

Public Information for the NVSL Individual All Stars

August 1 st 2015 at 9 AM

Hosted by Little Rocky Run

Pool Location	6201 Sandstone Way, Clifton 20124 Consult an internet map service for the most direct route from your location. Major roads leading to Little Rocky Run Pool are Route 29 (Lee Hwy) and Union Mill Road.
Happy Ads	The deadline for submission of the Meet Program Happy Ads is 5 PM Tuesday, July 28th. Ads submitted after that time cannot be accepted. Ads must be submitted electronically to nvslnhappyads@gmail.com (PDF or JPG format preferred) and in its final version. Payment (checks made out to NVSL or cash) must be received by the end of pool familiarization. Direct questions to nvslnhappyads@gmail.com.
Pool Familiarization	Pool Familiarization will be held on Thursday, July 30th 8 – 11 AM for even numbered divisions. Pool Familiarization will be held on Friday, July 31st 8 – 11 AM for odd numbered divisions This is an Open House warm-up 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. All-Star T-shirts, Swim Caps, and meet programs will be available for purchase.
LRR Snack Shack	The Little Rocky Run snack shack will be open for breakfast, lunch, snacks, and drinks. Service will be available in both the pool parking lot, and the team areas
Entry List	The current listing of all swimmers selected as All Stars from each team will be available for review.

Meet Day

Swimmer Drop Off	The designated Swimmer Drop Off area is located at the Union Mill Elementary School (13611 Springstone Drive) bus loop. To reach the drop-off zone, proceed past the pool and continue on Springstone to the stop sign. Turn left to enter the loop for swimmer drop-off. Drivers should then continue to the parking lot at Centerville High School.
Parking	No parking will be available at the pool parking lot. Primary parking will be at Centerville High School on Union Mill Road. The Fairfax County Police Department will provide traffic safety officers at key points. Marshals will also be on-hand to assist with parking and enforcing parking restrictions. Please do not park in intersections or block fire hydrants or driveways and be courteous and respect the LRR community. Handicapped attendees may be dropped off at the entrance to the pool parking lot. A limited number of pre-arranged Handicapped Parking spaces will be available in the vicinity of the pool during the day of the meet. Anyone needing handicapped parking must make prior arrangements with the LRR Meet Coordinator (ias2015lrr@gmail.com). People who do not make prior arrangements will not be able to utilize the Handicapped Parking.

Team Areas	<p>Team Areas are NOT allowed in the Little Rocky Run Pool facility. Anyone near or on LRR pool property before 7 AM will be considered to be trespassing and local authorities will be notified.</p> <p>Team areas may be set up at the Union Mill Elementary School ball fields (behind the school) no earlier than 7 AM on Saturday morning. Tents that are set up prior to 7AM on meet day will be removed. The island in the center of the Union Mill Elementary School parking lot, and the parking lot perimeter, are required to remain clear for safety in the parking lot. NO TEAM may use the those areas.</p> <p>Tents and awnings are strongly encouraged. Grills, generators, and fires are NOT allowed in the team areas.</p> <p>LRR will provide changing tents for swimmer who need to change on-site. No access to bath house changing rooms or bathrooms will be permitted for participants or spectators. Portable restrooms will be located in both the team areas and the pool parking lot (for spectators).</p> <p>As always, Coaches are responsible for ensuring that their swimmers report to the Clerk-of-Course on time.</p>
Viewing Areas	<p>The Host Pool will open to the public at 7:30 AM.</p> <p>Reserving bleacher seats will only be permitted on half of the bleachers and will be clearly marked. Reserving bleacher seats with anything larger than a beach towel (approx. 6 ft. in length) is strictly prohibited. One person may reserve no more than two seats with one beach towel and must occupy that towel. 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. Umbrellas will not be permitted in the bleachers.</p> <p>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” and a Marshal will be positioned to maintain pedestrian flow.</p> <p>The Little Rocky Run clubhouse and facilities will NOT be open to the public.</p> <p>An area for disability seating and a disability restroom will be available.</p>
Results	<p>As events end, results will be posted at meet. Full results can be found on the NVSL website after the conclusion of the meet.</p>
Awards and Patches	<p>Medals and rosette ribbons are awarded to all swimmers and alternates following each event.</p>
Photography	<p>A professional photographer will be present to take photos of the participants in each event, following presentation of awards. Access with personal cameras is significantly limited.</p>
Concessions and Vendors	<p>Food and refreshments will be offered from the LRR Snack Shack (in the pool parking lot and team areas) and our NVSL food vendors. NVSL advertisers will have products for sale throughout the evening. Please support our advertisers!</p>
Shop NVSL	<p>Pre-sale Meet Programs will be available for pick-up. NVSL Apparel, All-Star Shirts, Swim Caps and Programs can also be purchased at the meet.</p>

NVSL Individual All Stars Timeline

1 August 2015

- 7:00 AM Team Areas open for set up
- 7:30 AM Gates Open
- 8:00 AM General warm up begins
- 8:15 AM All Lanes become Sprint Lanes
- 8:25 AM General warm up ends
- 8:25 AM 10 minute warm up for Backstroke events only
- 8:30 AM Officials Briefing for First Half
- 8:35 AM Backstroke warm up ends, pool cleared
- 8:45 AM First two events called to Clerk of Course
- 8:50 AM Officials go to positions, time check
- 8:55 AM Presentation of Colors
National Anthem by LRR Senior Logan Ross
- 9:00 AM Meet Starts
Following conclusion of Backstroke, 10 minute warm up for Breaststroke
- 10:00 AM Earliest time that Breaststroke can start
Following conclusion of Breaststroke, 10 minute warm up for Butterfly
- 11:00 AM Earliest time that Butterfly can start
Following conclusion of Butterfly, 10 minute warm up for IM
- 11:30 AM Officials Briefing for Second Half
- Noon Earliest time that Individual Medley can start
Following conclusion of IM, 10 minute warm up for Freestyle
- 1:00 PM Earliest time that Freestyle can start
- 2:30 PM Target time for completion of meet

