

52 Years of NWAL's Best

June 24-25, 2023



Cypress-Fairbanks
ISD Natatorium

Prelims 9:00 am

Finals 5:30 pm

2023 PI Timing Assignments

Day 1 – Saturday, June 24, 2023

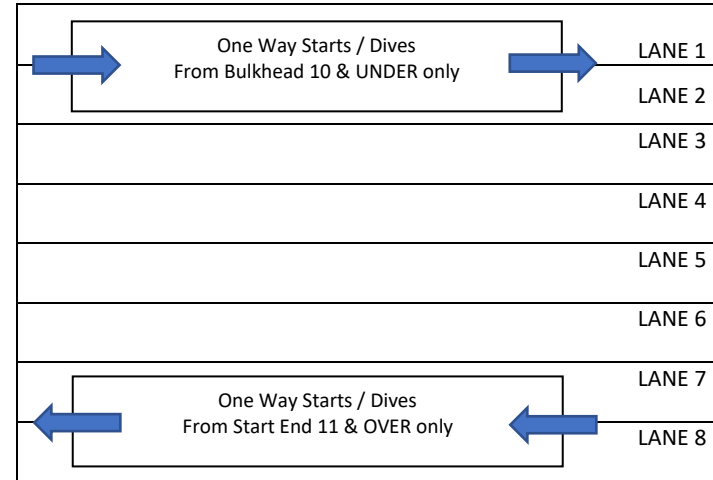
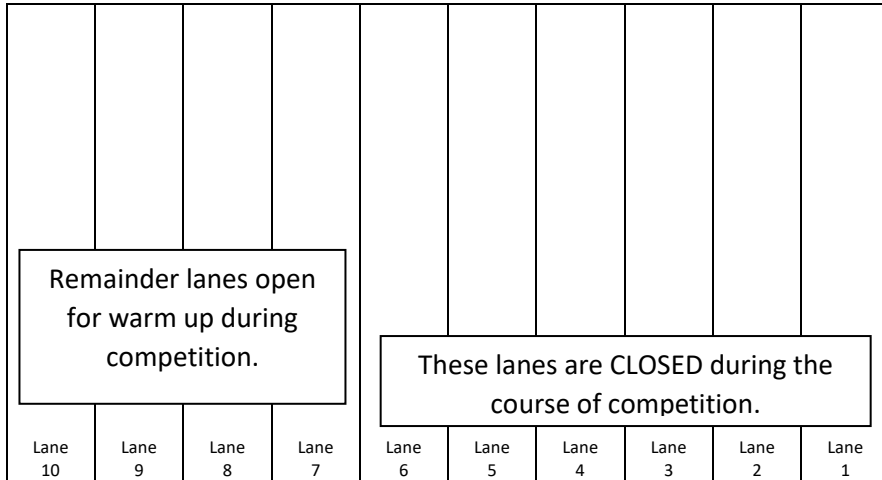
1 ST SHIFT (Prelims) 9am – 11:30am							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
COLE	STG	IOST	IOST	TWNL	TWNL	WOR	BRLD
COLE	STG	STG	IOST	TWNL	WOR	WOR	BRLD
2 ND SHIFT (Prelims) 11:30am – End of Session							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
MBW	WLW	WALD	ESST	NORP	RS	JVS	STC
WNDR	ORN	WALD	ESST	NORP	RS	SMW	LDLB
FINALS 5:30pm – End of Evening							
Thank You Swim Streamline at Northampton for providing all timers for finals session!							

Day 2 – Sunday, June 25, 2023

1 ST SHIFT (Prelims) 9am – 11:30am							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
SCST	FOST	MBW	ESST	SMW	LDLB	ORN	BB
CLE	WLW	FCR	STC	WALD	BRLD	WNDR	FAST
2 ND SHIFT (Prelims) 11:30am – End of Session							
Lane 1	Lane 2	Lane 3	Lane 4	Lane 5	Lane 6	Lane 7	Lane 8
COLE	STG	IOST	IOST	TWNL	TWNL	WOR	NORP
COLE	STG	STG	IOST	TWNL	WOR	WOR	RS
FINALS 5:30pm – End of Evening							
Thank You Swim Streamline at Northampton for providing all timers for finals session!							

