

NVSL ALL-STAR RELAY CARNIVAL – JULY 19, 2006, 4:00 PM
LITTLE ROCKY RUN POOL, 6201 Sandstone Way, Clifton, VA 20124
Pool Telephone 703-830-0411

POOL LOCATION: The pool is at the corner of Springstone Drive and Sandstone Way. Please consult an internet map service for the most direct route from your location. Major roads leading to Little Rocky Run on Union Mill Road include Lee Highway (Route 29), Braddock Road and Compton Road.

PARKING: Primary parking will be in the Centreville High School parking lot on Union Mill Road. A uniformed police officer will be positioned at the school from 1:00 PM until 9:00 PM to assist in entering and exiting the lot. VIP parking (for holders of parking permits only) will be provided at Union Mill Elementary School **after 2:00 PM** on Springstone Drive next door to the pool.

No parking will be permitted on roads immediately adjacent to the pool and this area will be marked with “NO PARKING” signs. Though parking in the neighborhood is permitted, guests are encouraged to use the Centreville 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 Kiss and Ride Swimmer Drop Off area is located on the right side of the main parking lot at Union Mill Elementary. This site has been selected to allow drivers to enter and exit through parking lot and return to the High School for parking. **Handicap Drop Off** will be at the entrance to the pool on Sandstone Way.

VIEWING AREAS: The Little Rocky Run Pool will open to the public at **1:00 PM**. Reserving bleachers with anything larger than a beach towel (approx. 6 ft 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 Coaches viewing 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 in the field behind the parking lot of Union Mill Elementary next door to Little Rocky Run Pool. Team areas may be set up on a first come first served basis after 7:00 AM on meet day. Team Areas are NOT allowed in the Little Rocky Run Pool facility. The island in the center of the parking lot is a safety divider for the parking lot. **NO TEAM may use the island as a Team Area.** Tents and awnings are strongly encouraged. Generators are not allowed in the Team Area, except for the concession stand operated by Little Rocky Run.

People in charge of set up must recognize that the Union Mill Elementary School parking lot is in use for summer school. **All supplies must be dropped off in the designated Kiss and Ride area. No parking is permitted, for any time period, in the parking lot.**

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, an Event Display stand will be erected in the Team Area that will display **the number of the event being called to the Clerk of Course.**

POOL FAMILIARIZATION: There will be an open warm-up on Sunday, July 16th from 8:00 AM to 11:00 AM. This warm-up time is for swimmers to become familiar with the pool and for 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.

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 and President's Scholarships will be presented at the meet.

FOOD AND DRINK: Donuts, bagels and drinks will be available both Sunday and Wednesday. There will be a variety of food available on Meet Day.

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