



Public Guide to the NVSL All Star Relay Carnival

July 15th 2026 at 9:30AM

Hosted by Sleepy Hollow Bath & Racquet

Pool Location	3516 Sleepy Hollow Rd, Falls Church, VA 22044/ Pool Telephone (703) 241-9731 Sleepy Hollow Bath & Racquet (SHBR) is centrally located in the Falls Church/Annandale area of Fairfax County. Please see parking restrictions below. Important to note: Sleepy Hollow Road will be very busy on meet day, plan accordingly. SHBR is easy to access from 495 and 395 - check traffic for the best route to the meet. Please note that SHBR (meet location) is located next door to Sleepy Hollow Recreation Association (SHRA). SHBR is on the right as you face both pools.
Happy Ads	The deadline for submission of the Meet Program Happy Ads is 4 PM Sunday July 12th. 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 must be made by the NVSL SwimTopia Shop at nvsl.swimtopia.com/shop and must be received by the end of the merchandise pick-up event/pool familiarization on Sunday (12PM). Direct questions to nvslhappyads@gmail.com.
Pool Familiarization SUN JULY 12 9am-12pm	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. Please be advised: All-Star T-shirts, Swim Caps, and meet programs WILL NOT be available for purchase at Pool Familiarization this year.

Meet Day

Swimmer Drop Off	Swimmer drop-off for access to the pool and the team areas at SHBR will be next door at neighboring pool Sleepy Hollow Rec (SHRA). Drivers should follow ALL police and marshal directions and any posted signs. Please build in time to park and walk to the park after dropping off your swimmers. SHRA's address is 3538 Sleepy Hollow Road.
Parking	At 7AM the field at SHBR will be open for teams. Swimmers and spectators can gain access to the team areas at the open gate in front of Sleepy Hollow Bath & Racquet. General parking (no commercial vehicles or large buses) will be located at Sleepy Hollow United Methodist Church, Sleepy Hollow Elementary School and in the surrounding neighborhood. Please allow plenty of time to park and walk to the pool once you drop off your swimmer(s). Be advised that traffic on Sleepy Hollow Road will be heavy; please use sidewalks 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!

Parking (cont.)	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 SHBR by emailing shbrswimteamrep@gmail.com. All guests requesting handicapped parking are required to have state-issued handicapped parking tags. People who do not make prior arrangements will not be able to utilize the handicapped parking.
Team Areas	Team areas may be set up at SHBR in the space as marked after 7:00AM on the meet day. Anyone on or near the Sleepy Hollow Bath or Sleepy Hollow Rec properties before 6:45AM 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 space for everyone. Do not come early to claim a space. 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. Concessions will open at at 7am; grills open at 10am. No access to bath house changing rooms or bathrooms will be permitted for participants or spectators. Portable restrooms will be located on the SHBR pool property.
Viewing Areas	The Host Pool will open the gates to the pool grounds to the public at 7:00am. Concessions will open at SHBR at 7am; grills open at 10:00am. This meet is SINGLE EVENT VIEWING ONLY for seating. Lining up early to enter the pool area is strongly discouraged. The entry line prior to 7am will be marked. Marshals will escort the line to the pool entrance at 6:55am to ensure an orderly admission. <i>Take pride in modeling Great Sportsmanship - Be a good neighbor!</i> This meet is SINGLE EVENT VIEWING ONLY for seating. Marshals will be moving spectators along after each event. Please make your families and swimmers aware of the single event viewing plan for this year. Umbrellas are not permitted in the bleachers. To facilitate the movement of pedestrian traffic, certain areas will be designated “NO STANDING” and a Marshal will be positioned to maintain pedestrian flow. There will be NO SPECTATOR ACCESS to the pool deck other than Single Event Viewing. An area for disabled seating and a disabled restroom will be available. No access to bath house changing rooms or bathrooms will be permitted for participants or spectators. Portable restrooms will be located on SHBR grounds.
Results	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.
Awards and Patches	Team Reps need to pick up their team's awards and patches at the awards area before they leave the meet. 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.

Scholarship Awards	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.
Concessions and Vendors	Food and refreshments will be offered by the SHBR and our vendors next to the single event viewing area and pavillion team areas starting at 7am grill starting at 10:30am. NVSL advertisers will have products for sale throughout the evening. Please support our hosts concessions and advertisers! No outside food will be allowed within the pool fence enclosure.
Shop NVSL	All-Star Shirts, Swim Caps, Bag Tags and Programs will be on sale at the meet.