

Colonial Swimming League All Star Meet
 August 1, 2015
 Parkway Pool (home of The Countryside Waves Swim Team)
 46020 Algonkian Pkwy, Potomac Falls, VA 20165

6:40 – 7:55 Warm-ups

6:40 – 7:05 Group A

7:05 – 7:30 Group B

7:30 – 7:55 Group C

6:45 – 7:30 Stroke and Turn check-in outside poolhouse; officials check-in on deck as needed

7:15 Team Rep Scratch Meeting (Pool house) NOTE THE NEW TIME

7:35 Officials Meeting (near the starting system for 50M starts)

7:40 Timers Meeting (behind the 50M start)

8:00 Timer Test – Call first heats to Clerk of Course

8:02 National Anthem

8:07 First heat starts

EVENT ORDER

Freestyle

Backstroke

Breaststroke

Butterfly

10 minute break to warm-up for IM's

Individual Medley (IM)

AWARD ORDER

Freestyle

Backstroke

Breaststroke

Butterfly

Individual Medley (IM)

PRESENTERS

CSL Board/Gold

CSL Board/Blue

CSL Board/White

CSL Board/Red

CSL Board/Red

11:45 End of Meet

Warm-up Lane Assignments (Warm-up in 8 lanes, meet in 6 lanes, no warm-up/cool-down in lanes 7/8 during meet.)

	Start Time	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
Group "A"	6:40 am	AV	CY	SR	CAS	BL	SRD	ABF	----
Group "B"	7:05 am	MG	FG	FF	CC	SF	HV	CHD	AF
Group "C"	7:30 am	C	BCP	CNC	BCS	SAR/GC	FM	BAR	AKC

Check-in: If you did not receive a Meet Information Package at the scratch meeting and you are a Meet Official, please stop at the "Check-in" table in front of the clubhouse to get your badge, meet information and map.

Direction to Parkway Pool (The Countryside Waves Swim Team): 46020 Algonkian Parkway, Potomac Falls, VA 20165:

From Chantilly: Take Route 28 north to Route 7 east; stay in right lane and exit at Algonkian Parkway exit. Proceed on Algonkian Parkway to signs for the pool on your left.

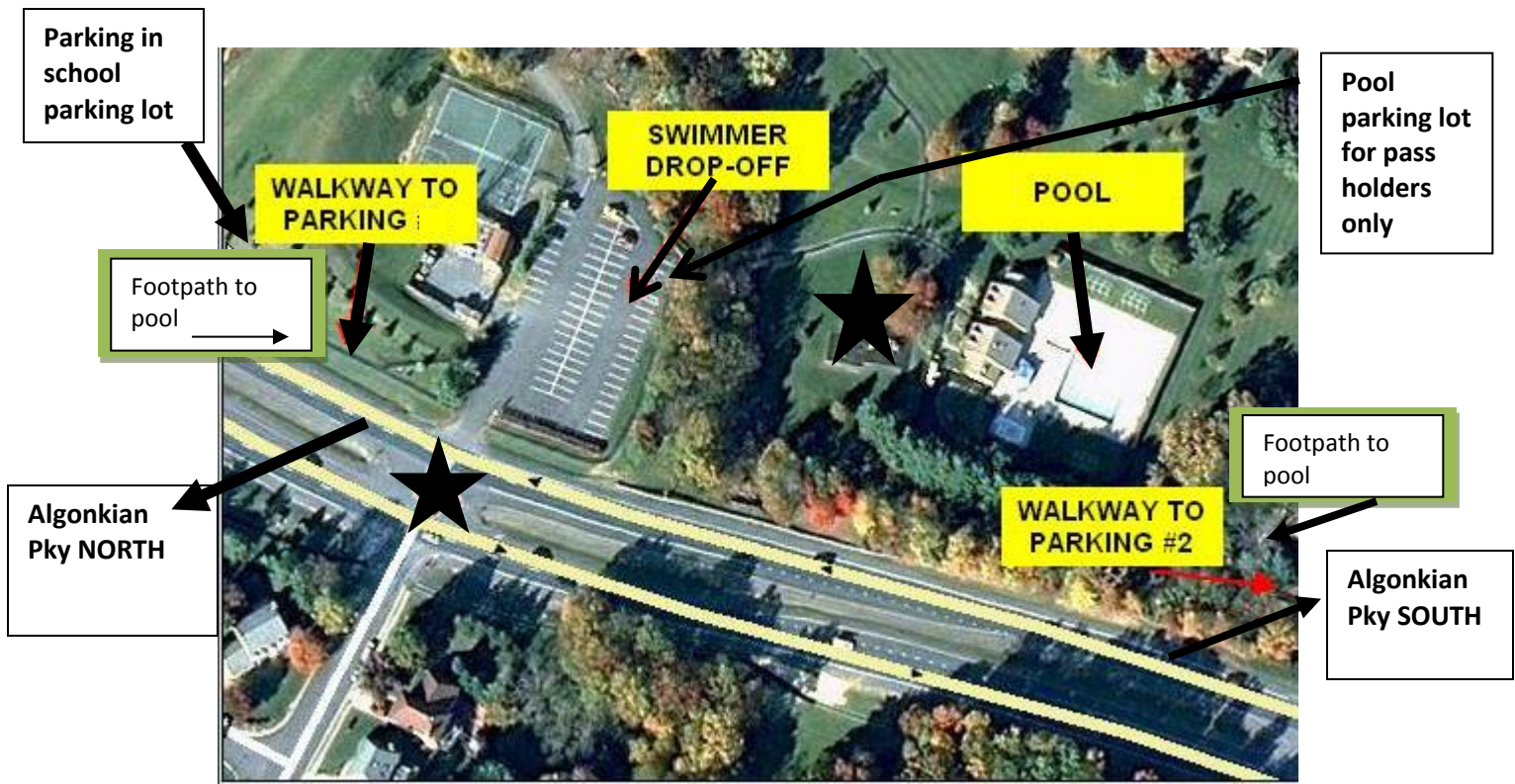
From Fairfax: Take Fairfax County Parkway (7100) north which changes to Algonkian Parkway after crossing over Route 7. Proceed on Algonkian Parkway to sign for the pool on your right (approximately 7 stop lights).

