymathers.com)

General Rules

- USA Swimming rules apply unless otherwise modified by the Lancaster Summer Swim League. In the event of a tie, no swim-offs will take place.
- Results will be determined by the average of two, semi-automatic times with a third manual time, if necessary.
- Please have your swimmers use the trash receptacles provided and clean up their team area before leaving.
- A coach and/or parent representative from each team will be notified in the event extreme weather necessitates a cancellation or postponement.

Event Timeline

4:30 pm	Gates open
5:00 pm	Warm ups begin *
5:30 pm	Coaches (Scratch) Meeting
5:40 pm	Officials/Timer's meeting
5:45 pm	Staging begins
6:00 pm	Meet start

* Warm up times will be provided to coaches a few days prior to the event

Order of Events

- Mixed Freestyle Relay
- Mixed Backstroke Relay
- Crescendo Relay
- Mamas & Papas Relay
- Mixed Breasterfly Relay
- Mixed Medley Relay
- Mixed Coaches Freestyle Relay

Swimmer Entry Fees

- \$8 per relay team
- Entry fees are non-refundable
- Please bring a check for your team's entries payable to "Manheim Township" to the event.

RSVP (May 30, 2023)

- To help us in our planning, we kindly request that you RSVP as early as possible. This will allow us to prepare accordingly and ensure a smooth and enjoyable event for all participants.
- Please note that there will be a separate team registration form provided at a later date, which will include additional information and requirements.
- [Click here to RSVP](#) by May 30, 2023

Team Registration & Entry Information (June 11, 2023)

- Team registration is mandatory and must be completed by **June 11, 2023 at 8:00pm**
- There is no limit to the number of events for each swimmer and each team
- Entry times must be in meters
- There will be NO CHANGES after June 11th at 8pm. NO ADDITIONS will be accepted on the day of the event.
- Mixed relay teams can consist of any combination of boys and girls. However, teams with two boys and two girls should be placed in the first heats of the event, while any other combination of swimmers should be placed in the later heats. This is to ensure a fair and competitive environment for all participants.
- There will be no scratch meeting before the start of the swim meet. Instead, if swimmers are absent, substitute swimmers can be added on the spot by the coaching staff. However, during staging, any substitute swimmers should inform the staging volunteers about the specific swimmer they are replacing. This decision has been made to ensure that all teams have an enjoyable and fun competition. There is no need to inform other teams, officials, or the scoring table about the replacement swimmers.
- [Download the Meet Manager Zip file here.](#)

Coaches & Volunteers

- Coaches and Volunteers are admitted **FREE**
- Please provide a list of all coaches and volunteers who should be included in your Team Entry Signup Form (*form coming soon*).
- For any last minute volunteer additions, please send to Amy Sprankle (alsprankle@gmail.com)

Meal Vouchers

- Meal vouchers will be provided to all **team coaches** as part of the event.
- The vouchers will be available in team envelopes located at the front desk.

Staging

- Staging an all Relays event requires coordination from all participating teams to ensure a smooth and efficient process.
- It is recommended to have assistant coaches and volunteers available to gather your swimmers on time to avoid delays in the event.
- A diagram of the staging area, along with clear instructions on the flow of the event, will be provided to teams for their reference.
- Sharing this information with assistant coaches and parent volunteers can help ensure that everyone is aware of the event's staging process.

Awards

- Medals 1st through 3rd place
- Ribbons for 4th through 8th place
- Hot heat prizes

Visiting Team Volunteer Requirements

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

General Admission

- \$5.00 per spectator (over the age of 12).
- All swimmers, coaches, officials and meet volunteers will be admitted FREE.

Heat Sheets

- Heat sheets will **not** be sold
- Printed eat sheets will be available for all coaches and officials
- **Availability on MeetMobile to be determined**

Concessions

- Overlook Pool concessions will be open for the duration of the swim meet.
- Coaches get a free meal voucher (see “Meal Vouchers”)
- Two food trucks will also be on site:
 - Oasis Food Truck (<https://www.thesmoothieoasis.com>)
 - Hot Box BBQ Food Truck (<https://hotbox-bbq.com>)

Parking

- Reserved parking is available for all coaches and officials.
- General parking is free and available around the Overlook Park.
- Please see the [parking map PDF](#) for details and locations.

T-Shirt Sales

- All shirts must be ordered no later than **May 24, 2023**.
- **No shirts will be available for sale on site the day of the relays.**
- [Order Online at FiP Creative](#) - Please include your swimmer's name and team name in the order notes
- Orders will be packed and delivered the day of the Overlook Relays.

