

# ***NVSL Individual All Stars***

***July 26, 2025 at 8:30AM***

***Hosted by Pinecrest Swim & Tennis Club***

## **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 Freestyle Warm Up – Group 1 begins (12 & Under)
- 7:45 AM Officials and Timers Briefing for First Half
- 7:55 AM Freestyle Warm Up – Group 2 begins (13 & Over)
- 8:05 AM Freestyle 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 Colors Presented by Fairfax County Police Department and National Anthem
- 8:30 AM Meet Starts
  - Following conclusion of Freestyle, two 10-minute warm up groups for Backstroke
- 9:45 AM Earliest time that Backstroke can start
  - Following conclusion of Backstroke, two 10-minute warm up groups for Breaststroke
- 11:15 AM 2nd half officials report to Check-in station
- 11:00 AM Earliest time that Breaststroke can start
  - Following conclusion of Breaststroke, two 10-minute warm up groups for Butterfly
- ~12:00 PM Officials Briefing for Second Half during the Breaststroke Warm ups
- 12:15 PM Earliest time that Butterfly can start
  - Following conclusion of Butterfly, two 10-minute warm up groups for Individual Medley
- 1:30 PM Earliest time that Individual Medley can start
- 2:30 PM Target time for completion of meet