

NVSL ALL-STAR RELAY CARNIVAL– JULY 17, 2013, 4:00 PM
LINCOLNIA PARK POOL, 6501 MONTROSE ROAD, ALEXANDRIA, VA, 22312
Pool Telephone 703-941-9676

POOL LOCATION: 6501 Montrose Road, Alexandria, VA 22312. Please consult an internet map service for the most direct route from your location. Major roads leading to Lincolnia are Braddock Road and Little River Turnpike (Rte 236).

PARKING: Primary parking will be available at Holmes Middle in designated areas, some parking available at Weyanoke Elementary and Thomas Jefferson High Schools. Please do not park in intersections or block fire hydrants or driveways. VIP parking (for officials on a pre-submitted list) will be provided in the Lincolnia Pool Parking Lot. Commercial and large buses are to coordinate prior to event with **Gina Barry (571-243-8058)**

No parking will be permitted on Montrose or Fairland Roads. These streets will be marked with “**NO PARKING**” signs. Street parking will only be available on even numbered house side of street.

The pool will only provide 10 Handicap Parking spaces during the day of the meet. Anyone needing handicap parking must make prior arrangements with Gina Barry. People who do not make prior arrangements will not be able to utilize the Handicap Parking, no exceptions will be made.

SWIMMER DROP OFF: The designated Swimmer Drop Off area is located at the intersection of Montrose Road and Eighth Street. Please drop off swimmers and then proceed to the available parking areas. **Handicap Drop Off** is at the same location.

If a team is planning on bringing its swimmers to the pool with a large bus, please coordinate this activity with the Gina Barry in advance.

VIEWING AREAS: The Lincolnia Park Pool will open to the public at **1:00 PM**. Reserving bleachers seats will only be permitted in the bleachers on the side of the pool away from the guard house. One person may reserve no more than one additional seat immediately next to them. The first row in these bleachers will be reserved for handicapped persons. Marshals will remove materials covering bleachers to “reserve” seats except as described above. There will be an area designated as single event viewing at the finish end of the pool. Please do not occupy this area for more than one event. Please encourage your swimmers to leave the bleachers open for adults and non-swimming children.

There is a Reserved Seating area for Team Reps and coaches.

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.

Umbrellas will not be permitted in the bleachers, anyone with an open umbrella in the bleachers at anytime during the day will be asked to put them away. Be sure to wear hats/caps and sunblock.

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 field behind the pool. Team areas may be set up on a first come first serve basis after **10:00 AM** on the meet day. Tents and awnings are strongly encouraged. Generators are NOT allowed in the team areas.

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 that will make it possible to hear the Announcer.

POOL FAMILIARIZATION: There will be an Open House warm-up on Sunday, July 14th 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.

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. Teams will be guaranteed T-shirts in the sizes and quantities ordered if the team order is sent to meoverend@aol.com by no later than Friday, July 12th. Team Orders of Meet Programs will be available on Meet Day for pick-up by person designated by the team rep.

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, Presidents, Spirit and Swim Ninja scholarships will be presented at the meet.

FOOD AND DRINKS: A variety of food will be available on Meet Day and Pool Familiarization day.

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