



An NWAL Sanctioned Prelims / Finals Swim Meet

Please Read Invitation in its Entirety

ENTRIES DUE TO HOST (entries@lonestarswimteam.org) BY 11:59 PM, SUNDAY JUNE 15, 2025

DATE: June 21 - 22, 2025

LOCATION: Cy-Fair ISD Natatorium, 12550 Windfern Rd, Houston, TX 77064

DIRECTIONS: Use Beltway 8 (North Sam Houston Parkway). Take the exit for Fallbrook Dr/Windfern Rd/Gessner Rd. Travel northbound on Fallbrook toward FM 1960. Turn right on Perry Road. Turn left on Windfern Road. Destination is on your right. Parking can be accessed from Bobcat Road.
Coming from far North of Houston use US-290 E and take exit for FM 1960 E (Cypress Creek Parkway). Travel East to Bobcat Road. Take Right on Bobcat Road. Destination is on your left.

MEET STAFF:

MEET REFEREE:	Todd Johnson, toddajohnson15@hotmail.com
ADMIN OFFICIAL:	Jill Wilson, jill09@hotmail.com Doug McGee, mcgedoue@gmail.com
EVENT COORDINATOR:	Judy Siemer, headcoach@lonestarswimteam.org
SAFETY MARSHAL:	My Lan Duong EMS will also be on site during the event.
ENTRY REGISTRATION:	entries@lonestarswimteam.org

MERCHANDISE: www.ponderosainvitational.org

PRE-ORDER MERCHANDISE WITH CURRENT YEAR PONDEROSA INVITATIONAL LOGO

All pre-order merchandise will be sold online only. PI store will open in June. Visit the Ponderosa Invitational web site for information, forms, directions, updates, results, vendors, etc.

www.ponderosainvitational.org

ENTRIES, EVENTS AND SEEDING:

Electronic entries will be accepted via email at entries@lonestarswimteam.org between the hours of 8:00 AM and 5:00 PM on **Sunday, June 15, 2025**. Any entries received after the deadline will be considered late. Entries with exceptions will be rejected. Most exceptions are due to swimmer's ineligibility and relays with no times.

INDIVIDUAL AND RELAY ENTRY FILE

- Individual swimmers qualify by attaining a time for each event listed on the official Qualifying Times found in this invitation or on the Ponderosa Invitational website.
- **ONLY entries from Swimtopia will be accepted.** Entry times will be converted to proper course by Swimtopia software using the default conversions and meet template.
- Teams must comply with the PI Rules and Approved NWAL Variances (enclosed).
- Qualifiers must have swum the qualifying time during a sanctioned NWAL meet.
- **Relay Entrants** need **not** have attained a PI qualifying time during the NWAL season. Accordingly, all teams are encouraged to include relays to compete for Group Championship.

PROGRESSIVE RELAYS – How To Create Entries

From team's Meet Entry console, enter the relay event by adding all 5 participants to the relay. The system allows teams to add four swimmers and an alternate, be sure the alternate appears before saving the relay entry.

****Teams will need to manually add up the swimmers times and input the correct seed time.***

- **Progressive Medley Relay:** Swam in the following order
11-12 (50Y Back); 13-14 (50Y Breast); 15-18 (50Y Fly); 9-10 (25Y Free) and 8 & U (25Y Free)
- **Progressive Free Relay:** Swam in the following order
8 and under (25Y); 9-10 (25Y); 11-12 (50Y); 13-14 (50Y) and 15-18 (50Y)

REGISTRATION FORM

Registration form is included in this document. A fillable PDF form can be found online on the PI website.

PROOF OF TIMES

Registration form is included in this document. A fillable PDF form can be found online on the PI website. **A hard copy of the "Meet Entry Report" with proof of times must be included in the email along with the enclosed "Entry Summary Page".** Please include the name and telephone number of an available computer/team representative for questions.

ENTRY SUMMARY PAGE

Electronic entries must be accompanied by entry summary page (attached) and athlete count and coach attending event must be listed.

FEES

\$12.00 per Individual Event

\$17.50 per Relay Event

ALL PAYMENTS MUST BE MADE PRIOR TO TEAM'S SWIMMERS ENTERING WATER FOR WARM UPS.

LATE ENTRIES & FEES

Any entries received after the 5:00 PM deadline will be considered late. Late entries will be **\$17.00 per Individual Event and \$ 22.50 per Relay Event**. Late entries cannot come from end of season any invitational qualifying times. See the rules section regarding late entries under Entries, Events and Seeding.



