

NVSL ALL-STAR– August 3, 2013, 9:00 AM
ANNANDALE POOL, 7530 Little River Turnpike, Annandale, VA 22003
Pool Telephone: 703 354-4272

Information via Annandale Pool website: Annandale pool has posted much of this information on their website; see <http://www.ast22003.org/nvsl-all-stars/>

Directions to Pool: 7530 Little River Turnpike, Annandale, VA 22003. Please consult an internet map service for the most direct route from your location. Annandale Pool is located on Little River Turnpike (Rte 236).

Parking: Primary off-site parking will be available at the Wells Fargo office building complex at 7620 Little River Turnpike and in the parking lot behind the McDonald's at 7600 Little River Turnpike (Accessible from Woodland Road).. 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 Annandale Pool Parking Lot. Commercial and large buses are to coordinate prior to event with allstars@ast22003.org

No parking will be permitted on the access road, Wendy's parking lot, and on Woodland Road.

The pool will only provide 7 Handicap Parking spaces during the day of the meet. Anyone needing handicap parking must make prior arrangements with allstars@ast22003.org 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 in the parking of Annandale Pool. Please drop off swimmers and then proceed to the available parking areas. **Handicap Drop Off** is at the same location.

Pool Familiarization: The pool will be open for familiarization on Thursday, August 1st, and Friday, August 2nd, from 8:00 AM until 11:00 AM. Thursday pool familiarization will be for all odd numbered Divisions. Friday pool familiarization will be for all even numbered Divisions. The condition of the pool on these days will be as close to meet conditions as possible. Parking for familiarization will be available in the Annandale Pool parking lot and overflow parking is available behind McDonald's. You may not park in the Wendy's parking lot..

All-Star Sales/Meet Programs: At Pool Familiarization days and on the day of the meet, All-Star shirts, swim caps, (see design below) and programs will be available for purchase. Information is being distributed to Team Reps regarding these items. Purchasers of programs at Pool Familiarization Days will receive a coupon redeemable for a program on Saturday. 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 Monday, July 29. Team Orders of Meet Programs will be available on Meet Day for pick-up by person designated by the team rep.

Viewing Areas: The Annandale Pool will open to the public at **7:30 AM** on Saturday morning. As was the case with All-Star Relays, 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. Please encourage your swimmers to leave the bleachers open for adults and non-swimming children.

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.

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.

Food Concessions: Breakfast and lunch food items will be available for purchase along with drinks and snacks.

Warm-Ups: There will be a general warm-up for all swimmers from 8:00 to 8:25 AM. A 10-minute stroke specific warm-up will be held starting at 8:25AM for the IM and prior to the first event for each stroke.

Start Times: Events will start NOT EARLIER than the following times:

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

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

Team Areas: Teams may bring tents or awnings. Team areas may be set up no earlier than 6:00 am on Saturday morning. The teams area is located in the field area on the grounds of the Annandale Pool facility. See attached map. Generators are NOT allowed in the team areas.

AS&T will be providing small individual changing tents for swimmers who need to change on-site. No access to bath house changing rooms or bath rooms will be permitted for participants or spectators. AS&T will have portable restrooms located throughout the grounds for spectator and participants.

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.

Awards/Pictures: Medals and rosette ribbons are awarded to swimmers and alternates following each event. Photos are taken following awards.

Support Our Advertisers: NVSL Handbook advertisers will have products for sale on meet day.

We are looking forward to seeing you all at All Stars on August 3th.

