

2025 VBSL ALL STARS SWIM MEET

Little Neck Swim & Racquet Club welcomes all swimmers and families to the 2025 VBSL All Stars swim meet. We hope everyone has had a great season so far and we hope to have a wonderful final day of summer league swimming. Below is information to help everyone get prepared for All Stars.

TEAM TENT AREA

Team tents may be set up in the yard area behind the clubhouse, **NO team or individual tents will be set up around the pool deck area.** Any teams that want to drop off tents on Friday evening after 6:30 p.m. are welcome to bring them out and stage them in the grass area behind the clubhouse. Please make sure that your name is on your tent because a lot of them look alike. Do not put your tent fully up—in the event of storms, the wind can catch them, and they end up damaged.

PARKING

Each team will be provided two parking passes for access to the LNSRC parking lot. Our parking lot attendant will also have a list of officials and sponsors who will have access to the lot. Parking for families and spectators will be available at the church across the street and surrounding neighborhoods. Please ask parents to respect driveways and mailboxes and to only park in designated spaces in the church lot. **DO NOT PARK on the grass at the church. Your vehicle may be towed!**

HANDICAP PARKING - If you have handicapped tags, we will try to accommodate parking in the lot. There are 5 handicapped spaces. These spaces are first come, first served.

WARM-UPS

Warm-ups will be open and based on age. Lanes 1 and 6 will be used for one-way sprints starting from the shallow end. The meet will begin at 8:30 a.m.

7:30-7:45 a.m.: 6 & under and 8 & under
7:45-8:00 a.m.: 10 & under and 12 & under
8:00-8:15 a.m.: 14 & under and 18 & under

We will open the pool at halftime, for a 15-minute warm up, following trophy presentations, for anyone that is swimming in the second half of the meet. Second half warm-ups will be one-way sprints. Each age group will be assigned a lane:

Lane 1: 6 & under
Lane 2: 8 & under
Lane 3: 10 & under
Lane 4: 12 & under
Lane 5: 14 & under
Lane 6: 18 & under

CLERK OF COURSE

We will use a central clerk area located under the green and white tent, behind the deep end starter. All 10 & under swimmers must report to the Clerk of Course. If swimmers do not report, they may be scratched from their event and alternates allowed to swim. All swimmers 11 & over should report directly to their lanes at least two events prior to their swim. **Remember**, there are only two heats per event so the meet moves quickly.

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BLEACHERS/SPECTATING

We will have bleachers set up on both sides of the pool and they will have umbrellas covering them. Please only use the bleachers when watching your child swim. However, you may bring some extra chairs to sit in the grass or pool deck. **No tents will be allowed in the pool deck area.**

CONCESSIONS

Concessions will be available for purchase with a wide variety of food. Our concessions table accepts both cash and Venmo.

T-SHIRTS

MSP will be selling All Stars shirts at the meet. They will have a table set up near the entrance.

CLUB HOUSE

The clubhouse is for officials and concession workers only.

TENNIS COURTS

Please remind your swimmers and visitors to stay off the tennis courts. We will have them roped off from the general area but need everyone to help enforce no running or playing on the tennis courts! The courts will most likely be in use during the swim meet and in the interest of domestic tranquility, we wish to ensure that we do not interfere with the tennis players.

MUSHROOM/SLIDE POOL

Please remind swimmers that the intermediate pool is not open for use and there are no lifeguards watching that pool during the swim meet.

FIRST AID

No glass allowed on the pool deck. Should any type of first aid need to be rendered, the Lifeguard Shack at the entrance of the pool has first aid kits and an AED.

VENDORS

Aquawear and MSP will be selling swim-related items. Several USA Swimming teams will have booths set up between the tennis courts and mushroom/slide pool.

We hope this information is helpful and we look forward to having a great swim meet on Saturday. Please do not hesitate to email if you have any questions.

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