

Public Information for the NVSL Individual All Stars

**August 3rd 2019 at 9 AM Hosted
by Springboard**

<https://springboardswimanddive.swimtopia.com/nvsl-all-stars>

Pool Location	<p>6500 Deepford Street, Springfield VA 22310</p> <p>Consult an internet map service for the most direct route from your location. Major roads leading to Springboard Pool are Route 495 (Capital Beltway), Route 395 and Franconia 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 recieved 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 2nd 7:00 AM – 11:00 AM for all divisions The condition of the pool will be as close to meet conditions as possible. Springboard’s bathrooms will not be accessible. Port-a-potties and changing tents will be available.</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>There will be no parking at Springboard Pool. You may park at Springfield Estates Elementary School or the surrounding neighborhood. Please be considerate by obeying posted signs and not blocking driveways.</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>
Friday Concessions	<p>Springboard Pool will be offering breakfast and other concession items for sale at Pool Familiarization, including their league-famous freshly made breakfast burritos, pancakes, sausage, coffee and cold drinks. Relax at picnic tables on the grounds and enjoy breakfast at Springboard!</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 Springboard Pool facility. Anyone near or on SB 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 Springfield Estates 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. There is no public parking available at Springfield Estates Elementary. Teams may set up in designated areas as marked on the field. Tents and awnings are strongly encouraged. Grills, generators, and fires are NOT allowed in the team areas.</p> <p>SB 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 the pool parking lot (for athletes and spectators). 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 Lee High School with one entrance on Franconia Road and another at Frontier Drive and Cimarron Street. 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 SB community.</p> <p>Limited Officials parking (for working officials only) will be provided in the Springfield Estates 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 SB Meet Coordinator (springboard.ias@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 on Deepford Street at Wayles Street. To reach the drop-off zone, take Franconia Road to Thomas Drive, then left on Deepford Street. Deepford Street will be closed and open ONLY for swimmer drop off traffic. Swimmers will be dropped off at Deepford Street and Wayles Street and walk to the entrance of Springboard Pool. Drivers should proceed down Deepford Street to parking at Lee High School or the surrounding neighborhood. There is no parking on Deepford Street.</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 (in front of the SB 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 Springboard Pool 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 Freestyle, 10 AM for Backstroke, 11 AM for Breaststroke, 12 PM for Butterfly and 1PM for IM.</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 three to four 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 Springboard Cuda Shack (on the pool grounds, in the pool parking lot and in the team area) and our NVSL food vendors. NVSL advertisers will have products for sale throughout the morning and afternoon. Please support our advertisers!</p>

NVSL Individual All Stars Timeline

August 3rd 2019

- 7:00 AM Team Areas open for set up
- 7:00 AM Early Marshals Check In
- 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 Freestyle events only
- 8:30 AM Officials Briefing for First Half
- 8:35 AM Freestyle 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 Freestyle, 10 minute warm up for Backstroke
- 10:00 AM Earliest time that Backstroke can start
Following conclusion of Backstroke, 10 minute warm up for Breaststroke
- 10:45 AM 2nd half officials report to check in station
- 11:00 AM Earliest time that Breaststroke can start
Following conclusion of Breaststroke, 10 minute warm up for Butterfly
- 11:15 AM Officials Briefing for Second Half
- 12:00 Noon Earliest time that Butterfly can start
Following conclusion of Butterfly, 10 minute warm up for IM
- 1:00 PM Earliest time that IM can start
- 2:30 PM Target time for completion of meet