From Arlington: Take 495 to Route 7 west and proceed to Algonkian Parkway north. Proceed on Algonkian Parkway to sign for the pool on your right (approximately 7 stop lights). If you take 495 to the Toll Road (267), exit at 7100 north which changes to Algonkian Parkway after crossing over Route 7. Proceed on Algonkian Parkway to sign for the pool on your right (approximately 7 stop lights).

Parking: Parking for the All Stars Meet will be along Algonkian Parkway, in the Algonkian Elementary School and River Bend Middle School parking lots on Algonkian Parkway and on side streets adjoining the pool location. There is walking path access from the both school locations to the pool parallel to Algonkian Parkway. For your safety, it is preferable that you park only on the pool side of Algonkian Parkway.

PLEASE DROP OFF ALL SWIMMERS AT THE DESIGNATED DROP POINT IN THE PARKWAY POOL PARKING LOT BUT DO NOT PARK IN THE LOT UNLESS YOU HAVE A PARKING PASS.

PARKING IN THIS LOT IS RESTRICTED TO CARS WITH OFFICIAL CSL MEET PARKING PASSES AND HANDICAP PARKING ONLY. If cone or reserved sign is posted, this is for snack bar use ONLY.

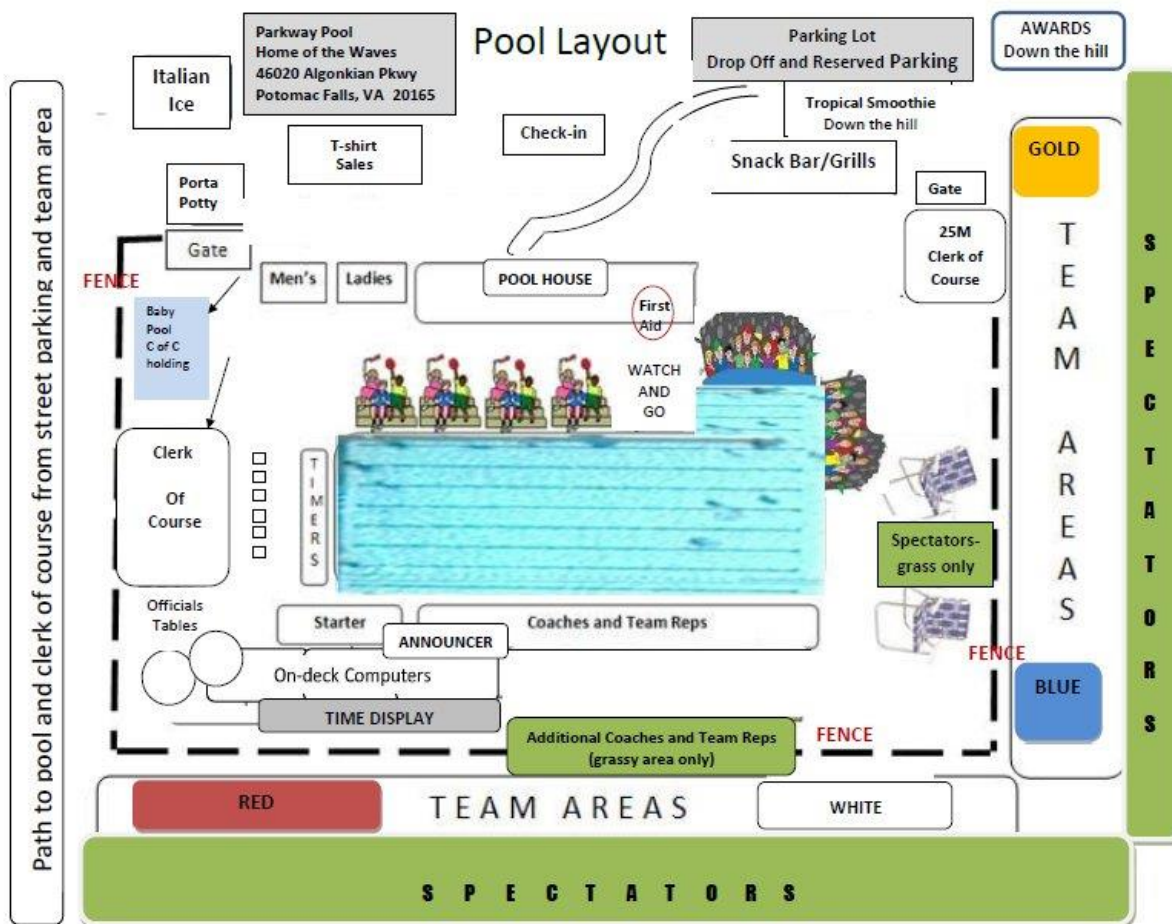


Coach and Team Rep Seating: One chair will be provided for one coach per team in a designated area on deck on the Starter side of pool. Additional seating for other coaches and for team reps will be allowed in

grassy area **only** behind officials walkway **provided additional team rep or coach brings their own portable seating.**

Spectator Seating: Spectator seating **inside the fenced pool area** will be limited to bleachers and grassy area on left as you walk onto deck as designated. Additional spectator seating is available outside the fenced area where there is a good view of the pool and shaded areas. Spectators should bring their own portable seating for the meet as bleacher seating is filled quickly. There will be a designated “watch and go” area to watch your swimmer and then leave the area.

Team Areas: Swimmers must stay in designated team areas by division outside the pool fence.



