

**NVSL INDIVIDUAL ALL-STARS MEET-August 5, 2006**  
**Wakefield Chapel Pool, 4625 Holborn Drive, Annandale, VA 22003**  
**Pool Telephone 703-323-8303**

Directions and a map to Wakefield Chapel are attached.

**Pool Familiarization:** The pool will be open for familiarization on Thursday, August 3, and Friday, August 4, from 8:00 AM until 11:00 AM. Thursday pool familiarization will be for Divisions 5 -17. Friday pool familiarization will be for Divisions 1-4. The Wakefield Chapel snack bar will be open during pool familiarization for coffee, bagels, donuts, etc. The condition of the pool on these days will be as close to meet conditions as possible.

**All Star Sales/Meet Programs:** At Pool Familiarization and on Meet Day, All-Star shirts, swim caps, and programs will be available for purchase. Information is being distributed to Team Reps regarding these items. Team orders submitted by 8:00 PM, Monday, July 31 will receive a discount and will be guarantee T-shirts in the sizes and quantities ordered. Purchasers of programs at Pool Familiarization Days will receive a coupon redeemable for a program on Meet Day.

**Parking:** There is no parking on Holborn Avenue. Swimmers should be dropped off at the designated "drop-off" location on Holborn. Please do not drop off swimmers at any other location. Drivers should then continue up Holborn to parking on the neighborhood side streets or at the two paved parking lots at Sprague Technology Center (formerly Chapel Square). Please do not park on the grassy areas at the Center. Wakefield Chapel will provide parking marshals to assist with parking and to enforce parking restrictions. Please ask all of your members to be courteous and respect the Wakefield Chapel neighborhood. Please do not block driveways.

Deck officials will be allowed to park in the pool lot as long as space is available. This does **NOT** include Team Reps, Coaches, or Division Coordinators. Your name must appear on the official's list to be allowed access to the pool parking lot. There are five spaces for disabled parking. If these spaces are filled, vehicles with a disabled parking permit will be allowed into the lot for passenger drop off, but may not stay.

**Viewing Areas:** The pool will open to the public at 7:30 AM on Saturday morning. As was the case with All Star Relays, reserving bleachers with anything larger than a 6 ft. beach towel is strictly prohibited. One person may only reserve one beach towel and **must occupy** it at all times. Marshals will remove materials not in conformance with these rules. A coaches viewing area is available and there is a Reserved Seating area for Team Reps and Division Coordinators. Access to the pool deck and reserved areas requires the proper name tag.

**Team Areas:** Teams may **NOT** bring tents or awnings.

**Access for Persons with Disabilities:** An area for disability seating and a portable disability restroom will be available.

**Food Concessions:** A full snack bar, including breakfast and lunch food items, will be available.

**Warm-Ups/Start Times:** There will be a general warm-up for all swimmers from 8:00 to 8:25 AM. A ten minute stroke specific warm-up will be held starting at 8:25 AM for the Breaststroke and prior to the first event for each stroke. Events will start ***not earlier than*** the following times:

Breaststroke	9:00 AM
Butterfly	10:00 AM
Individual Medley	11:00 AM
Freestyle	12:00 PM
Backstroke	1:00 PM

All swimmers must report to the Clerk of the Course prior to their event. The Clerk of the Course will place Alternates into any open lanes. Swimmers not reporting to the Clerk of the Course will not be allowed to swim.

**Awards/Pictures:** Medals, rosette ribbons, and patches are awarded to swimmers and alternates directly following each event. Photos are taken following this ceremony.

We are looking forward to seeing you all at All-Stars on August 5.