



55th Annual

## Overlook Relays Invitational - Event Information

The Overlook Swim Team invites you and your swimmers to the 54<sup>th</sup> Annual Overlook Relays Invitational event on **June 13, 2024**. 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 Olympic Splash! Pass the torch to your teammates and enjoy the USA themed decor and exciting music!

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## Location

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

## Contact Information

- Event Director:
  - Suzanne Black ([Suzanne.m.black@gmail.com](mailto:Suzanne.m.black@gmail.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 (*see times and lanes below*)
- 5:30 pm - Coaches Meeting
- 5:40 pm - Officials/Timer's meeting
- 5:45 pm - Staging begins
- 6:00 pm - Meet starts

## Warm Up Times & Lanes

- 5:00 pm - 5:10 pm    Overlook (lanes 1-8)
- 5:10 pm - 5:20 pm    Skyline (lanes 1-8)
- 5:20 pm - 5:30 pm    Woodridge (lanes 1-4) + Manheim (lanes 5-8)

- 5:30 pm - 5:40 pm Ephrata (lanes 1-4) + Lampeter-Strasburg (lanes 5-8)

## Timers & Lane Assignments

Each visiting team is required to provide additional timers. Teams must provide their own stopwatches. FREE admission is provided to all volunteer timers. Please provide a list of your volunteers with your [team registration form](#) by Sunday, June 9th.

Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1
Overlook	LS	Manheim	Woodridge	Skyline	Ephrata	Overlook	Overlook
Overlook	Overlook	Overlook	Overlook	Overlook	Overlook	Overlook	Overlook

## Order of Events

- Crescendo Relay
  - Girls
  - Boys
- Mamas & Papas Relay
- Medley Relay (Volunteer Switch after 10U)
  - Girls
  - Boys
- Freestyle Relay
  - Girls
  - Boys
- Mixed Coaches Freestyle Relay

## Swimmer Entry Fees

- \$12 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 (June 1, 2024)

- 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](#)

## Team Registration & Entry Information (June 9, 2024)

- Team registration is mandatory and must be completed by **June 9, 2024 at 8:00pm**
- Team registration can be completed online at: [Team Registration](https://docs.google.com/forms/d/1L8Gu05gPdrFFBoglsAPnzKJ4hLekXnlNVfwYhNBjwTk/edit)  
<https://docs.google.com/forms/d/1L8Gu05gPdrFFBoglsAPnzKJ4hLekXnlNVfwYhNBjwTk/edit>
- 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 9<sup>th</sup> at 8pm. NO ADDITIONS will be accepted on the day of the event.
- 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.

## 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 Registration Form (*link provided above in Team Registration*)
- For any last minute volunteer additions, please send to Suzanne Black ([Suzanne.m.black@gmail.com](mailto:Suzanne.m.black@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.
- Meal vouchers will not be accepted at the food truck locations. Coupon/Voucher valid at the concession stand only.

## 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.
- [Please see the staging diagram](#) for layout, position and flow of staging.
- Sharing this information with assistant coaches and parent volunteers can help ensure that everyone is aware of the event's staging process.

## Awards

- Medals 1<sup>st</sup> through 3<sup>rd</sup> place
- Ribbons for 4<sup>th</sup> through 8<sup>th</sup> 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

- Printed heat sheets will be available for all coaches and officials
- Heat sheets will **not** be sold to spectators
- The meet will be available on MeetMobile

## Concessions

- Overlook Pool concessions will be open for the duration of the swim meet.
- Coaches get a free meal voucher (see “Meal Vouchers”) to be used at Overlook Pool concessions (not food trucks)
- Three food trucks will also be on site:
  - Oasis Food Truck (<https://www.thesmoothieoasis.com>)
  - Penny’s Ice Cream Truck (<https://pennysicecreamtruck.com>)
  - Philly Cheesesteak Co. on the Roll (<https://www.pcontheroll.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 below for details and locations.
  - 2024 has been revised to exclude parking on Golf Dr. and replaced by lawn parking accessible through the Dog Park Lot. A full map is available [here](#).

## T-Shirt Sales

- All shirts must be ordered no later than **May 22, 2024**
- **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.