2023 PI WARM UP ASSIGNMENTS

DAY 2 – SUNDAY JUNE 25, 2023



1ST Warmup Session 7:00am – 7:25am

Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
PF	JVS	COPP	STC	STC	COLE	COLE	COLE	WOR	WOR	SCST	IOST	IOST	IOST
WIN	HUNT	CPS		GLF			WOR			BFST	HST		
CHRC		KWD											

2ND Warmup Session 7:25am – 7:50am

Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
NHN	NHN	EMC	SMW	SMW	STG	STG	STG	WALD	WALD	FAST	TWNL	TWNL	TWNL
BCB		TTS		HMR			OAKS		NPT		CYM		
WIMB													

3RD Warmup Session 7:50am – 8:15am

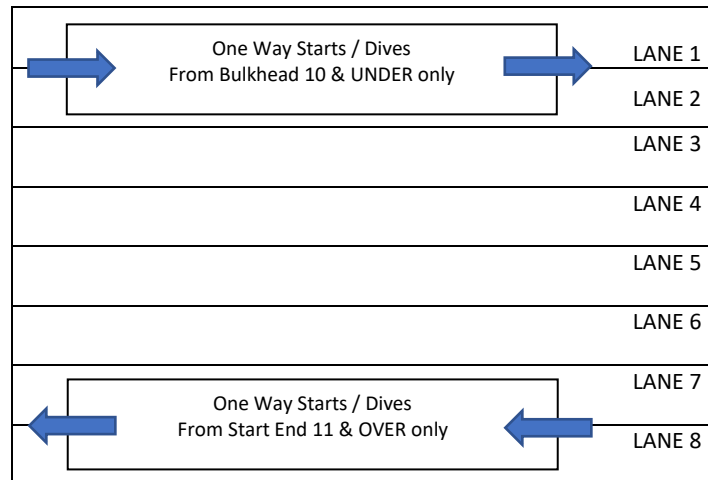
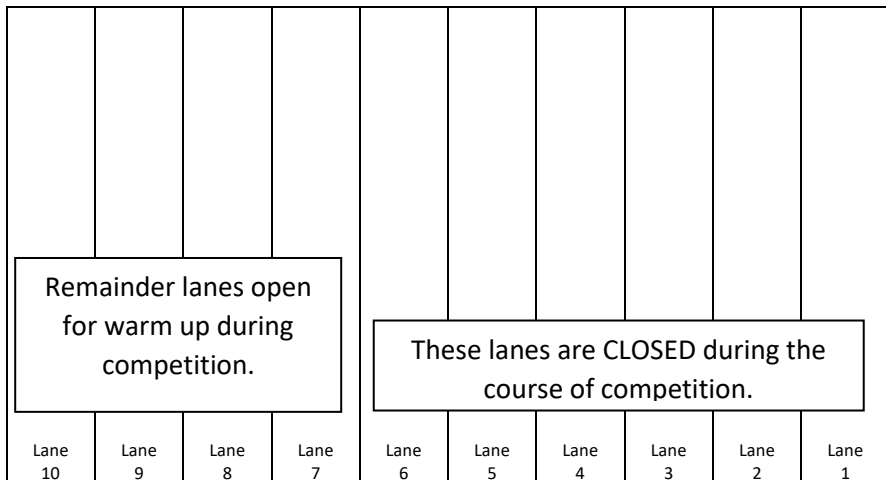
Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
LDLB	LDLB	ORN	WLW	BB	WNDR	WNDR	WSG	MBW	MBW	BRLD	BRLD	ESST	ESST
OCV	ORN		KNGR				WSG		SCR	WLH			CYC
	LIV												

4TH Warmup Session 8:15am – 8:40am

Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
FOST	CLE	FCR	LOE	DFV	FMKP	SCO	SHEN	HVL	MNW	NORP	NORP	RS	RS
TVG	PWF	CBST	WDFR	COLS	BREN	CLC	BRY	GTR	HWD		NSST		WIE
WLM	WLR	BMST	CYPR	FCST	SCF	TNW	AUL	GWF	WHST				

