



**Public Information for the  
NVSL All Star Relay Carnival**

**July 17<sup>th</sup> 2019 at 4 PM**

**Hosted by Lincolnia Park Recreational Club**

<b>Pool Location</b>	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 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>Happy Ads</b>	The deadline for submission of the Meet Program Happy Ads is 5 PM Sunday, July 14 <sup>th</sup> . Ads submitted after that time cannot be accepted. Ads must be submitted electronically to <a href="mailto:nvslhappyads@gmail.com">nvslhappyads@gmail.com</a> (PDF or JPG format preferred) and in its final version. Payment must be received by the end of pool familiarization.
<b>Pool Familiarization (Not to be used as a practice)</b>	Pool Familiarization will be held on Sunday, July 14 <sup>th</sup> , 8 – 11 AM for swimmers to become familiar with the pool and for the Coaches and Team Reps to become familiar with the site configuration. It is not to be used as a practice. All-Star T-shirts, Swim Caps, and meet programs will be available for purchase; a Happy Ads representative will be present to take orders and payments; and a variety of food will be available.

## Meet Day

<b>Swimmer Drop Off</b>	The designated Swimmer Drop Off area is in the Holmes MS parking lot at the corner closest to the pool. Drivers should enter the Holmes parking lot on the side closest to Braddock Road and follow signs around the main entrance to drop off at the corner nearest to LPRC. Please drop off swimmers and then proceed to the available parking areas. Handicapped Drop Off is at the entrance to the pool lot.
<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!

<b>Parking (cont.)</b>	The pool will provide 4 Handicapped Parking spaces during the day of the meet that are available only by reservation for teams and spectators. Anyone needing handicapped parking must make prior arrangements with Andrew Wise at andrewwise5@gmail.com. People who do not make prior arrangements will not be able to utilize the Handicapped Parking. All special guests requiring handicapped parking will be acomodated and are requested to advise LPRC in advance.
<b>Team Areas</b>	<p>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.</p> <p>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.</p> <p>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.</p>
<b>Viewing Areas</b>	<p>The Host Pool will open to the public at 2:00 PM.</p> <p>Lining up early to enter the pool area is strongly discouraged. The entry line prior to 2 PM will be marked. Marshals will escort the line to the pool entrance at 1:55 PM to ensure an orderly admission.</p> <p><b><i>Take pride in modeling Great Sportsmanship - Be a good neighbor!</i></b></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.</p> <p>Umbrellas will not be permitted in the bleachers.</p> <p>An area for disabled seating and a disabled restroom will be available.</p> <p>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.</p>
<b>Results</b>	As events end, results will be posted at the meet. Full results can be found on the NVSL website after the conclusion of the meet.
<b>Awards and Patches</b>	Team Reps need to <b>pick up</b> their team's <b>awards and patches</b> at the awards area <b>before they leave the meet</b> . Medals and ribbons are awarded for 1st through 18th places. All competitors and alternates seeded All Star Relays receive All Star Patches. Trophies are awarded at the end of the meet to teams finishing with the six highest point totals. Check in with Awards shortly after the last event your team competed in.
<b>Scholarship Awards</b>	The MacDuff, Presidents, Spirit and Joan Olson scholarships will be presented before the start of the meet.
<b>Concessions and Vendors</b>	Food and refreshments will be offered from the Host Pool and our NVSL food vendors. NVSL advertisers will have products for sale throughout the evening. Please support our advertisers! <b>No outside food will be allowed within the pool fence enclosure.</b>
<b>Shop NVSL</b>	NVSL Apparel, All-Star Shirts, Swim Caps and Programs will be on sale at the meet.

# 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 Warm-ups:

- 13-14 Boys and Girls 2:00 - 2:15
- 11-12 Boys and 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

3:15 PM Relay Take-off Judges Briefing  
3:30 PM Stroke & Turn Judges Briefing  
3:30 PM Timers Briefing  
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