

# NVSL All Star Relay Timeline

## July 15, 2026

**7:00 AM** Team Areas open for set up

**7:20 AM** Pool Deck opens for warm-ups

**7:20 AM** Warm-Ups:

- **13-14 Girls**      **7:20 - 7:30**
- **13-14 Boys**      **7:32 - 7:42**
- **11-12 Girls**      **7:44 - 7:54**
- **11-12 Boys**      **7:56 - 8:06**
- **9-10 Girls**      **8:08 – 8:18**
- **9-10 Boys**      **8:20– 8:30**
- **8 & U Girls**      **8:32 – 8:42**
- **8 & U Boys**      **8:43 –8:53**
- **15-18 Girls**      **8:54 - 9:04**
- **15-18 Boys**      **9:05 - 9:15**

**8:45 AM** Relay Take-off Judges Briefing

**9:00 AM** Stroke & Turn Judges Briefing

**9:00 AM** Timers Briefing

**9:00 AM** Meet Marshals Briefing

**9:15 AM** Competition Pool is cleared

**9:20 AM** First Event is called to Clerk of Course and Scholarship Award Winners Announced

**9:25 AM** Color Guard entrance and National Anthem

**9:30 AM** Meet Starts - Mixed Age and Medley Relays

~ **11:30 AM** Break between Medley and Freestyle Relays

~ **11:45 AM** Freestyle Relays Begin

~ **1:30 PM** Meet Ends

~ **2:15 PM** Pool grounds close to swimmers and the public