2023 PI WARM UP ASSIGNMENTS

DAY 1 – SATURDAY JUNE 24, 2023



1ST Warmup Session 7:00am – 7:25am

Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
PF	NHN	NHN	STC	STC	COLE	COLE	COLE	WOR	WOR	SCST	IOST	IOST	IOST
WIN	BCB			CHRC			WOR			BFST			
JVS	WIMB												

2ND Warmup Session 7:25am – 7:50am

Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
BB	COPP	EMC	SMW	SMW	STG	STG	STG	WALD	WALD	FAST	TWNL	TWNL	TWNL
	CPS	TTS		HMR			OAKS	SCF		CYM			
	KWD												

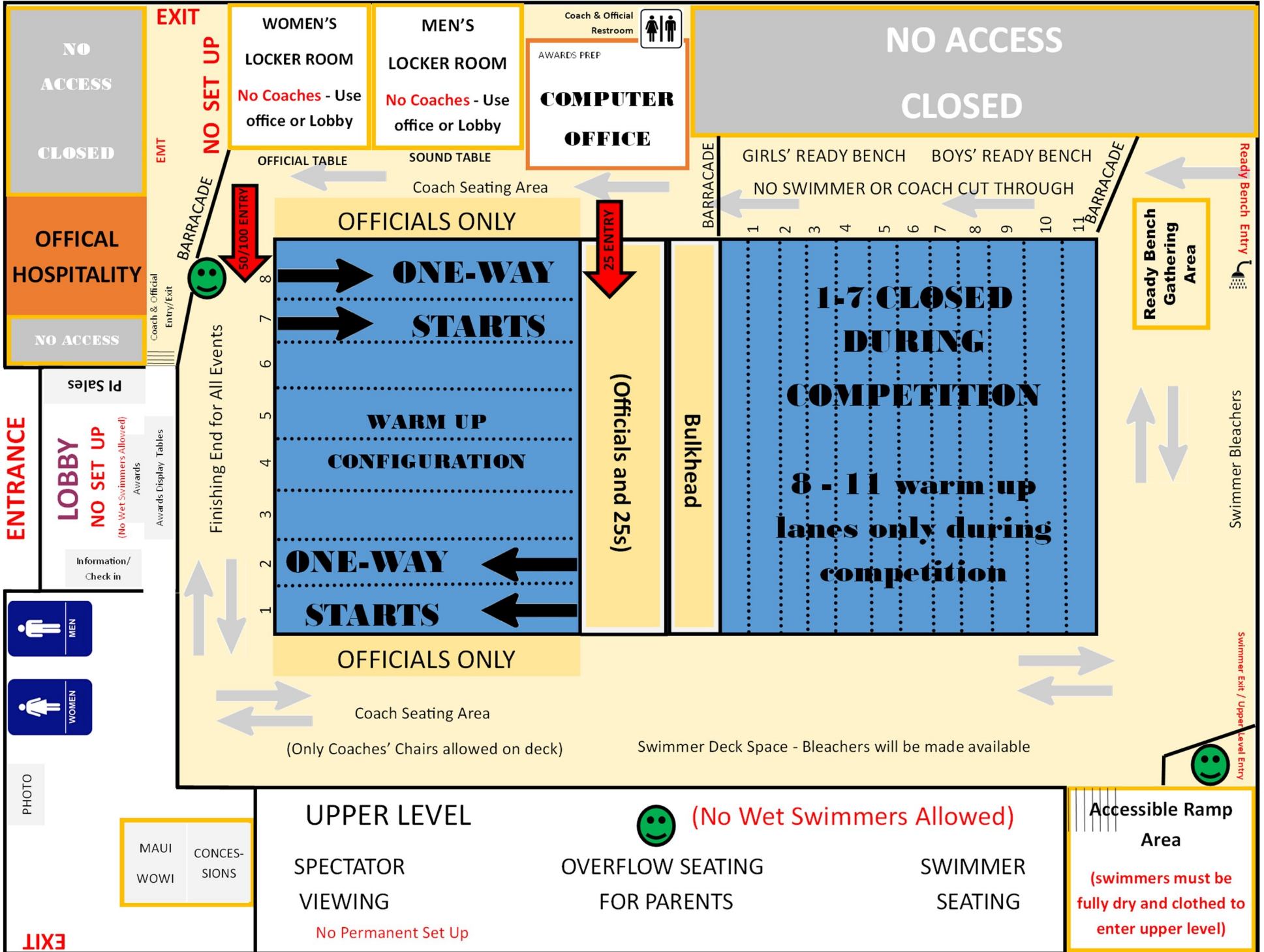
3RD Warmup Session 7:50am – 8:15am

Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
LDLB	LDLB	ORN	WLW	FOST	WNDR	MBW	FMKP	LOE	FCR	BRLD	BRLD	ESST	ESST
OCV							FCST	HST	NPT	SCR			CYP
TNW							TVG	LWF	HUNT				GWf

4TH Warmup Session 8:15am – 8:40am

Lane 10	Lane 9	Lane 8	Lane 7	Lane 6	Lane 5	Lane 4	Lane 3	Lane 2	Lane 1	Lane 6	Lane 5	Lane 4	Lane 3
CYC	GLF	SCO	SHEN	WIE	WLH	WSG	BRY	GTR	HVL	NORP	NORP	RS	RS
KNGR	HWD	CYPR	WLR	WLM	CLE	CLC	BREN	NSST	MNW				
LIV	LEEC	WDFR	BMST	COLS	DFV	AUL	CBST	PWF	WHST				

NORTH



EXIT
NO SET UP

WOMEN'S LOCKER ROOM
No Coaches - Use office or Lobby

MEN'S LOCKER ROOM
