



**Information for NVSL Coaches**  
**NVSL All Star Relay Carnival**  
**July 17<sup>th</sup> 2019 at 4 PM**

**Hosted by Lincolnia Park Recreational Club**

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| <b>Meet Managers</b>   | Andrew Wise (LP) at <a href="mailto:andrewwise5@gmail.com">andrewwise5@gmail.com</a> &<br>Jen Sayasithsena (NVSL) at <a href="mailto:jensayasnsvl@gmail.com">jensayasnsvl@gmail.com</a>   |
| <b>Pool Familiarization</b><br><i>(Not to be used as a practice)</i> | Pool Familiarization will be held on Sunday, July 15 <sup>th</sup> , 8 – 11 AM.<br>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.<br>Specific age group lanes will be available for practicing relay transition starts only, this is not the time for a practice. 8 & U have a separate lane. It is 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

|                        |  |
|------------------------|--|
| <b>Pool Location</b>   | <b>6501 Montrose St, Alexandria, VA 22312 \ Pool Telephone (703) 941-9676</b><br>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 sufficient room for Emergency Vehicles and 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!  |
| <b>Team Areas</b>      | <b><i>Take pride in modeling Great Sportsmanship - Be a good neighbor!</i></b><br>Team areas may be set up in the field surrounding LPRC, as marked, after 7 AM on the meet day. Anyone on or near Holmes MS property and/or LPRC property before 7 AM will be considered trespassers and the authorities may be called.<br>Tents and awnings are strongly encouraged. Grills, generators, and fires are NOT allowed in team areas. Off-limits areas are clearly marked and will be strictly enforced. Anyone found selling food will be evicted from the field and lose your place in line.<br>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.  |
| <b>Check-In</b>        | <b><u>Upon arrival, use spectator entrance.</u></b> Team Reps and the Head Coach should report to the Team Rep/Coach/VIP <b>Check-in</b> 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.  |
| <b>Facilities</b>      | 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.  |
| <b>Warm-Ups</b>        | Warm-ups are per the schedule. Swimmers must clear the pool in a timely manner.<br>Relay starts will not be permitted at any time. One way sprint lanes will be available in designated lanes.<br>Entrance to the pool for Warm-Ups will be through either designated gates or through the "Swimmer Only" entrance at the Clerk of Course.   |
| <b>Clerk-of-Course</b> | 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 placed in the meet should a seeded team not be available to compete.  |
| <b>DQs</b>             | 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.   |
| <b>Viewing Areas</b>   | 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.   |
| <b>Results</b>         | As events end, results will be posted at meet. Full results can be found on the NVSL website after the conclusion of the meet.   |
| <b>Parking</b>         | At 7 AM the LPRC back lawn will be open for general parking (no commercial vehicles or large buses). It is accessible from Montrose. The area will be entrance only until full. At which time, it will become exit only. LPRC has also arranged for parking at Holmes Middle School, next door, with a path through the trees to LPRC; Weyanoke Elementary School after 4:30 PM (across Braddock Rd from Braddock Baptist); and Thomas Jefferson HS stadium lot after 12 PM (entrance on Braddock) with path to Weyanoke. Additional overflow parking for those leaving before free relays start is available at Braddock Baptist Church up until 6PM (at the corner of Braddock and Montrose). In order to allow sufficient space for Emergency Vehicles and to maintain traffic flow, there will be NO street parking on Montrose. There is limited 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 vehicles and large buses must be parked at TJ AND NOT ON NEIGHBORHOOD STREETS during the event and are to coordinate with Andrew Wise at <a href="mailto:andrewwise5@gmail.com">andrewwise5@gmail.com</a> prior to the event. Be a good neighbor - Follow the guidelines please! |

# NVSL All Star Relay Timeline

## 17 July 2019

**7:00 AM** Team Areas open for set up

2:00 PM Viewing Area opens to public

**2:00 PM** Warmups-Ups:

- o 13-14 Boys & Girls 2:00 - 2:15
- o 11-12 Boys & Girls 2:16 - 2:30
- o 9 – 10 Girls 2:31 – 2:41
- o 9 – 10 Boys 2:42 – 2:52
- o 8 & U Girls 2:53 – 3:03
- o 8 & U Boys 3:04 – 3:14
- o 15 – 18 Girls 3:15 - 3:29
- o 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

~ 6:15 PM Freestyle Relays Begin

~ 8:00 PM Meet Ends