



# ***Public's Guide to the NVSL All Star Relay Carnival July 9th 2025 at 4 PM***

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

<b>Pool Location</b>	6501 Montrose St, Alexandria, VA 22312 / Pool Telephone (703) 941-9676 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.
<b>Happy Ads</b>	The <b>deadline</b> for submission of the Meet Program <b>Happy Ads is 4 PM Sunday July 6th</b> . Ads submitted after that time cannot be accepted. Ads must be submitted electronically to nvslhappyads@gmail.com (PDF or JPG format preferred) and in its final version. Payment can be made by the NVSL Happy Ad Square Store at nvslhappyads.square.site or via checks made out to NVSL or cash, and must be received by the end of the merchandise pick-up event/pool familiarization on Sunday. Direct questions to nvslhappyads@gmail.com.
<b>Pool Familiarization</b>	Pool Familiarization is an Open House for Swimmers, Coaches and Team Reps to become familiar with the pool, site configuration, and surrounding area. No swimmers will be allowed in the pool. Thank you for respecting the rules and being kind to those running the events. All Team orders of All Star merchandise will be available for pick-up. <b>Please be advised:</b> All-Star T-shirts, Swim Caps, and meet programs <b>WILL NOT be</b> available for purchase at Pool Familiarization this year. A Happy Ads representative will be present to take orders and payments. Direct questions to nvslhappyads@gmail.com.

## **Meet Day**

<b>Swimmer Drop Off</b>	Swimmer drop-off for access to the pool and the team areas in at LP will be at Holmes Middle School. Drivers should follow signs and police and marshal directions. Please build in time to park and walk to the park after dropping off your swimmers.
<b>Parking</b>	At 12 PM 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, Braddock Baptist Church, 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. Please do not block driveways, park in intersections or block fire hydrants. Commercial vehicles and large buses are not permitted for this event. Be a good neighbor - Follow the guidelines please!

<b>Parking (cont.)</b>	The pool will provide eight (8) Handicapped Parking spaces during the day of the meet in the street immediately in front of the pool that are available only by reservation for teams and spectators. Anyone needing handicapped parking must make prior arrangements in advance of the day of the meet with Elaine Kelley at elainekelleydvm@yahoo.com. All guests requesting handicapped parking will need to provide evidence of qualification. People who do not make prior arrangements will not be able to utilize the handicapped parking.
<b>Team Areas</b>	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.
<b>Team Areas (cont.)</b>	Tents, camp chairs, canopies and awnings are strongly encouraged. Grills, generators, and fires are <b>NOT</b> allowed in team areas. <b>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.</b>
<b>Viewing Areas</b>	<p><b>The Host Pool will open the gates to the pool grounds to the public at 2:00 PM. Light concessions will open at Lincolnia Park at 12pm; grills open at 2pm.</b></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. Umbrellas will not be permitted in the bleachers. No chairs will be permitted on the pool grounds.</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 in the Rutherford parking lot.</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 Presidents, Spirit, Sportsmanship, Community Service, and Excellence in Technique scholarship winners will be announced prior to the start of the meet. These awards will be presented at the Divisional meets this year, in front of the recipients home team, family, and friends.
<b>Concessions and Vendors</b>	Food and refreshments will be offered by the Host Pool and our NVSL food vendors at Lincolnia Park next to the bathhouse and team areas: light concessions and drinks starting at 12pm, grill starting at 2pm. NVSL advertisers will have products for sale throughout the evening. Please support our hosts concessions and 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

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 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

3:30 PM Meet Marshals Briefing

3:44 PM Competition Pool is cleared

3:45 PM Welcome Announcements

3:45 PM Scholarship Award 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/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