No Coaches - Use office or Lobby

Coach & Official Restroom
AWARDS PREP
COMPUTER OFFICE

NO ACCESS CLOSED

NO ACCESS CLOSED

OFFICAL HOSPITALITY

NO ACCESS

BARRICADE
EMT
Coach & Official Entry/Exit

OFFICIAL TABLE
SOUND TABLE
Coach Seating Area

BARRICADE

GIRLS' READY BENCH BOYS' READY BENCH
NO SWIMMER OR COACH CUT THROUGH

BARRICADE

Ready Bench Gathering Area

Ready Bench Entry

OFFICIALS ONLY

ONE-WAY STARTS
WARM UP CONFIGURATION
ONE-WAY STARTS

25 ENTRY
(Officials and 25s)

Bulkhead

1-7 CLOSED DURING COMPETITION
8 - 11 warm up lanes only during competition

Swimmer Bleachers

ENTRANCE

LOBBY NO SET UP
(No Wet Swimmers Allowed)
PI Sales
Awards Display Tables
Information/Check in

MEN

WOMEN

Finishing End for All Events

OFFICIALS ONLY

Coach Seating Area
(Only Coaches' Chairs allowed on deck)

Swimmer Deck Space - Bleachers will be made available

Swimmer Exit / Upper Level Entry

PHOTO

MAUI CONCES-
WOWI SIONS

UPPER LEVEL

SPECTATOR VIEWING

No Permanent Set Up



(No Wet Swimmers Allowed)

OVERFLOW SEATING FOR PARENTS

SWIMMER SEATING

Accessible Ramp Area

(swimmers must be fully dry and clothed to enter upper level)

