

# 50<sup>th</sup> 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 22, 2024**. 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 9th if your team is planning on attending.

**Event Date: June 22, 2024**

**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 **Wednesday, June 19th by 8pm**. Please send your entries via Meet Manager zip file to [cvsimmerswim@yahoo.com](mailto: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:

- USA 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 19th at 8pm.**
- Send entries in Meet Manager zip file to: [cvsummerswim@yahoo.com](mailto:cvsummerswim@yahoo.com)
- There will be **NO CHANGES** after June 19th. **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 on Thursday, June 20th.

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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 - 7:30pm. 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 19th at 8pm:

1. Team entries in Meet Manager zip file to: [cvsimmerswim@yahoo.com](mailto: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 the invitational.

[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](mailto:cvsimmerswim@yahoo.com)