

NVSL Individual All Stars

August 1, 2026 at 8:30AM

Hosted by Vienna Woods

Timeline

- 7:00 AM Team Areas open for set up
- 7:15 AM Early Marshals Briefing
- 7:30 AM 1st half officials report to Check-in station
- 7:30 AM Pool Grounds Open
- 7:45 AM Backstroke Warm Up – Group 1 begins (12 & Under)
- 7:45 AM Officials and Timers Briefing for First Half
- 7:55 AM Backstroke Warm Up – Group 2 begins (13 & Over)
- 8:05 AM Backstroke Warm up ends, pool cleared
- 8:15 AM Welcome and First two events called to Clerk of Course
- 8:20 AM Officials go to positions, time check
- 8:25 AM Presentation of the Colors and National Anthem performed by Tobi LaCroix
- 8:30 AM Meet Starts
 - Following conclusion of Backstroke, two 10-minute warm up groups for Breaststroke
- 9:45 AM Earliest time that Breaststroke can start
 - Following conclusion of Breaststroke, two 10-minute warm up groups for Butterfly
- 11:15 AM 2nd half officials report to Check-in station
- 11:00 AM Earliest time that Butterfly can start
 - Following conclusion of Butterfly, two 10-minute warm up groups for Individual Medley
- ~12:00 PM Officials Briefing for Second Half during the Individual Medley Warm ups
- 12:10 PM Earliest time that Individual Medley can start
 - Following conclusion of Individual Medley, two 10-minute warm up groups for Freestyle
- 1:25 PM Earliest time that Freestyle can start
- 2:20 PM Target time for completion of meet