



## 2024 Old Dominion Swim League All-Stars Meet

The **Loudoun Valley II Viperfish** are pleased to host our fellow ODSL teams for this year's All-Star Meet. The meet will be held on **Saturday, July 27, 2024**, and we anticipate seeing over four hundred swimmers compete from across Loudoun County. The meet is scheduled to **start at 8:00 AM with first warm-ups starting at 6:15 AM**.

### Directions

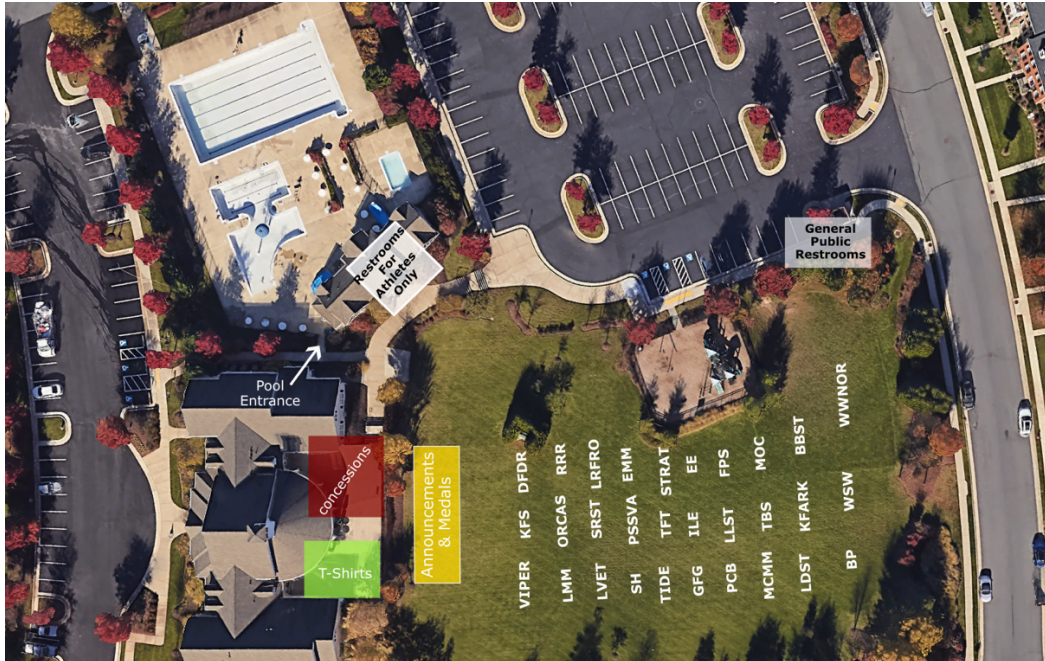
Our competition pool is located at **43100 Barnstead Dr, Ashburn, VA 20148**. From Evergreen Ridge Dr., turn on to Barnstead Dr. and proceed to turn left on to Sunbury St. You will be able to enter our general parking from Sunbury St. The outlet on Chertsey St. will be for exit only. There is a small swimmer drop off in the southwest corner of the parking lot. Please follow the directions of the parking attendants and marshals posted in the parking lot.



Note the "upper lot" designated in red on the map is reserved for coaches only. **Each team will have one parking space in the upper lot**, a parking marshal will mark off your team once the space has been taken.

**PRO TIP: Determine in advance who gets the Team Space.**

Parking is very limited, get here early. Once the general parking lot fills, our HOA has requested we park on the streets surrounding the pool (Barnstead Dr, Sunbury St., and Chertsey St.).



## Team Areas

Team areas will be set up on the grass lawn behind our HOA clubhouse. Teams can set up their areas beginning 6:00 AM the morning of the meet.

We ask each of our guest teams to please maintain their general areas, i.e. place garbage in the provided bins and generally keep their respective areas neat.

**Our HOA requests that no swimmers be allowed to use the playground during the swim meet. We appreciate all team's help in enforcing this rule.**

## Volunteers

Volunteers play a critical role to ensure the smooth running of the meet. Your involvement is invaluable, greatly appreciated but also required. Please sign up for a slot in the sign-up genius below.

<https://www.signupgenius.com/go/409054BADAB22A46-50402780-2024#/>

## Restrooms

For the safety of our athletes, the restrooms near the pool entrance will be designated for Athletes Only. Marshals will be posted at the entrance to enforce this policy. Porta-Potties will be placed for public use in the northeast corner of the lawn.

