

NVSL ALL-STAR RELAY CARNIVAL– JULY 15, 2009, 4:00 pm
SPRINGBOARD POOL, 6500 DEEPFORD STREET, SPRINGFIELD, VA, 22150
Pool Telephone 703-719-7359

POOL LOCATION: Please consult an internet map service for the most direct route from your location. Major roads leading to Springboard include Frontier Drive and Franconia Road (RT 644).

PARKING: Primary parking will be in the Lee High School parking lot on Franconia Road. Entrances are on Franconia Road and the intersection of Frontier Drive and Cimarron Street. A Springboard Marshall will be positioned at the school from 1:00 PM until 6:00 PM to assist in entering and exiting the lot. VIP parking (for officials on a pre-submitted list) will be provided at Springboard. Additional parking is located on neighborhood streets.

No parking will be permitted immediately in front of the pool on Deepford Street and on Deepford Street leading to and from the Swimmer Drop Off point. This area will be marked with “**NO PARKING**” signs. Though parking in the neighborhood is permitted, guests are encouraged to use the Lee High School Parking lot to avoid congestion around the pool, enhance safety to swimmers, and to minimize potential inconveniences to residents.

SWIMMER DROP OFF: The designated Swimmer Drop Off area is located to the right of the Springboard main entrance, at the intersection of Wayles Street and Deepford Street. Please drop off swimmers and then proceed to the parking lot at Lee High School. **Handicap Drop Off** will be at the entrance to the pool on Deepford Street.

VIEWING AREAS: The Springboard Pool will open to the public at **1:00 PM**. Reserving bleachers with anything larger than a beach towel (approx. 6 ft at length) is strictly prohibited. One person may reserve no more than one beach towel and must occupy that towel. Marshals will remove materials covering bleachers not in conformance with the above rules. A Coach’s reviewing area is available and there is a Reserved Seating area for Team Reps and Division Coordinators.

Deck area surrounding the bleachers will be limited. To facilitate the movement of pedestrian traffic on the deck, certain areas will be designated “**NO STANDING**”. A Marshal will be positioned at each of these areas to insure that pedestrian flow is maintained.

WARM-UPS: Warm-ups are per the schedule below. Swimmers must clear the pool in a timely manner. Entrance to the pool for Warm-Ups will be through either the main gate or through the “Swimmer Only” entrance at the Clerk of Course.

13 – 14	Girls	1:45 – 1:55	Boys	1:56 – 2:06
11 – 12	Girls	2:07 – 2:17	Boys	2:18 – 2:28
9 – 10	Girls	2:29 – 2:39	Boys	2:40 – 2:50
8 & U	Girls	2:51 – 3:01	Boys	3:02 – 3:12
15 – 18	Girls	3:13 – 3:23	Boys	3:24 – 3:34

Swimmers who are in only the Mixed Age Event should warm-up with the 15-18 Age Group.

TEAM AREAS: Team areas may be set up on the Springfield Estates Elementary School field adjacent to Springboard Pool. Team areas may be set up on a first come first served basis after **10:00 AM** on the meet day. Team areas are NOT allowed in the Pool facility. Tents and awnings are strongly encouraged. Generators are NOT allowed in the team areas, except for the concession stand operated by Springboard Pool.

Note there are Summer programs in session at Springfield Estates Elementary School.

As always, Coaches are responsible for insuring that their swimmers report to the Clerk of Course on time. To assist Coaches and swimmers in this effort, a loud speaker will be erected in the Team Area that will make it possible to hear the Announcer.

POOL FAMILIARIZATION: There will be an Open House warm-up on Sunday, July 12th from 8:00 AM to 11:00 AM. This warm-up time is for swimmers to become familiar with the pool and for the Coaches and Team Reps to become familiar with the site configuration. Site maps will be available and guides will answer any questions regarding the pool facilities and parking accommodations.

Specific times and lanes will be available for practicing relay transition starts. Because of safety issues, there will be a sign up sheet for this type of practice. Lanes will be available as needed.

Springboard will be offering an amazing assortment of breakfast items for you early birds, to include grilled omelets and also a special sweet treat for swimmers after they practice.

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 will receive a discount and will be guaranteed T-shirts in the sizes and quantities ordered. Purchasers of Meet Programs at Site Familiarization will receive a coupon redeemable for a program on Meet Day.

AWARDS AND PATCHES: Ribbons are awarded for 1st through 18th places. Competitors and Alternates receive All Star Patches. Trophies will be awarded to teams finishing with the six highest point totals.

SCHOLARSHIP AWARDS: The MacDuff, President's, and Spirit Scholarships will be presented at the meet.

FOOD AND DRINKS: A variety of food will be available on Meet Day.

SUPPORT OUR ADVERTISERS: NVSL Handbook advertisers will have products for sale on meet day.