P.I. ENTRY REGISTRATION CHECKLIST

- ☐ Swimtopia Entry File
- ☐ Completed Registration Form
- ☐ PDF document of entries with proof of times
- ☐ Payment

			Saturday, June 21, 2025				
Girls' Event Number	Meter Qualifying Time	Yard Qualifying Time	Age Group	Event	Yard Qualifying Time	Meter Qualifying Time	Boys' Event Number
1	None	None	All	Progressive Free Relay	None	None	2
3	26.12	23.53	6 & Under	25 Yard Freestyle	23.32	25.89	4
5	19.31	17.40	7 - 8	25 Yard Freestyle	17.12	19.00	6
7	16.47	14.84	9 - 10	25 Yard Freestyle	14.89	16.53	8
9	32.63	29.40	11 - 12	50 Yard Freestyle	29.15	32.36	10
11	31.38	28.27	13 - 14	50 Yard Freestyle	26.05	28.92	12
13	30.58	27.55	15 - 18	50 Yard Freestyle	23.65	26.25	14
15	30.97	27.90	6 & Under	25 Yard Backstroke	28.59	31.73	16
17	24.03	21.65	7 - 8	25 Yard Backstroke	21.62	24.00	18
19	20.55	18.51	9 - 10	25 Yard Backstroke	18.45	20.48	20
21	39.27	35.38	11 - 12	50 Yard Backstroke	35.67	39.59	22
23	37.43	33.72	13 - 14	50 Yard Backstroke	31.85	35.35	24
25	36.21	32.62	15 - 18	50 Yard Backstroke	28.65	31.80	26
27	36.99	33.32	10 & Under	50 Yard Freestyle	33.04	36.67	28
29	1:08.89	1:02.06	11 - 14	100 Yard Freestyle	58.31	1:04.72	30
31	1:08.05	1:01.31	15 - 18	100 Yard Freestyle	52.81	58.62	32
33	None	None	6 & Under	100 Yard Freestyle Relay	None	None	34
35	None	None	7 - 8	100 Yard Freestyle Relay	None	None	36
37	None	None	9 - 10	100 Yard Freestyle Relay	None	None	38
39	None	None	11 - 12	200 Yard Freestyle Relay	None	None	40
41	None	None	13 - 14	200 Yard Freestyle Relay	None	None	42
43	None	None	15 - 18	200 Yard Freestyle Relay	None	None	44

			Sunday, June 22, 2025				
Girls' Event Number	Meter Qualifying Time	Yard Qualifying Time	Age Group	Event	Yard Qualifying Time	Meter Qualifying Time	Boys' Event Number
45	None	None	All	Progressive Medley Relay	None	None	46
47	22.68	20.43	8 & Under	25 Yard Butterfly	20.74	23.02	48
49	18.40	16.58	9 - 10	25 Yard Butterfly	16.82	18.67	50
51	37.25	33.56	11 - 12	50 Yard Butterfly	33.75	37.46	52
53	35.35	31.85	13 - 14	50 Yard Butterfly	29.54	32.79	54
55	33.79	30.44	15 - 18	50 Yard Butterfly	26.25	29.14	56
57	26.97	24.30	8 & Under	25 Yard Breast Stroke	24.51	27.21	58
59	22.33	20.12	9 - 10	25 Yard Breast Stroke	20.30	22.53	60
61	43.82	39.48	11 - 12	50 Yard Breast Stroke	39.43	43.77	62
63	42.06	37.89	13 - 14	50 Yard Breast Stroke	34.86	38.69	64
65	40.79	36.75	15 - 18	50 Yard Breast Stroke	31.26	34.70	66
67	1:35.37	1:25.92	10 & Under	Individual Medley	1:27.23	1:36.83	68
69	1:24.73	1:16.33	11 - 12	Individual Medley	1:16.30	1:24.69	70
71	1:21.13	1:13.09	13 - 14	Individual Medley	1:08.20	1:15.70	72
73	1:18.98	1:11.15	15 - 18	Individual Medley	1:01.25	1:07.99	74
75	None	None	8 & Under	100 Yard Medley Relay	None	None	76
77	None	None	9 - 10	100 Yard Medley Relay	None	None	78
79	None	None	11 - 12	200 Yard Medley Relay	None	None	80
81	None	None	13 - 14	200 Yard Medley Relay	None	None	82
83	None	None	15 - 18	200 Yard Medley Relay	None	None	84

MEET FORMAT: Championship Meet format with events on Saturday and Sunday. Preliminary heats in the morning and finals each night. All relays are swum as timed finals during the Preliminary session. Seeding is done using the pyramid format for prelims, and finals is fastest to slowest within each finals heat. **(See PI website for pyramid format detail/example)**

TIME AND DATE: This is four session, 2 day, Prelim / Final with AM & PM sessions on Saturday and Sunday. The Prelim meet sessions will start promptly at 9:00 AM on Saturday and Sunday. The Finals meet sessions will begin at 5:30 PM on each day. However, please check with the announcer's table for any changes.

