

NVSL All Star Relay Carnival, July 15, 2026

IMPORTANT BRIEFING INFO - COACHES AND TEAM REPS

*Thank you for all you have done this season!
Good luck to your swimmers!*

Two wristbands will be given **per team** to be used by the team's TR/designee or coach(es).

Respect - It is extremely important that you show respect for every person at the meet and that you **respectfully listen to** and **heed all instructions** from the **deck marshals and officials**.

Do not impede the flow of swimmers. Do not try to **speak with or stop swimmers** while they are on a pathway on the deck, e.g., **moving from Clerk of Course** to the pool **or between the pool and the awards area**. You may **meet your swimmers in the awards area or team area**. Thank you for your understanding of not impeding the flow of the swimmers!

Viewing Area – You **must have** one of **your team's wristbands** to enter the Coaches and Team Reps viewing areas. The designated coaches/reps viewing area is on the side of the pool closest to the team areas. Please be conscious of and **proactively allow** the **coaches/team reps of the swimmers in the pool a front row or premium viewing space**. There are 204 wristbands with the understanding that people rotate in and out and *cannot* all be there at the same time. **Do not use another team's wristband**. If you wear another team's band, the wristband will need to be given to the Marshal/designee and you will need to leave the coaches/team rep area having portrayed **unsportsmanlike conduct**.

Warm-Ups – Please make sure a **coach is on the pool deck** if there is a swimmer from your team in the water during the warm-up between strokes. You may **coordinate with another coach** to cover your swimmers. Warmups may be shortened or canceled due to circumstances beyond our control.

**THERE ARE NO RELAY STARTS PERMITTED
DURING WARMUPS AT ANY TIME, IN ANY LANE.**

Alternates – All Alternates **report to clerk of course** with their event. Alternates will proceed to a designated spot on deck with the first heat of their event. There will be **no swim offs** at the meet. In an event for which there is *a tie for first alternate*, the *following procedure will be followed*:

If one lane becomes available in the event, and both alternates have reported to clerk of course and are on deck, the lane will not be filled. A new heat will be swum with the two alternates following the heat where a lane became available. If only one alternate is on deck, they will be placed in the available lane.

Notice of Disqualification – Every effort will be made to notify Team Reps or their designee of a disqualification of one of their swimmers. It is important that one team rep remains in the viewing area to receive the DQ slip. If no team rep is available, the coach will be given the slip. If no coach or rep is available, an announcement will be made asking a team rep or coach to come to the data tables. If no team rep or coach comes to the data table, no further action will be taken. USA Swimming Rule 102.22.2, states that the failure of a Referee or designated official to notify a swimmer of a disqualification does not negate the disqualification. NVSL Rule 13 does not require a DQ Slip to be furnished to the Team Rep at the All-Star Meet by any particular official. The Meet Ref or his/her designee should inform the swimmer if they disqualified before leaving the pool area.

No coaches in Clerk of Course, no head coaches as legs, watch for illegal caps and suits, inform the ref of any swimmers with special needs, no Elastic or KT tape. Any buddy taping of digits must be cleared with the meet ref before the event.

Please be advised: Relay Swimmers 2, 3 and 4 can operate in a space roughly the size of a starting block (30 inches). Any start that begins further out than this approximation may be considered a running start and subject to disqualification.

WEATHER UPDATE: mynvsl.com

Team Rep and Coach Information Guides are on mynvsl.com, in the Documents folder. **Have a great meet and congratulations to your All Star Relay swimmers!**