



Information for NVSL Coaches
NVSL All Star Relay Carnival
July 10th 2024 at 4 PM
Hosted by Rutherford Area Swim Club

Meet Managers	Amy Downey (NVSL) at amywdowney@yahoo.com & Jim McLaughlin (Rutherford) at president@rutherfordpool.org
Pool Familiarization <i>(Not to be used as a practice)</i>	Pool Familiarization will be held on Sunday, July 7th, 8 – 11 AM.
	This is an Open House for Swimmers, Coaches and Team Reps to become familiar with the site configuration. Thank you for respecting the rules and being kind to those running the events. All are volunteers.
	Pool Familiarization will only be to see the pool and the surrounding area. <u>No swimmers will be allowed in the water.</u> This is an opportunity for swimmers to see the pool and for teams to pick up merchandise.

Meet Day

Pool Location	4609 Marley Rd, Fairfax, VA 22032\ Pool Telephone (703) 978-9853 Rutherford Pool (RFD) is located adjacent to Rutherford Park (Park) between Braddock Road (Rt. 620) and Little River Turnpike (Rt. 236) approximately 2.5 miles outside the Beltway (I-495). Please see parking restrictions below, since there will be no general parking available at RFD or the Park. Swimmer and spectator drop-off for access to RFD and the team areas in the Park will be at the intersection of Kristin Lane and Marley Road, with traffic on Kristin Lane being restricted to one-way from Rockcrest Drive for the day of the meet. RFD can be reached via either Olley Lane and Guinea Road, both of which are accessible from either Braddock Road and Little River Turnpike, so check traffic for the best routes from your location.
Team Areas	<i>Take pride in modeling Great Sportsmanship - Be a good neighbor!</i>
	Team areas may be set up in the field at Rutherford Park adjacent to Rutherford Pool as marked, after 12p on the meet day. Anyone on or near the Rutherford Park and/or Rutherford property before 12p 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 be 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.
	Tents, canopies and awnings are strongly encouraged. Grills, generators, and fires are NOT allowed in team areas. The two softball fields are off-limits and other off-limit areas will be clearly marked and will be strictly enforced. Individuals may not sit on or climb the fences around the softball fields. Anyone found selling food will be evicted from the park and pool grounds as well as lose your place in line. Light concessions will open in the Rutherford parking lot at 12pm; grills open at 2pm.
	No access to bath house changing rooms or bathrooms will be permitted for participants or spectators. Portable restrooms will be located close to the entrance on the Rutherford pool property.
Check-In	Upon arrival, use RFD Pool driveway to walk to the front of the pool. Team Reps and the Head Coach should report to the Team Rep/Coach/VIP Check-in near the gate to sign-in and receive your team's meet program, the Coaches' meet sheet, and one Team Rep's and one Coach's wristband for access to reserved viewing areas.
Facilities	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.
Warm-Ups	Warm-ups are per the schedule. Swimmers must clear the pool in a timely manner.
	Relay starts will not be permitted at any time. One way sprint lanes will be available in designated lanes.
	Entrance to the pool for Warm-Ups will be through either designated gates or through the "Swimmer Only" entrance at the Clerk of Course.
Clerk-of-Course	Coaches are responsible for ensuring their swimmers and 1st Alternates report to Clerk-of-Course on time. Alternate Teams will be escorted to the deck and placed in the meet should a seeded team not be available to compete.
DQs	If a disqualification occurs, the Team Rep will be notified immediately after the heat <u>only IF</u> that Team Rep is available in the Team Rep viewing area.
Viewing Areas	There are designated viewing areas for Team Reps and coaches. Seating areas allow for one Team Rep and the viewing area allows for one team coach.

Results	As events end, results will be posted at meet. Full results can be found on the NVSL website after the conclusion of the meet.
Parking	At 12pm the field at Rutherford Park will be open for teams. Swimmers and spectators can gain access to the team areas in the Park by walking the one block from the drop-off location (intersection of Kristin Lane and Marley Road) to the end of Marley Road. General parking (no commercial vehicles or large buses), will be street parking in the surrounding neighborhood or at Little Run Elementary School (4511 Olley Lane, Fairfax) which has limited parking. Swimmers may also be dropped off at the front of Little Run Elementary School (4511 Olley Lane); Kristen Lane can accessed via the sidewalk behind the school (approx. 0.4 mile walk to pool). Please build in time to park and walk to the park after dropping off your swimmers.
	Please allow plenty of time to park and walk to the pool once you drop off your swimmer(s). In order to allow sufficient space for Emergency Vehicles and to maintain traffic flow, there will be NO parking on Kristin Lane or Marley Road. There is 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!

NVSL All Star Relay Timeline

July 10, 2024

12:00 PM Team Areas open for set up; light concessions open in the Rutherford

2:00 PM Viewing Area opens to public; grills open in the Rutherford parking lot

2:00 PM Warm-Ups:

- **13-14 Boys & Girls** **2:00 - 2:15**
- **11-12 Boys & 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**

3:44 PM Competition Pool is cleared

3:45 PM Welcome Announcements

3:45 PM Scholarship 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 and Medley Relays

~ 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