WARM-UPS

Warm-up lanes will be available before the start of each session.

Dive-only lanes will be assigned as needed. The competition pool will be closed 30 minutes prior to the start of the preliminary heats and 15 minutes prior to the start of finals.

Four (4) warm up lanes will be available in the dive well pool closest to the diving boards. No diving is allowed. Swimmers must enter and exit from spectator side of the pool only.

Split warm-ups will be in effect, with team and lane assignments posted on the NWAL and PI website, at least 3 days prior to the start of the meet.

FACILITY SET-UP & REGULATIONS:

FACILITY OPENING TIMES

The facility will open for swimmers and spectators at 7 AM for Prelims, close after Prelims, and will open again at 4 PM for Finals.

Saturday	Prelims	7:00am
	Finals	4:00pm
Sunday	Prelims	7:00am
	Finals	4:00pm

SWIMMER SEATING

Swimmer-set up will be allowed on-deck in the bleacher areas as well as on the upper level overflow seating located over pool 2 which will only be used for warm-up.

WET SWIMMERS: Bleachers will be available indoors for swimmers only. We reserve the right to utilize the upper level spectator viewing area for swimmer seating as needed. **Absolutely NO WET SWIMMERS ALLOWED IN THE COMMON AREAS. All swimmers are to be fully clothed including shoes before entering the lobby or spectator viewing area. (Parkas, towels, and/or robes over swim suits do not constitute full clothing. Shirt and shorts/pants and shoes must be worn at all times in the spectator area.) All swimmers that do not comply will asked to leave the area.**

SPECTATOR SEATING

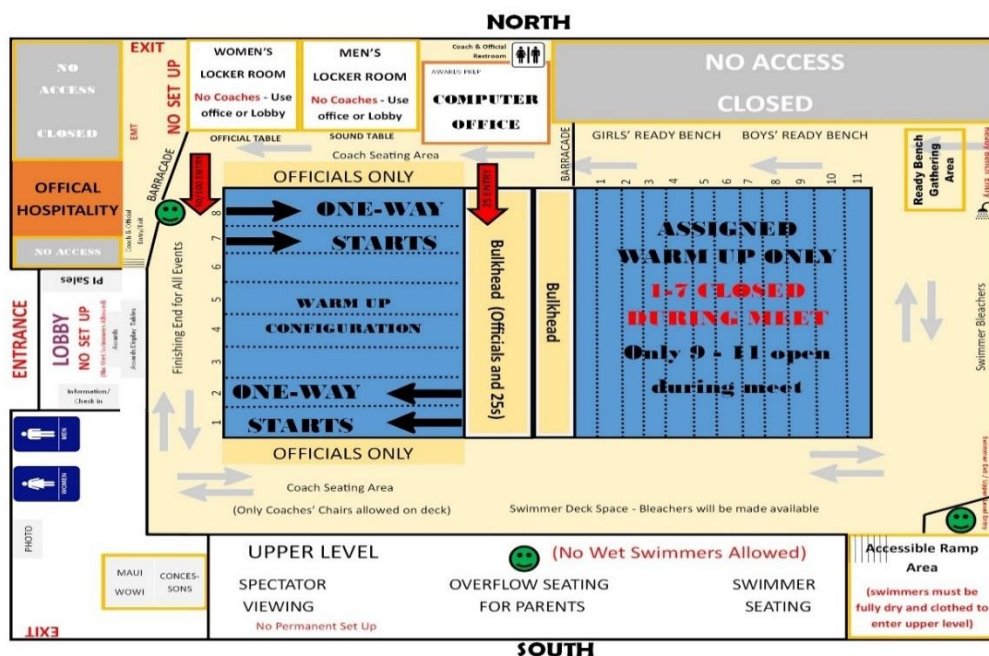
The stands in the pool area will be for observation only. There will be **NO SET-UP** in the bleachers or standing at the railing in front of the bleachers and other areas that are roped off for spectator viewing. Parents need to watch their swimmer race and then return to their seating area or outside to allow others to see their swimmers. Swimmers are encouraged to sit on deck, in seating area not designated for viewing, or outside as a team. There is ample lawn space for set-up.

There is no flash photography at the start of a race.

