

COLONIAL SWIMMING LEAGUE

ALL STARS ★★☆☆★★☆☆



2019



HOSTED BY CASCADES RAPIDS



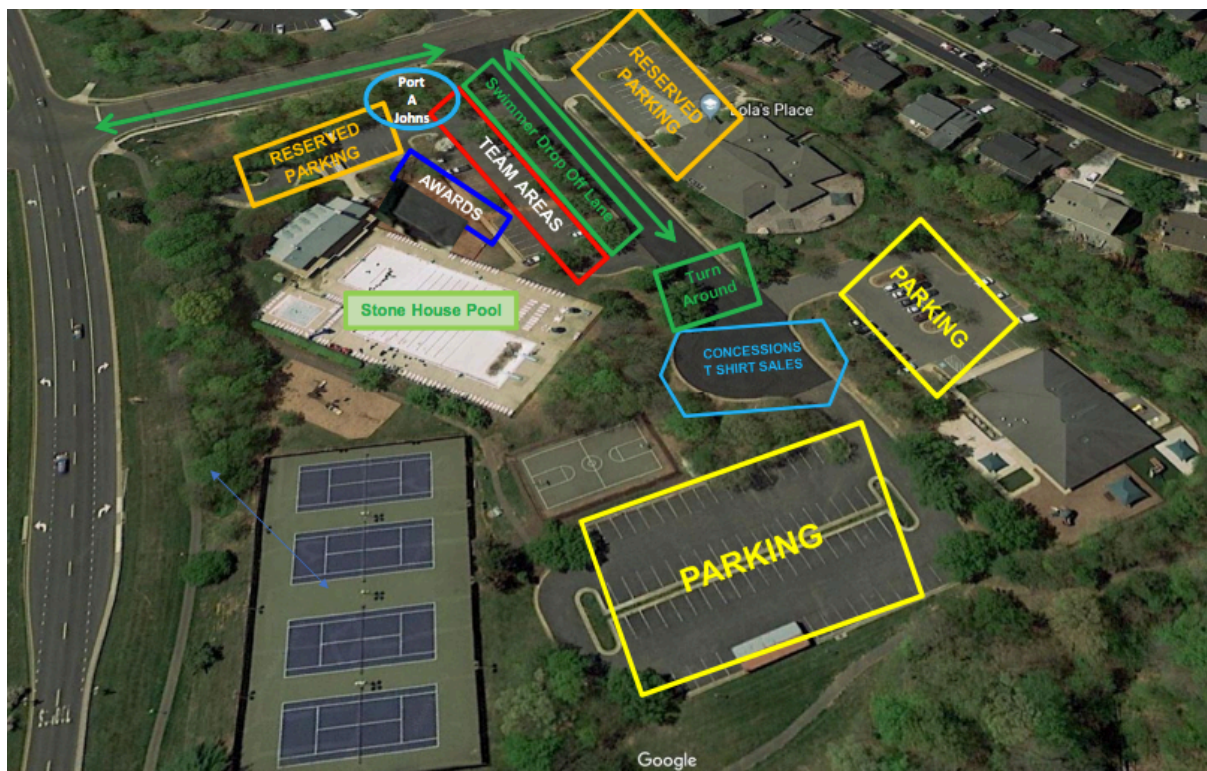
2019 CSL All Stars Swim Meet

The **Cascades Rapids** are excited to welcome the teams of the Red, White, Blue and Gold divisions to the annual CSL ALL STARS Meet on Saturday, July 27th, 2019. The following information will help prepare for the event.

Address: The Cascades Stonehouse pool is located at 20670 Fernbank Court, Potomac Falls, VA

Parking:

- **Parking attendants/Police Officers** - Police officers will help the flow of traffic entering Fernbank Ct. Please be patient as our volunteers work to maximize available parking.
- **Parking Passes** – Two numbered parking passes per team to be distributed at the scratch meeting. Once the two passes per team enter, no more cars from that team will be permitted.
- **Carpooling** - strongly encouraged, especially within families!!
- **Reserved Parking** - only available to those with a parking pass (or handicapped parking tag)
- **Swimmer Drop-off** – *DO NOT DROP SWIMMERS OFF BEFORE REACHING FERNBANK COURT.* Proceed to the lane blocked off on the right between the 1st and 2nd entrance of the pool after turning onto Fernbank Ct. for drop off. Please move all the way down and have your swimmers exit quickly to help the flow of traffic. After drop off, continue toward the lower parking lot.
- **General Parking** – At the end of Fernbank Ct., parking attendants will direct cars to a parking location to help maximize the lot space. Be sure to lock your car doors!
 - In the event all spaces in the general perimeter of Stone House have been filled, overflow parking has been secured at Potowmack Elementary, 46465 Esterbrook Cir, 20165. This option features a tunnel for crossing Cascades Parkway, maps will be distributed with directions to this location as needed. It is a 10 minute walk.