## Concessions

We will run a full concessions service for breakfast and lunch with snacks, drinks, burritos, bagels, pizza, and fresh grilled hamburgers and hot dogs. We accept credit cards including Apple/Google Pay (with minimum \$5 purchase) and cash. Viperfish swimmers will be coming around to offer a chance to win in our (cash only) 50/50 raffle.

## T-Shirts



Custom 2024 ODSL All Stars T-Shirts and sweatshirts will be sold at the meet. Shirts can be pre-ordered using the link: <https://www.fdsportswear.com/events/2024-odsl-all-stars>

**PRO TIP: Pre-order in advance and avoid the lines**



## Pool Deck

There is limited standing room only viewing from the pool deck. Spectators should time their arrival on the pool deck to align with their swimmer's approximate swim time. The pool deck entrance is on the side of the pool near the athlete's restrooms. The spectator viewing area will be along the length of the pool. Upon completion of your athlete's swim, please exit the pool deck back towards the team area in a timely manner. NO CHAIRS are permitted on the pool deck, or the sidewalk/path outside the fence. Feel free to set-up in the grass.

Coaches can view the meet in the designated coaches' area. **Only a maximum of 2 coaches per team in the coaches' area.**

## Clerk of Course

The Clerk of Course will be set up just to the left of pool entrance. Announcements will be made via our PA system so that teams are updated on which swimmers to line up and bring to the Clerk of Course.

As the meet proceeds, each Team should have their swimmers pre-positioned in their respective Team Area to allow timely access to the pool deck. Each team is responsible for getting their athletes to the Clerk of Course on-time.

## Meet Conclusion and Clean up

We have been fortunate that the Loudoun Valley II HOA gave us permission to hold the All-Stars meet. With that in mind, we would appreciate it if each Team could make sure that their area is cleaned up "as you found it."

The pool deck needs to be cleaned and ready to open for residents by 1:00 PM.

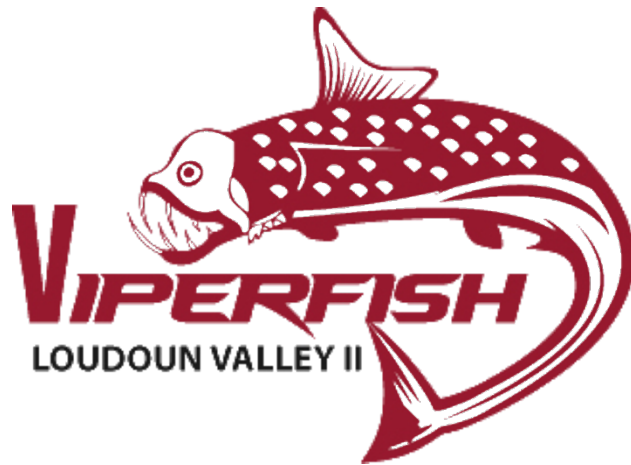
## Warm Up Schedule

Below is the schedule for teams warming up at our pool. Please check with your team's Coach for specifics and details.

2024 All Star Warm Ups						
	Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6
Time AM						
13 minute Warm Ups (2 minute turnover), 6:05am to 7:48am, 10-15 swimmers per lane						
6:05 - 6:18	Dulles Farm-24 (7.2)			Start and Turn practice lanes		
6:20 - 6:33	Brambleton-36*** (2.9)			Kirkpatrick Farms-22 (6.4)		Lenah Run-12 (8.5)
6:35 - 6:48	Broadlands-43*** (4.1)				Lenah Mill-14 (6.4)	Belmont-10 (8.5)
6:50 - 7:03	Rivercrest-12 (10.2)	Lansdowne-25 (10.6)		Willowsford North-25 of 50*** (4.5)		
7:05 - 7:18	Willowsford South-47*** (8.6)				Potomac Crossing-17** (12.9)	Potomac Station-10** (11.1)
7:20 - 7:33	Greenway-13 (12.1)	Evergreen-11 (11.5)	Kincaid-10** (13.3)	Exeter-15** (14.7)	Lovettsville-17** (27.5)	Tavistock-6** (12.1)
7:35 - 7:48	Red Rock, OL & Strat	Stoneleigh-15** (28.0)	Woodlea-16** (12.3)	Franklin Park-16** (27.1)		Ida Lee-15** (14.3)
	** Coaches to work together for lane space.		*** Coaches may use the "shorter pool" for young swimmers?			

Swimmers competing in second half events will have a 15-minute warm-up between backstroke and breaststroke events.

Additional we will offer the 12.5 meter "Kiddie Pool" as a warm-up pool for swimmers if needed.



**Thanks For Coming. Congratulations ODSL All Stars Swimmers!!**