EXIT

SOUTH

52nd Annual Ponderosa Invitational - 6/24/2023 to 6/25/2023**Session Report**

Session: 1 Day 1 Preliminaries

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	1 Girls 18 & Under 5x40 Freestyle Relay	12	2	09:00 AM	_____
Finals	2 Boys 18 & Under 5x40 Freestyle Relay	14	2	09:06 AM	_____
	Break: 10 Minutes:				
Prelims	3 Girls 6 & Under 25 Freestyle	23	3	09:21 AM	_____
Prelims	4 Boys 6 & Under 25 Freestyle	23	3	09:24 AM	_____
Prelims	5 Girls 7-8 25 Freestyle	37	5	09:27 AM	_____
Prelims	6 Boys 7-8 25 Freestyle	35	5	09:31 AM	_____
Prelims	7 Girls 9-10 25 Freestyle	36	5	09:34 AM	_____
Prelims	8 Boys 9-10 25 Freestyle	32	4	09:38 AM	_____
Prelims	9 Girls 11-12 50 Freestyle	33	5	09:41 AM	_____
Prelims	10 Boys 11-12 50 Freestyle	47	6	09:46 AM	_____
Prelims	11 Girls 13-14 50 Freestyle	58	8	09:52 AM	_____
Prelims	12 Boys 13-14 50 Freestyle	57	8	10:00 AM	_____
Prelims	13 Girls 15-18 50 Freestyle	57	8	10:07 AM	_____
Prelims	14 Boys 15-18 50 Freestyle	58	8	10:15 AM	_____
Prelims	15 Girls 6 & Under 25 Backstroke	34	5	10:22 AM	_____
Prelims	16 Boys 6 & Under 25 Backstroke	26	4	10:28 AM	_____
Prelims	17 Girls 7-8 25 Backstroke	36	5	10:33 AM	_____
Prelims	18 Boys 7-8 25 Backstroke	39	5	10:39 AM	_____
Prelims	19 Girls 9-10 25 Backstroke	46	6	10:44 AM	_____
Prelims	20 Boys 9-10 25 Backstroke	38	5	10:51 AM	_____
Prelims	21 Girls 11-12 50 Backstroke	35	5	10:56 AM	_____
Prelims	22 Boys 11-12 50 Backstroke	48	6	11:03 AM	_____
Prelims	23 Girls 13-14 50 Backstroke	54	7	11:11 AM	_____
Prelims	24 Boys 13-14 50 Backstroke	60	8	11:20 AM	_____
Prelims	25 Girls 15-18 50 Backstroke	50	7	11:30 AM	_____
Prelims	26 Boys 15-18 50 Backstroke	57	8	11:39 AM	_____
Prelims	27 Girls 10 & Under 50 Freestyle	48	6	11:49 AM	_____
Prelims	28 Boys 10 & Under 50 Freestyle	37	5	11:55 AM	_____
Prelims	29 Girls 11-14 100 Freestyle	60	8	12:00 PM	_____
Prelims	30 Boys 11-14 100 Freestyle	60	8	12:12 PM	_____
Prelims	31 Girls 15-18 100 Freestyle	44	6	12:24 PM	_____
Prelims	32 Boys 15-18 100 Freestyle	65	9	12:33 PM	_____
Finals	33 Girls 6 & Under 100 Freestyle Relay	7	1	12:45 PM	_____
Finals	34 Boys 6 & Under 100 Freestyle Relay	6	1	12:48 PM	_____
Finals	35 Girls 7-8 100 Freestyle Relay	8	1	12:51 PM	_____
Finals	36 Boys 7-8 100 Freestyle Relay	9	2	12:52 PM	_____
Finals	37 Girls 9-10 100 Freestyle Relay	9	2	12:56 PM	_____
Finals	38 Boys 9-10 100 Freestyle Relay	7	1	01:00 PM	_____
Finals	39 Girls 11-12 200 Freestyle Relay	7	1	01:02 PM	_____
Finals	40 Boys 11-12 200 Freestyle Relay	7	1	01:04 PM	_____
Finals	41 Girls 13-14 200 Freestyle Relay	14	2	01:07 PM	_____
Finals	42 Boys 13-14 200 Freestyle Relay	7	1	01:12 PM	_____
Finals	43 Girls 15-18 200 Freestyle Relay	8	1	01:15 PM	_____

52nd Annual Ponderosa Invitational - 6/24/2023 to 6/25/2023

Session Report

Session: 1 Day 1 Preliminaries

Day of Meet: 1 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	44 Boys 15-18 200 Freestyle Relay	14	2	01:18 PM	_____
	Swimmers Counts for Warm-ups: 852	=====	=====		
	Entry / Heat Totals:	1,462	201		
	Finish Time			01:22 PM	_____

