



Information for NVSL Coaches
NVSL All Star Relay Carnival

July 19th 2017 at 4 PM

Hosted by Greenbriar Pool

Meet Managers	Kelly Morgan at swimrep@greenbriardolphins.org & Nancy Jessen (NVSL) at nvslnj@gmail.com
Pool Familiarization <i>(Not to be used as a practice)</i>	Pool Familiarization will be held on Sunday, July 16th, 8 – 11 AM.
	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.
	Specific age group lanes will be available for practicing relay transition starts only, this is not the time for a practice. 8&u's have a separate lane, advisable to have a second coach if coaching additional age groups. Thank you for respecting the rules and being kind to those running the events. All are volunteers.

Meet Day

Pool Location	13001 Point Pleasant Dr, Fairfax 22033. \ Pool Telephone 703-378-4421 *There are many roads leading in to Greenbriar. Please know your options to adjust as you see traffic. Consult an internet map service for routes from your location and add extra lead time. The pool is located on Point Pleasant Drive between Middle Ridge Drive and Majestic Lane, across from Greenbriar East Elementary School.
Team Areas	Take pride in modeling Great Sportsmanship - Be a good neighbor! Tents and awnings are strongly encouraged. Grills, generators, and fires are NOT allowed in the team areas. Do not take Park Authority picnic tables to Team Areas. Greenbriar 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 throughout the Greenbriar grounds. Team areas may be set up in the adjacent Greenbriar Commons Park after 7 AM on the meet day. Anyone near or on school property and/or Greenbriar Pool property before 7 AM will be considered trespassers and the authorities may be called.
Check-In	Upon arrival, Team Reps and the Head Coach should report to the Team Rep/Coach/VIP Check-in to sign-in and receive your team's meet program, the Coaches' meet sheet, and the Team Rep's and Coach's wristbands for access to reserved viewing areas.
Facilities	No access to bath house changing rooms or bathrooms will be permitted for participants or spectators. Portable restrooms will be located through the Greenbriar grounds.
Warm-Ups	Warm-ups are per the schedule. Swimmers must clear the pool in a timely manner. Relay starts will not be permitted at any time. One way sprint lanes will be available in designated lanes. 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.
Clerk-of-Course	Coaches are responsible for ensuring their swimmers and 1st Alternates report to Clerk-of-Course on time. Alternate Teams will be escorted to the deck and will be placed in the meet should a seeded team not be available to compete.
DQs	If a disqualification occurs, the Team Rep will be notified immediately after the heat <u>only IF</u> that Team Rep is available in the Team Rep viewing area.
Viewing Areas	There are designated viewing areas for Team Reps and coaches. Seating areas allow for one Team Rep and the viewing area allows for one team coach.
Results	As events end, results will be posted at meet. Full results can be found on the NVSL website after the conclusion of the meet.
Use Street Parking	Do not park in the school parking lot! TOWING ENFORCED PRIOR TO 4PM! Be a good neighbor - Follow the guidelines please) The Greenbriar Community has plentiful street parking for at least a half mile in every direction from the pool. Please do not park in intersections or block fire hydrants or driveways. The pool parking lot is reserved for working officials.



NVSL All Star Relay Timeline

Wed July 19, 2017

- 7:00 AM** Team Areas open for set up
- 2:00 PM Viewing Area opens to public
- 2:00 PM** **Warms-Ups:**
 - 13-14 Boys & Girls 2:00 - 2:15
 - 11-12 Boys & Girls 2:16 - 2:30
 - 9 – 10 Girls 2:31 – 2:41
 - 9 – 10 Boys 2:42 – 2:52
 - 8 & U Girls 2:53 – 3:03
 - 8 & U Boys 3:04 – 3:14
 - 15 – 18 Girls 3:15 - 3:29
 - 15 – 18 Boys 3:30 - 3:44
- 3:44 PM** Competition Pool is cleared
- 3:45 PM Welcome Announcements
- 3:45 PM** Scholarship Presentations
- 3:50 PM** First Event is called to Clerk-of-Course
- 3:55 PM Color Guard entrance and National Anthem
- 4:00 PM** Meet Starts - Mixed Age/Medley/Free
- ~ 6:00 PM Intermission
- ~ 6:30 PM Freestyle Relays Begin
- ~ 8:00 PM Meet Ends