



Information for NVSL Coaches
NVSL All Star Relay Carnival
July 12th 2023 at 4 PM
Hosted by Hamlet Swim and Tennis Club

Meet Managers	Amy Downey (NVSL) at amywdowney@yahoo.com & Julianne Kass (Hamlet) at juliannekass@gmail.com
Pool Familiarization <i>(Not to be used as a practice)</i>	Pool Familiarization will be held on Sunday, July 9th, 8 – 11 AM.
	This is an Open House for Swimmers, Coaches and Team Reps to become familiar with the site configuration. Thank you for respecting the rules and being kind to those running the events. All are volunteers.
	Pool Familiarization will only be to see the pool and the surrounding area. No swimmers will be allowed in the water. This is an opportunity for swimmers to see the pool and for teams to pick up merchandise.

Meet Day

Pool Location	8209 Dunsinane Court, McLean, VA 22102 \ Pool Telephone (703) 893-7255 Hamlet is located off Lewinsville Road in McLean near the Spring Hill Recreation Center. Please see parking restrictions below, but there will be no parking at the pool itself, on Dunsinane Court, nor at the Rec Center to allow sufficient room for Emergency Vehicles and traffic flow. Hamlet can be reached via 495 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 at Spring Hill ES, a short walk through the woods to the pool, as marked, after 12p on the meet day. Anyone on or near Spring Hill ES property and/or Hamlet property before 12p will be considered trespassers and the authorities may be called. Teams in divisions 1, 2 and 3 have assigned team areas and assignments will communicated with team reps and DC for these divisions in advance. There is plenty of field space for everyone. Do not come early to claim a space.
	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. Concessions will open in the Hamlet parking lot at 2:00pm.
	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 Hamlet pool 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 pool on the Hamlet pool 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 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.

Parking

At 12p the fields at Spring Hill ES will be open for teams. General parking (no commercial vehicles or large buses), will be street parking in the surrounding neighborhood as marked. Please allow plenty of time to park and walk to the pool once you drop your swimmer(s) off at Spring Hill Elementary. In order to allow sufficient space for Emergency Vehicles and to maintain traffic flow, there will be NO parking in the Hamlet lot or on Dunsinane Court. There is street parking on side streets, and please be respectful to not block driveways. Please do not park in intersections or block fire hydrants. Commercial vehicles and large buses are strongly discouraged for this event. Be a good neighbor - Follow the guidelines please! There is NO swim meet parking permitted at the Spring Hill Rec Center.

NVSL All Star Relay Timeline

July 12, 2023

12:00 PM Team Areas open for set up

2:00 PM Viewing Area opens to public; concessions open in the Hamlet parking lot

2:00 PM Warm-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 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

~ 8:45 PM Pool grounds close to swimmers and the public