



Information for NVSL Coaches
NVSL All Star Relay Carnival
July 18th 2018 at 4 PM
Hosted by Lincolnia Park Recreational Club

Meet Managers	Andrew Wise (LP) at andrewwise5@gmail.com & 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 15 th , 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	6501 Montrose St, Alexandria, VA 22312 \ Pool Telephone (703) 941-9676 LP is located inside a neighborhood near the intersection of Little River Turnpike and Braddock Road. Please see parking restrictions below, but there will be no parking on Montrose Street itself to allow traffic flow. LPRC can be reached via 395, 495, 95, or off highway routes, so check traffic for the best route when you are driving!
Team Areas	<i>Take pride in modeling Great Sportsmanship - Be a good neighbor!</i> Team areas may be set up in the field surrounding LPRC, as marked, after 7 AM on the meet day. Anyone near or on the next door school property and/or LPRC property before 7 AM will be considered trespassers and the authorities may be called. Tents and awnings are strongly encouraged. Grills, generators, and fires are NOT allowed in team areas. LPRC 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 close to the entrance on the LPRC grounds.
Check-In	<u>Upon arrival, use spectator entrance.</u> Team Reps and the Head Coach should report to the Team Rep/Coach/VIP Check-in near the gate to sign-in and receive your team's meet program, the Coaches' meet sheet, and one Team Rep's and one Coach's wristband 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 at the edge of the field near the officials parking on the LPRC 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 designated gates 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	LPRC has arranged for parking at Holmes Middle School, next door, with a path through the trees to LPRC; Weyanoke Elementary School (across Braddock from Braddock Baptist); and Thomas Jefferson HS stadium lot (entrance on Braddock) with path to Weyanoke and cross Braddock with police crossing guard. Much of Braddock Baptist Church parking will also be available, but please pay attention to leave marked spots for their meeting. In order to maintain traffic flow, there will be no street parking on Montrose. There is street parking on side streets, but please use provided parking lots first to minimize neighborhood disruption. Please do not park in intersections or block fire hydrants or driveways. Commercial and large buses are to coordinate prior to the event with Andrew Wise at andrewwise5@gmail.com . The pool parking lot is reserved for working officials. Be a good neighbor - Follow the guidelines please!

NVSL All Star Relay Timeline

Wed July 18, 2018

7:00 AM Team Areas open for set up

2:00 PM Viewing Area opens to public

2:00 PM Warmups-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