

*Public Guide to the*  
***NVSL Individual All Stars***

***July 31, 2021 at 8:30AM***

***Hosted by Springboard***

<b>Pool Location</b>	6500 Deepford Street, Springfield VA 22310 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.
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<b>Happy Ads</b>	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 <a href="mailto:nvslhappyads@gmail.com">nvslhappyads@gmail.com</a> (PDF or JPG format preferred) and in its final version. Payment (checks made out to NVSL or cash) may be received at Friday Merchandise pick-up or mailed to: NVSL c/o Michele Bergen, 7636 Webbwood Court, Springfield, VA 22151 and received by Friday before the meet. Direct questions to <a href="mailto:nvslhappyads@gmail.com">nvslhappyads@gmail.com</a> .
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<b>Pool Familiarization</b> <b>Changes for 2021</b> <b>Merchandise Pick-up</b>	The NVSL will not be holding typical Pool Familiarization this season. Swimmers will NOT be allowed to get in the pool on Friday morning, but the League welcomes Team Reps, Coaches and Swimmers to visit Springboard on Friday morning between 8:00 AM – 11:00 AM to pick up All-Star merchandise and see the facility. There will be limited parking at Springboard Pool. You may park in the surrounding neighborhood. Please be considerate by obeying posted signs and not blocking driveways.  All-Star T-shirts, Swim Caps, and meet programs will be available for purchase; a Happy Ads representative will be there to take payments.
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<b>Entry list</b>	The current listing of all swimmers selected as All Stars from each team will be available for review by Team Reps at Merchandise Pick-up on Friday and online at <a href="https://mynvsl.com/documents?folder_id=34871">https://mynvsl.com/documents?folder_id=34871</a> . Please review this list to make sure all of your All-Star swimmers have been notified of their selection as an All-Star.
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# Meet Day

<b>Shop NVSL</b>	Pre-sale Meet Programs will be available for pick-up - COUPON MUST BE TURNED IN. NVSL Apparel, All-Star Shirts, Swim Caps and Programs can also be purchased at the meet.
<b>Team Areas</b>	<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) <b>NO EARLIER THAN 7 AM on Saturday morning, teams may access the field through the Springboard pool parking lot to set up tents. Tents that are set up prior to 7AM on meet day will be removed. There is no public parking available at Springfield Estates Elementary.</b> Teams may set up in designated areas as marked on the field.</p> <p>Tents and awnings are strongly encouraged. <b>Grills, generators, and fires are NOT allowed in the team areas.</b></p> <p>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.</p> <p>As always, Coaches are responsible for ensuring that their swimmers report to the Clerk-of-Course on time.</p>
<b>Parking</b>	<p><b>No parking</b> will be available at the pool parking lot. <b>Primary parking</b> will be at <b>Lewis High School</b> 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.</p> <p>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 pool parking lot the day of the meet. Anyone needing handicapped parking <b>must make prior arrangements with the SB Meet Coordinator (springboard.ias@gmail.com)</b>. People who do not make prior arrangements will not be able to utilize the Handicapped Parking.</p>
<b>Swimmer Drop-Off</b>	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 will walk to the entrance of Springboard Pool. Drivers should proceed down Deepford Street to parking at Lewis High School or the surrounding neighborhood. There is no parking on Deepford Street.
<b>Check-In</b>	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.

