

Meet Day

<p>Shop NVSL</p>	<p>Pre-sale Meet Programs will be available for pick-up - COUPON MUST BE TURNED IN. NVSL Apparel, All-Star Shirts, Swim Caps and Programs can also be purchased at the meet.</p>
<p>Team Areas</p>	<p>Team areas may be set up at Sully Station Pool NO EARLIER THAN 7 AM on Saturday morning. Tents that are set up prior to 7AM on meet day may be removed. The tennis courts and parking lots, are required to remain clear for safety. NO TEAM may use the those areas.</p> <p>Tents and awnings are strongly encouraged. Grills, generators, and fires are NOT allowed in team areas.</p> <p>Sully Station 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 awards areas and the pool parking lot (for spectators).</p> <p>As always, Coaches are responsible for ensuring that their swimmers report to Clerk-of-Course on time.</p>
<p>Parking</p>	<p>No parking will be available at the pool parking lot, except for designated all day officials. Primary parking will be at the neighboring shopping center and Stone Middle School. 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 Sully Station community. Please respect the Residents Only parking signs along Sully Station Drive.</p> <p>Officials parking (for working officials only) will be designated in either the shopping center or La Petite Academy.</p> <p>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 Sully Station Meet Coordinator (fialafam5@gmail.com). People who do not make prior arrangements will not be able to utilize the Handicapped Parking.</p>
<p>Swimmer Drop Off</p>	<p>The designated Swimmer Drop Off area is located at the adjacent shopping center across from Sully Station Pool. To reach the drop-off zone, turn left on Sequoia Farms Drive, and take your second left into the parking lot. Meet marshals will direct cars in and out of the drop off zone. Drivers may park in the adjoining lot to the drop off zone.</p>
<p>Check-In</p>	<p>Upon arrival, Team Reps and the Head Coach should report to the Team Rep/Coach/VIP Check-in area (inside the top level of Sully Station Pool Clubhouse) to sign-in and receive your team’s meet program, the Coaches’ meet sheet, and the Team Rep and Coaches wristbands for access to reserved viewing areas. Patches will also be available for pick-up at the check-in table.</p>
<p>Viewing Areas</p>	<p>There are designated viewing areas for Team Reps and coaches. Viewing areas are limited and allow for one Team Rep and two team coaches.</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>There will be a one event viewing area available on the pool deck. After the completion of each event, the area will be completely cleared for the next event.</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 Sully Station clubhouse and facilities will NOT be open to the public.</p> <p>An area for handicapped seating and a handicapped-accessible restroom will be available.</p>

Meet Day cont.

<p>Warm-Ups and Event Warm-ups</p>	<p>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 8:25 AM for the Butterfly swimmers and prior to the first event for each stroke. 13 and Over Age Groups will use Lanes 1 thru 3. Lanes 4 thru 6 are assigned to the 12 and Under age groups.</p> <p>All swimmers must enter the pool FEET FIRST during general warm-ups. 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.</p> <p>One Coach per team is permitted on deck during warm-ups.</p> <p>Events will start NO Earlier than 9 AM for Butterfly, 9:45 AM for Individual Medley, 10:45 AM for Freestyle, 11:45AM for Backstroke, and 12:45 PM Breaststroke.</p>
<p>Clerk-of-Course</p>	<p>Coaches are responsible for ensuring their swimmers report to Clerk-of-Course on time. Alternates should report to the Clerk of Course for their event. Alternates will be escorted to the deck and will be placed in the meet should a seeded swimmer not be available to compete.</p>
<p>DQs</p>	<p>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. The swimmer will be notified of his or her event before leaving the deck and entering the Awards area.</p>
<p>Results</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>Awards and Patches</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>Photography</p>	<p>As in the past, a professional photographer will be present to take photos of the participants in each event, following presentation of awards. However, the photos will now be available for download approximately two weeks after the meet. Simply go to https://nvslallstars.smugmug.com to locate the awards photo from your swimmer's event. Images are organized based on the order they were swum at Individual All Star this year. The site is password protected---check with your division coordinator for the password. Photos can also be purchased from this site.</p>
<p>Concessions and Vendors</p>	<p>Food and refreshments will be offered from the Sully Station Grill Team (in the pool parking lot and on the pool deck) and our NVSL food vendors. NVSL advertisers will have products for sale throughout the day. Please support our advertisers!</p>

Team Rep To-Do List :

- Saturday**
- Divisionals
 - **ASAP - Div host pools submit Hytek Meet Back-up file**
 - All Star Relay Seeding Meeting for Division Coordinators only
 - Receive notification of All Star Relay Qualifiers and Alternates in evening
- Sunday**
- Email scratches to: **NVSLallstars@gmail.com, LKnvsl@hotmail.com, and Div Coordinator**
 - Submit **IAS Order** form for T-shirts/caps/programs to **Oharas1@cox.net**
 - Submit **Happy Ads** to **nvshappyads@gmail.com**
- Monday**
- Submit **IAS Order** form for T-shirts/caps/programs to **Oharas1@cox.net**
 - Submit **Happy Ads** to **nvshappyads@gmail.com**
 - Email scratches to:
NVSLallstars@gmail.com, LKnvsl@hotmail.com, and Division Coordinator
 - Submit **Meet officials names and email adress** due to:
nvslnj@gmail.com and Division Coordinator by 8 PM
- Tuesday**
- **DEADLINE at NOON** - Order form for T-shirts etc. to **Oharas1@cox.net**
 - **DEADLINE at 5 PM** - Happy Ads submission
 - **Email scratches to:**
NVSLallstars@gmail.com, LKnvsl@hotmail.com, and Division Coordinator
- Wednesday**
- **Email scratches to:**
NVSLallstars@gmail.com, LKnvsl@hotmail.com, and Division Coordinator
- Thursday**
- **Email scratches to:**
NVSLallstars@gmail.com, LKnvsl@hotmail.com, and Division Coordinator
- Friday**
- **Pool Familiarization 7:30 to Noon at SS for all teams**
 - **- Remit payment for Happy Ads**
 - **- Pay and pick-up IAS pre-orders**
 - **Email scratches to:**
NVSLallstars@gmail.com, LKnvsl@hotmail.com, and Division Coordinator
- Saturday**
- Set up team area (**after 7 AM**)
 - **Check-In** (after 7:30 AM) and pick up IAS patches
 - Immediately **report scratches** at Tables at meet
 - Pick up **All Star Apparel** orders and Meet Programs orders
 - Visit **concessions and vendor/advertiser** booths
 - **Enjoy the competition**

NVSL Individual All Stars Timeline

August 5th 2017

- 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 Butterfly events only
- 8:30 AM Officials Briefing for First Half
- 8:35 AM Butterfly 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 Butterfly, 10 minute warm up for Individual Medley
- 9:45 AM Earliest time that Individual Medley can start
Following conclusion of Individual Medley, 10 minute warm up for Freestyle
- 10:45 AM Earliest time that Freestyle can start
Following conclusion of Freestyle, 10 minute warm up for Backstroke
- 11:30 AM Officials Briefing for Second Half
- 11:45 AM Earliest time that Backstroke can start
Following conclusion of Backstroke, 10 minute warm up for Breaststroke
- 12:45 PM Earliest time that Breaststroke can start
- 2:30 PM Target time for completion of meet