The section of bleachers directly across from the competition pool(s) will be designated as come-and-go seating only. These sections will only open 5 minutes before the start of the session. Parents are to watch their swimmer then leave the area in order to allow other parents to view their swimmer's events. **Stadium seats are NOT ALLOWED in the Spectator Come-and-Go Seating Areas. This will be strictly enforced.** Coolers are NOT allowed in the spectator seating area. Coolers with rollers are NOT allowed in the facility.

COACH SET-UP

To better ensure safety on deck, **each team will be limited to having only ONE (1) COACH per TWENTY (20) SWIMMERS (not 20 entries) entered with a MAXIMUM of THREE(3) COACHES on DECK. Each coach must be NWAL certified and must have a printed badge to be allowed on deck - NO EXCEPTIONS, NO EXCUSES.** Each coach may have a chair. Setup on deck will only be



**FACILITY SET-UP
(cont.):**

allowed on the day of the meet. Any chairs set up on Friday will be removed and PI committee will not be responsible for any items lost.

TEAM SET-UP

All team and spectator set-up will be **OUTDOORS** in designated areas. No tent set up is allowed on any grassy areas directly adjoining to the natatorium. **We reserve the right to consolidate or move team areas at our discretion.** Large items such as inflatable mattresses, oversized lawn chairs and coolers will not be allowed in the facility. There will be **NO SET-UP in the bleachers or standing at the railing in front of the bleachers and other areas that are roped off for spectator viewing.** Parents need to watch their swimmer race and then return to their seating area or outside to allow others to see their swimmers. Swimmers are encouraged to sit on deck, in seating area not designated for viewing, or outside as a team. There is ample lawn space for set-up. Coolers with rollers are NOT allowed in the spectator seating area.

**POOL
CONFIGURATION:**

The Ponderosa Invitational will be swum in yards. One eight-lane, 25 yard indoor pool with non-turbulent lane lines will be used for competition. One eight-lane, 25 yard indoor pool with non-turbulent lane lines and the dive well pool will be used for assigned warm-ups prior to the meet. A separate warm-up / warm-down area will be made available during the competition.

**TIMING
ASSIGNMENTS:**

Two watches per lane will be used as back-up. Teams will be requested to furnish timers during the Preliminary Sessions only based on their percentage of swims at the meet. Timing assignments will be published in the Ponderosa Invitational website as well as on the NWAL website. A timer/scribe meeting for all sessions will be 15 minutes before the start of each session.

Ponderosa Swim Team and Lone Star Swim Team will provide head timers during the Preliminary Sessions and all Timers for the Finals Sessions.

VOLUNTEERS:

Ponderosa Swim Team and Lone Star Swim Team will provide all necessary personnel to run the meet with the exception of Timing Assignments as mentioned in the Timing Assignments Section.

READY BENCH:

The Ready Bench area is off limits to parents, coaches and spectators as per NWAL rules. Ready Bench personnel will assist the swimmers in the ready area. It is the **SWIMMERS' RESPONSIBILITY** to be at the Ready Bench on time. Pay attention to the meet and announcers to arrive at ready bench on time.

