

Public Information for the NVSL Individual All Stars

August 4th 2018 at 9 AM

Hosted by Little Rocky Run

Pool Location	<p>6201 Sandstone Way, Clifton 20124</p> <p>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), Braddock Road and Union Mill Road.</p>
Happy Ads	<p>The deadline for submission of the Meet Program Happy Ads is 5 PM Tuesday. Ads submitted after that time cannot be accepted. Ads must be submitted electronically to nvslhappyads@gmail.com (PDF or JPG format preferred) and in its final version. Payment (checks made out to NVSL or cash) may be received at pool familiarization or mailed to: NVSL c/o Michele Bergen, 7636 Webbwood Court, Springfield, VA 22151 and received by Friday before the meet.</p> <p>Direct questions to nvslhappyads@gmail.com.</p>
Pool Familiarization	<p>Pool Familiarization will be held on Friday, August 3th 7:30 AM – 12:00 PM for all divisions</p> <p>The condition of the pool will be as close to meet conditions as possible.</p> <p>Pool Familiarization is not to be used as a team practice. 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. Sign in by coaches for lane space will be required. Site maps will be available.</p> <p>All-Star T-shirts, Swim Caps, and meet programs will be available for purchase; a Happy Ads representative will be there to take payments.</p>
No Friday Concessions	<p>The Little Rocky Run snack shack will not be open on swimmer familiarization day. Please plan accordingly</p>
Entry List	<p>The current listing of all swimmers selected as All Stars from each team will be available for review by Team Reps at the Familiarization Day sessions. Please review this list to make sure all of your All Star swimmers have been notified of their selection as an All Star.</p>

Meet Day

<p>Shop NVSL</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>
<p>Team Areas</p>	<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 limited 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>Parking</p>	<p>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 for pedestrian safety. 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.</p> <p>Limited Officials parking (for working officials only) will be provided in the Union Mill Elementary School parking lot.</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 LRR Meet Coordinator (jamiethomas529@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 Union Mill Elementary School (13611 Springstone Drive) bus loop with team areas behind the school. 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.</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 LRR 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.</p>

Meet Day cont.

<p>Viewing Areas</p>	<p>There are designated viewing areas for Team Reps and Coaches to rotate through. Viewing areas are limited and allow for <u>one Team Rep and one team coach.</u></p> <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 towel (approx. 5 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 handicapped seating and a handicapped-accessible restroom will be available.</p>
<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 event being swum first 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 Individual Medley, 10 AM for Freestyle, 11 AM for Backstroke, 12 PM for Breaststroke, and 1 PM Butterfly.</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 when their event is called. 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.</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 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>

NVSL Individual All Stars Timeline

August 4th 2018

- 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 IM events only
- 8:30 AM Officials Briefing for First Half
- 8:35 AM IM 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 IM, 10 minute warm up for Freestyle
- 10:00 AM Earliest time that Freestyle can start
Following conclusion of Freestyle, 10 minute warm up for Backstroke
- 10:45 AM 2nd half officials report to checkin station
- 11:00 AM Earliest time that Backstroke can start
Following conclusion of Backstroke, 10 minute warm up for Breaststroke
- 11:15 AM Officials Briefing for Second Half
- 12:00 Noon Earliest time that Breaststroke can start
Following conclusion of Breaststroke, 10 minute warm up for Butterfly
- 1:00 PM Earliest time that Butterfly can start
- 2:30 PM Target time for completion of meet