Clerk of Course: The Clerk of Course areas will be divided. The **25 meter events Clerk of Course** will be located in a designated area inside the **small gate behind the snack bar**. Swimmers should proceed to the 25 meter event Clerk of Course by walking to the front of the Pool house or through the small gate (behind the snack bar). Swimmers may leave the pool through the large gate near the baby pool. **Each team needs a designated volunteer to escort swimmers (especially younger swimmers) from the team area to the Clerk of Course.**

The **Clerk of Course for the 50 and 100 meter events** will be in the grassy area beyond the baby pool behind the timers. The baby pool is a “holding area” for swimmers arriving to Clerk or Course early. Swimmers for the 50 and 100 meter events should enter the **large gate** next to the baby pool and leave the pool through the same gate.

T-shirt and Sales: T-shirts will be on sale at the meet location Friday, July 31st, from 6:30 PM until 8:00 PM and on meet day starting at 6:30 AM. T-shirts will have the names of each swimmer and alternates on the back of the shirt. T-shirts are \$15. **Credit cards will be accepted for T-shirt sales.** There will be no advance orders and no post-meet orders. Cash and checks only will be accepted. **Other items for sale Saturday:** sunglasses, \$3.

Awards: Awards for each event will be announced and awarded as soon after each event as possible. The presentation of awards by the Colonial Swimming League Board will be in the designated grassy area outside the pool at the lower end of the walkway to the Pool house near the Parkway Pool parking lot. Swimmers should report to the Awards area as soon as possible after the announcement of the presentation for each event so that the awards can continue on a timely schedule. If a swimmer misses the awards presentation, the **team rep only** will retrieve awards not collected and distribute to the swimmer later. Pictures can be taken during the Awards ceremony.

Timer Assignments: Each team is required to supply a timer to the swim lane listed below. The timer slot may be filled with two timers who trade-off between strokes as needed. Each team should supply their own watches.

Lane	1	2	3	4	5	6
Teams	BCP	BAR	BCS	FF	BL	SRD
	ABF	CNC	FM/SAR	AV	AKC	MG
	CHD	CAS	AF	CC	FG	SF

Rain Date: In the event that the meet is cancelled, a rain date of August 2nd has been secured.