



Information for NVSL Coaches

NVSL All Star Relay Carnival

July 9th 2025 at 4 PM

Hosted by Lincolnia Park Recreational Club and Co-Hosted by Tuckahoe Recreation Club

Meet Managers	Amy Downey (NVSL) at amywdowney@yahoo.com, Andrew Wise (Lincolnia Park) at andrewwise5@gmail.com, and Elaine Kelley (Tuckahoe) at elainekelleydvm@yahoo.com
Pool Familiarization (Not to be used as a practice)	<p>Pool Familiarization will be held on Sunday, July 6th, 8 – 11 AM.</p> <p>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.</p> <p>Pool Familiarization will only be to see the pool and the surrounding area. <u>No swimmers will be allowed in the water.</u> This is an opportunity for swimmers to see the pool and for teams to pick up merchandise.</p>

Meet Day

Pool Location	<p>6501 Montrose St, Alexandria, VA 22312 / Pool Telephone (703) 941-9676</p> <p>Lincolnia Park Recreation Club (LP) is located inside the Lincolnia Park neighborhood near the intersection of Little River Turnpike and Braddock Road. Please see parking restrictions below. Important to note: there will be no parking on Montrose Street itself to allow for sufficient room for Emergency Vehicles and traffic flow. LP is easy to access from 395, 495 and 95 - check traffic for the best route to the meet.</p>
Team Areas	<p>Take pride in modeling Great Sportsmanship - Be a good neighbor!</p> <p>Team areas may be set up in the field at Lincolnia Park adjacent to the pool as marked, after 12 PM on the meet day. Anyone on or near the Lincolnia Park property before 12 PM will be considered trespassers and the authorities may be called. Teams in divisions 1, 2 and 3 have assigned team areas (15'x15') 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.</p> <p>Tents, camp chairs, canopies and awnings are strongly encouraged. Grills, generators, and fires are NOT allowed in team areas. Off-limit areas will be clearly marked and will be strictly enforced. Anyone found selling food will be evicted from the property and pool grounds as well as lose your place in line. Light concessions will open at LP at 12pm; grills open at 2pm.</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 parking lot on the LP pool property.</p>
Check-In	Team Reps and the Head Coach should report to the Team Rep/Coach/VIP Check-in at the table in front of the gate adjacent to the parking lot 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. The Coaches' viewing area is limited to one team coach only .
Facilities	No access to bath house changing rooms or bathrooms will be permitted for participants or spectators. Portable restrooms will be located in the Rutherford parking lot.
Warm-Ups	<p>Warm-ups are per the schedule. Swimmers must clear the pool in a timely manner.</p> <p>Relay starts will not be permitted at any time. One way sprint lanes will be available in designated lanes.</p> <p>Entrance to the pool for Warm-Ups will be through the "Official, Team Rep, and Swimmer Only" gate entrance at the front of the pool.</p>
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 12pm the field at Lincolnia Park will be open for teams. Swimmers and spectators can gain access to the team areas at the wooded pass-through between LP and the swimmer drop off at Holmes Middle School, or by the front gate to LP. General parking (no commercial vehicles or large buses), will be located at Holmes Middle School, Weyanoke Elementary School, and Thomas Jefferson High School for Science and Technology. Please allow plenty of time to park and walk to the pool once you drop off your swimmer(s). Be advised that traffic on Braddock Road moves quickly; please use sidewalks and crosswalks. In order to allow sufficient space for Emergency Vehicles and to maintain traffic flow, there will be NO parking on Montrose Street. There is also street parking on neighborhood streets. <u>Please do not block driveways, park in intersections or block fire hydrants.</u> Commercial vehicles and large buses are not permitted for this event. Be a good neighbor - Follow the guidelines please!

NVSL All Star Relay Timeline

July 9, 2025

12:00 PM Team Areas open for set up; light concessions open at Lincolnia Park

2:00 PM Viewing Area opens to public; grills open

2:00 PM Warm-Ups:

- 13-14 Boys & Girls **2:00 - 2:15**
- 11-12 Boys & 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**

3:44 PM Competition Pool is cleared

3:45 PM Welcome Announcements

3:45 PM Scholarship Winners Announced

3:50 PM First Event is called to Clerk-of-Course

3:55 PM National Anthem

4:00 PM Meet Starts - Mixed Age and Medley Relays

~ 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