52nd Annual Ponderosa Invitational - 6/24/2023 to 6/25/2023**Session Report**

Session: 3 Day 2 Preliminaries

Day of Meet: 2 Starts at 09:00 AM Heat Interval: 30 Seconds / Back +15 Seconds

Round	Event	Entries	Heats	Starts at	
Finals	45 Girls 18 & Under 5x40 Medley Relay	11	2	09:00 AM	_____
Finals	46 Boys 18 & Under 5x40 Medley Relay	16	2	09:07 AM	_____
	Break: 10 Minutes:				
Prelims	47 Girls 8 & Under 25 Butterfly	33	5	09:24 AM	_____
Prelims	48 Boys 8 & Under 25 Butterfly	39	5	09:28 AM	_____
Prelims	49 Girls 9-10 25 Butterfly	36	5	09:32 AM	_____
Prelims	50 Boys 9-10 25 Butterfly	38	5	09:36 AM	_____
Prelims	51 Girls 11-12 50 Butterfly	30	4	09:40 AM	_____
Prelims	52 Boys 11-12 50 Butterfly	42	6	09:44 AM	_____
Prelims	53 Girls 13-14 50 Butterfly	50	7	09:50 AM	_____
Prelims	54 Boys 13-14 50 Butterfly	64	8	09:57 AM	_____
Prelims	55 Girls 15-18 50 Butterfly	50	7	10:05 AM	_____
Prelims	56 Boys 15-18 50 Butterfly	58	8	10:12 AM	_____
Prelims	57 Girls 8 & Under 25 Breaststroke	29	4	10:20 AM	_____
Prelims	58 Boys 8 & Under 25 Breaststroke	28	4	10:24 AM	_____
Prelims	59 Girls 9-10 25 Breaststroke	28	4	10:27 AM	_____
Prelims	60 Boys 9-10 25 Breaststroke	31	4	10:30 AM	_____
Prelims	61 Girls 11-12 50 Breaststroke	31	4	10:34 AM	_____
Prelims	62 Boys 11-12 50 Breaststroke	40	5	10:38 AM	_____
Prelims	63 Girls 13-14 50 Breaststroke	40	5	10:44 AM	_____
Prelims	64 Boys 13-14 50 Breaststroke	45	6	10:50 AM	_____
Prelims	65 Girls 15-18 50 Breaststroke	56	7	10:56 AM	_____
Prelims	66 Boys 15-18 50 Breaststroke	55	7	11:04 AM	_____
Prelims	67 Girls 10 & Under 100 IM	35	5	11:11 AM	_____
Prelims	68 Boys 10 & Under 100 IM	38	5	11:21 AM	_____
Prelims	69 Girls 11-12 100 IM	35	5	11:30 AM	_____
Prelims	70 Boys 11-12 100 IM	41	6	11:39 AM	_____
Prelims	71 Girls 13-14 100 IM	51	7	11:50 AM	_____
Prelims	72 Boys 13-14 100 IM	59	8	12:01 PM	_____
Prelims	73 Girls 15-18 100 IM	61	8	12:14 PM	_____
Prelims	74 Boys 15-18 100 IM	53	7	12:28 PM	_____
Finals	75 Girls 8 & Under 100 Medley Relay	10	2	12:38 PM	_____
Finals	76 Boys 8 & Under 100 Medley Relay	10	2	12:43 PM	_____
Finals	77 Girls 9-10 100 Medley Relay	9	2	12:48 PM	_____
Finals	78 Boys 9-10 100 Medley Relay	6	1	12:52 PM	_____
Finals	79 Girls 11-12 200 Medley Relay	7	1	12:54 PM	_____
Finals	80 Boys 11-12 200 Medley Relay	8	1	12:57 PM	_____
Finals	81 Girls 13-14 200 Medley Relay	11	2	01:01 PM	_____
Finals	82 Boys 13-14 200 Medley Relay	7	1	01:07 PM	_____
Finals	83 Girls 15-18 200 Medley Relay	12	2	01:10 PM	_____
Finals	84 Boys 15-18 200 Medley Relay	14	2	01:16 PM	_____
	Swimmers Counts for Warm-ups: 773	=====	=====		
	Entry / Heat Totals:	1,317	181		
	Finish Time			01:22 PM	_____