Schedule

- 6:20 Arrival and set up. **Please do not arrive earlier – all areas will be closed.**
- 6:35 Warm-ups begin
- 6:45 Volunteer check-in begins in front of the Stone House
- 7:15 Team Rep Scratch Meeting (inside Stone House)
- 7:20 Officials Meeting (inside Stone House)
- 7:40 Timers meeting (under the large blue umbrella near the baby pool)
- 8:00 Timer Test – **first heats to Clerk of Course**
- 8:05 National Anthem
- 8:08 First heat starts

There will be a 25-minute break to warm up for IM's.

In case of inclement weather, the Rapids will communicate via email any delay in start time by 5 AM so that teams may be alerted.

Medal Ceremony:

EVENT ORDER	AWARD ORDER	PRESENTERS
Freestyle	Freestyle	CSL Board/Red (BCP, FF, AKC)
Backstroke	Backstroke	CSL Board/Gold
Breaststroke	Breaststroke	CSL Board/White
Butterfly	Butterfly	CSL Board/Blue
Individual Medley (IM)	Individual Medley (IM)	CSL Board/Red (BCS, AV)

Medals will be given out in the team area near the building next to the Stone House right next to the team areas. This should make it easy for swimmers to attend AND easy for Division volunteers to present. **Each team needs to send one presenter, per schedule above, to the awards area to assist with calling names and handing out awards.** Red Division covers two shifts as noted. Team Reps will be responsible for picking up and distributing medals not claimed during the ceremony.

Facility:

We have an 8-lane, 25-meter pool. 6 lanes will be used for events and 10 lanes will be used for warm ups. Backstroke flags are set at 5 meters (**not** yards) from the ends of the pool. Both ends of the pool range from 42-48" deep at the wall, depending on the lane. Swimmers will switch ends for the 25-meter events.

Bathrooms

In addition to the bathrooms at the pool, there will be port-o-johns outside the team areas.

Our ladies room is limited in size with four stalls. PLEASE ask your swimmers to use the shower stalls or the open end of the bathroom to change to keep the restroom open for those who need it.

*****Spectators may not exit to the pool deck from the restrooms.*****

Warm-ups for Free/Back/Breast/Fly

Swimmers should be ready to go to their assigned lanes a few minutes prior to scheduled times in order to make full use of their allocated time. Full warm up schedule will be provided after the scratch meeting. Warm ups will begin at 6:35 AM.

Warm-ups for IM

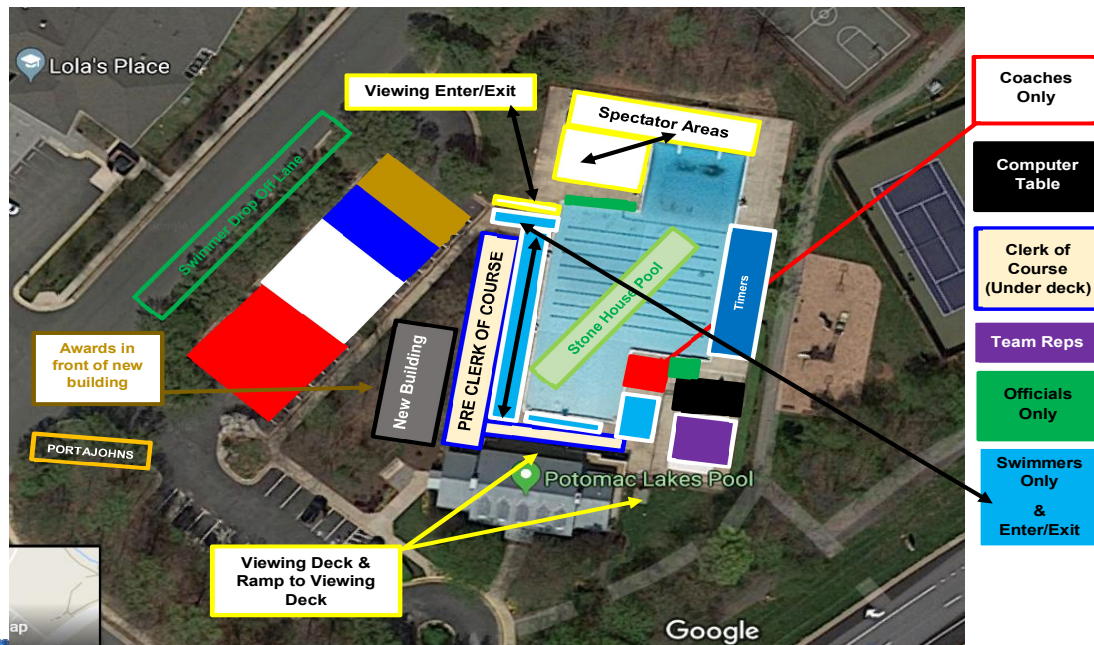
General warm-up with lane space shared by all teams