# Meet Day - cont.

<p><b>Viewing Areas – Single-Event Viewing this year</b></p>	<p>There are designated viewing areas for Team Reps and Coaches to rotate through. Viewing areas are limited and allow for <b><u>one Team Rep and one team coach.</u></b></p> <p>Springboard pool will open to the public at 7:30 AM.</p> <p>Since this meet is providing <b><u>SINGLE EVENT VIEWING ONLY THIS YEAR</u></b>, there will be no reserving bleacher seats. Marshals will remove materials covering bleachers to “reserve” seats. Please make your families and swimmers aware of the single event viewing plan for this year. Umbrellas are not 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 clubhouse and facilities will NOT be open to the public.</p> <p>An area for handicapped seating and a handicapped-accessible restroom is available.</p> <p>All swimmers, coaches and spectators should enter the meet through the team area first and then on to the Springboard grounds from the team area. Everyone should exit the grounds from the lower gate and go across the parking lot back to the team areas or to Deepford Street. This will enable a one-way traffic flow from the parking lot to the team area to the grounds, and back to the parking lot.</p> <p>Single event viewing bleachers will be available. Please follow directions to enter and exit the single event viewing bleachers. There will also be standing room-only viewing areas. Chairs are not permitted on the Springboard grounds. The Springboard Pool clubhouse and facilities will NOT be open to the public. An area for handicapped seating and a handicapped-accessible restroom will be available.</p>
<p><b>Stroke Warm-ups</b></p>	<p>There will be <b><u>NO GENERAL WARM-UP BEFORE THE MEET THIS YEAR.</u></b> Two, ten-minute, stroke-specific warm-up will be held before each stroke (starting with Backstroke this year). Warm-up will be broken into two groups: Group 1 (12 &amp; Under), and Group 2 (13 &amp; Over). Warm-up for Group 1 for Backstroke swimmers will be from 7:45-7:55 AM. <b>This warm-up format will be continued prior to the first event for each stroke.</b></p> <p>Since the warm-up Groups are age-specific, all lanes can be used by the swimmers in each group.</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><b>One Coach</b> per team is permitted on deck during warm-ups.</p>
<p><b>Clerk-of-Course</b></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><b>DQs</b></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.</p>
<p><b>Results</b></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><b>Awards and Patches</b> – <b>Change this year</b></p>	<p>Swimmers will receive their All-Star patches from their Team Reps at the meet. Out of an abundance of caution to limit close contact and to create open spaces this year, <b><u>medals and rosette ribbons that are awarded to all swimmers and alternates will be distributed at a date and location after the meet concludes, in the week following All-Stars.</u></b></p>
<p><b>Photography- No Group pictures this year</b></p>	<p>As with Award distribution, there will be no group pictures taken this year. There will be picture backdrop locations (look for the balloons!) across the Springboard pool grounds for swimmers and families to take pictures to commemorate their experience. Look for these stations and bring your big smiles!</p>
<p><b>Concessions and Vendors</b></p>	<p>Food and refreshments will be offered from the Springboard Cuda Shack (on the pool grounds and in the pool parking lot), coffee by Abyssinia Coffee and our NVSL food vendors. NVSL advertisers will have products for sale throughout the morning and afternoon. Please support Springboard’s concessions and all of our NVSL and Springboard advertisers!</p>

# NVSL Individual All Stars Timeline

## July 31, 2021

- 7:00 AM Team Areas open for set up
- 7:00 AM Early Marshals Check in
- 7:30 AM Pool Grounds Open
- 7:45 AM Backstroke Warm Up – Group 1 begins
- 7:50 AM Officials Briefing for First Half
- 7:55 AM Backstroke Warm Up – Group 2 begins
- 8:05 AM Backstroke Warm Up ends, pool cleared
- 8:15 AM First two events called to Clerk of Course
- 8:20 AM Officials go to positions, time check
- 8:25 AM Presentation of Colors  
National Anthem
- 8:30 AM Meet Starts  
Following conclusion of Backstroke, two 10-minute warm up groups for Breaststroke
- 9:40 AM Earliest time that Breaststroke can start  
Following conclusion of Breaststroke, two 10-minute warm up groups for Butterfly
- 9:45 AM 2nd half officials report to Check-in station
- 10:50 AM Earliest time that Butterfly can start  
Following conclusion of Butterfly, two 10-minute warm up groups for IM
- 11:20 AM Officials Briefing for Second Half
- 12:00 PM Earliest time that IM can start  
Following conclusion of IM, two 10-minute warm up groups for Freestyle
- 1:10 PM Earliest time that Freestyle can start
- 2:20 PM Target time for completion of the meet

