



# **Public Information for the NVSL Individual All Stars**

**August 6th 2016 at 9 AM**

**Hosted by Little Rocky Run**

<b>Pool Location</b>	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.
<b>Happy Ads</b>	The deadline for submission of the Meet Program Happy Ads is 5 PM Tuesday, August 2nd. Ads submitted after that time cannot be accepted. Ads must be submitted electronically to nvslhappyads@gmail.com (PDF or JPG format preferred) and in their final versions. Payment must be received by Friday August 5th. Direct questions to nvslhappyads@gmail.com.
<b>Pool Familiarization</b>	Pool Familiarization will be held on Thursday, August 4th 8 – 11 AM for odd numbered divisions. Pool Familiarization will be held on Friday, August 5th 8 – 11 AM for even 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; a Happy Ads representative will be there to take orders and payments.
<b>Entry List</b>	The current listing of all swimmers selected as All Stars from each team will be available for review.
<b>LRR Snack Shack</b>	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

## **Meet Day**

<b>Swimmer Drop Off</b>	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.
<b>Parking</b>	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 (pwlerke@gmail.com). People who do not make prior arrangements will not be able to utilize the Handicapped Parking.

<p><b>Team Areas</b></p>	<p>Team Areas are <b>NOT</b> 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) <b>NO EARLIER THAN 7 AM</b> on Saturday morning. Tents that are set up prior to 7AM on meet day may 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. <b>NO TEAM may use the those areas.</b></p> <p>Tents and awnings are strongly encouraged. Grills, generators, and fires are <b>NOT</b> allowed in the team areas.</p> <p>LRR will provide changing tents for swimmers 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>
<p><b>Viewing Areas</b></p>	<p>The Host Pool will open to the public at 7:30 AM.</p> <p>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 <b>NOT</b> be open to the public.</p> <p>An area for handicapped seating and a handicapped-accessible restroom will be available.</p>
<p><b>Results</b></p>	<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>
<p><b>Awards and Patches</b></p>	<p>Medals and rosette ribbons are awarded to all swimmers and alternates following each event. Patches are given to the original top 20 swimmers and anyone else participating on meet day.</p>
<p><b>Photography</b></p>	<p>A professional photographer will be present to take photos of the participants in each event, following presentation of awards.</p>
<p><b>Concessions and Vendors</b></p>	<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>
<p><b>Shop NVSL</b></p>	<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

## August 6th 2016

- 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 Breaststroke events only
- 8:30 AM Officials Briefing for First Half
- 8:35 AM Breaststroke 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
- 9:00 AM Meet Starts  
Following conclusion of Breaststroke, 10 minute warm up for Butterfly
- 10:00 AM Earliest time that Butterfly can start  
Following conclusion of Butterfly, 10 minute warm up for Individual Medley
- 11:00 AM Earliest time that Individual Medley can start  
Following conclusion of Individual Medley, 10 minute warm up for Freestyle
- 11:30 AM Officials Briefing for Second Half
- Noon Earliest time that Freestyle can start  
Following conclusion of Freestyle, 10 minute warm up for Backstroke
- 1:00 PM Earliest time that Backstroke can start
- 2:30 PM Target time for completion of meet