- 12 minutes for 10 and under swimmers
- Pool will be closed while 10 and unders exit
- 15 minutes for the 11 and up swimmers

The two (00) lanes will be sprint-only lanes for this warm-up period. The two zero (0) lanes will open for sprints with 5 minutes left in each of the age group warm ups. Swimmers must exit at the turning end and walk back to the starting end of the pool during sprints.

Lane	All Team Warm-Ups for IM
00	Shallow side - Sprints only
0	Open/ Sprints the last 5 minutes
6	Open
5	Open
4	Open
3	Open
2	Open
1	Open
0	Open/ Sprints the last 5 minutes
00	Deep side - Sprints only

POOL / TEAM AREA MAP



Coach Seating:

Coaches may set up one chair along the back fence behind the timers on the finish side of the deck. Coaches may stand to view races at whichever vantage point they choose. Team Representatives may set up a chair if they wish to view the races. Please remember that each team has TWO deck passes, access to the deck and swimmer area will be monitored throughout the meet.

Team Areas:

- Signs will be posted for each division's area (see diagram above)
- Please limit team tents to no more than two.
- Please assign one coach or parent to walk the swimmers to the Clerk of course. Only swimmers and volunteers will be allowed in the Pre and Main Clerk of Course areas.

Clerk of Course:

To help the meet run as smoothly as possible, we will be running a "Pre" Clerk of Course and "Main" Clerk of Course.

- Swimmers in the Pre CoC will be organized by event and heat and then move to the Main CoC.
- Swimmers in the Main CoC will be "heat ready" and will go to the pool.
- We will be using Remind to communicate the events being called to CoC. Up to 6 people from each team may sign on to receive notifications for the All Star Meet. It's best to select Coaches or other volunteers who will be responsible for getting swimmers from the team areas to the Pre-Coc.
 - Detailed instructions for joining, the process and other details will be distributed to Team Reps at the scratch meeting.

Spectators:

Spectators are invited to utilize the areas outside of the pool deck as well as the deck area on the deep end of the pool and around the diving well as marked. Camping chairs may be set up in the grass, and under the blue umbrellas. We ask that all be respectful of the space allotted. Spectators are also welcome to watch from the deck area of the Stone House, which can be accessed by ramp from the front of the building. Swimmers, volunteers, and those with deck passes will be permitted around the entire pool deck.

Team Volunteer Requirements

Volunteer requirements will be designed to reflect the number of swimmers represented for each team. Jobs will include: timers, marshals, and clerk of course. You can expect to provide stroke and turn officials, referees and computer volunteers per league guidelines.

All Star Merchandise and Concessions:

T-shirts will be sold for \$18 (cash or check only). Pre-sales will be available on Friday at Stone House Pool from 7:00 – 8 PM. No pre-orders before or re-orders after, so please come early for best size selection!

Meet Program: \$3 **Sunglasses:** \$2 each **All Star Pack:** \$20 include Shirt, Program, and Sunglasses!

Concessions/Snack Bar: Breakfast and lunch items will be served. Cash only. Please be kind and bring smaller bills - it is hard to make change for large bills, especially at the start of the meet.

The Cascades Rapids thank you in advance for your support!