SWIMMERS WITH DISABILITIES:	Coaches and/or swimmers are responsible for notifying the Meet Referee of any disability prior to the competition and for providing their own assistant or equipment. However, Coaches/Swimmers may contact the Meet Director at least two weeks in advance of the meet to reserve equipment (remote strobe).
MEDICAL SUPERVISION:	During the meet, lifeguards, and AED devices will be present to provide any necessary medical supervision and treatment for athletes participating in the meet.
OFFICIALS:	Officials interested in working at the Invitational should email the meet referee, Todd Johnson, at toddajohnson15@hotmail.com . Please include a short description of your experience.
OFFICIALS' HOSPITALITY:	A hospitality room will be available for OFFICIALS ONLY! Coaches are to remain outside the Hospitality Room. Waters will be provided on deck for coaches and timers.
CONCESSIONS:	Concessions will be available. Coach packets including 2 meal tickets per packet may be purchased during registration for use at the Concessions stand. Coaches will use tickets to obtain one meal per ticket per day.
POOL DECK RESTRICTION:	STRICTLY ENFORCED, NO EXCEPTIONS, NO EXCUSES Due to safety and insurance guidelines and restrictions, the swimming pool deck is closed to all persons except swimmers, coaches, marshals, officials, meet personnel, and timers. If you are asked to leave the deck by any meet personnel, please do so. It is for your safety.
DECK CHANGES:	Deck Changes are prohibited. Deck Change definition – “changing, in whole or in part, into or out of a swimsuit when wearing just one suit in an area other than a permanent or temporary locker room, bathroom, changing room or other space designated for changing purposes”.
AUDIO/VIDEO RECORDING DEVICES:	Use of audio or visual recording devices, including a cell phone, is not permitted in the area behind the starting blocks, in changing areas, restrooms, showers or locker rooms. Violators may be reported to law enforcement or other governmental authorities and/or may be barred from the facility during the sanctioned event.
DRONES:	Operation of a drone, or any other flying apparatus, is prohibited over the venue (pools, athlete/coach areas, spectator areas and open ceiling locker rooms) any time athletes, coaches, officials and/or spectators are present. Exceptions may be granted with prior written approval by the Vice President of Program Operations.
TIMING SYSTEM:	A Colorado Gen7 electronic timing system with electronic scoreboard will be used. Two watches per lane will be used as a back-up. Teams will be required to furnish timers based on their percentage of swims at the meet. Timing assignments will be published prior to the meet.
SCORING:	Individual Events: 9-7-6-5-4-3-2-1 points All events will be swum combined but scored separately as 6 & Under, 7, 8, 9, 10, 11, 12, 13-14, 15-16, 17-18 as applicable.
AWARDS:	Individual events: Custom Medals 1 st -8 th place finishers for each individual event by single age group as described below. An Individual High Point Trophy will be awarded to the top high point boy and girl in the following categories: 6&U, 7, 8, 9, 10, 11, 12, 13, 14, 15-16, 17-18 (new this year). In the event of a tie for High Point Awards, the winner will be determined by the swimmer with the most first-place finishes, followed by second-place finishes, and so on until the tie is broken.
MEET RESULTS:	Meet results will be posted on the NWAL Web Page within two days after the conclusion of the meet. Unofficial real time results will be available on MEET MOBILE.



Don't miss out!

Pre-Orders for Towels, Caps,
Programs, etc.

online at

www.ponderosainvitational.org

Fine Designs will be on site to
fulfill apparel orders.

PONDEROSA INVITATIONAL

Championship Meet since 1971

NWAL RULES AND VARIANCES:

P.I. RULES & APPROVED NWAL VARIANCES

The 2025 NWAL rules will apply. The meet will be held under the sanction of the NWAL League Officers and Board of Directors. No entries can be accepted unless the entrant is a member of a registered NWAL team. All participants must be registered 2025 NWAL swimmers. All participants must have competed in at least one NWAL meet during the 2025 NWAL season. Eligibility for an age group is determined by the individual's age as of May 1, 2025, per NWAL rules.

NWAL Rule Waivers

Please review the **Ponderosa Invitational Rules** below.

- The Ponderosa Invitational is an NWAL Sanctioned Meet. All swimmers must abide by the NWAL rules, the Ponderosa Invitational rules, and NWAL code of conduct. All swimmers must be in good standing with NWAL to participate.
- The Ponderosa Invitational Committee reserves the right to be the final authority to resolve any protest arising from the competition itself.
- The Ponderosa Invitational Committee (including Meet Referee) in conjunction with CyFair ISD personnel reserve the right to determine what course will be taken in case of unfavorable climatic conditions and emergencies as outlined in the Safety and Emergency Plan.
- All references to "Divisional Meets" will either be deleted and Ponderosa Invitational Meet inserted where and when appropriate to maintain consistency of intent and rules contained herein.

www.ponderosainvitational.org

ENTRIES, EVENTS AND SEEDING

- All entries need to come from Swimtopia. Entry times will be converted to the proper course by the Swimtopia software using the default conversion and meet templates.
- Events and order of events are as shown on the qualifying times supplement.
- Contestants may enter any individual event in which they meet the published qualifying time. There is no limit to the number of events, including relays, in which a participant may enter. Moving up in age group categories is not permitted. Younger swimmers cannot swim up in relays.
- A team may enter only one relay team per relay event. Relay participants need not be named, but a seed time is required.
- The entry list is the official entry. The list shall be sent electronically via email at entries@lonestarswimteam.org. Entries submitted after this time will be "late entries" which will swim in either heat one or two, if a vacancy exists therein or otherwise in heat zero, which may contain less than three swimmers. Late entries will not be accepted after 8:30 a.m. on Saturday for events 1-44 nor after 8:30 a.m. on Sunday for events 45-84.
- Entry fees for each team are due **prior to any swimmer entering the water from that team**. Entry fees may be submitted by check made out to "Ponderosa Westador Swim Team" and mailed to:

Ponderosa Invitational
c/o Lone Star Swim Team
9597 Jones Road # 197
Houston TX 77065

- All entry lists must have times submitted with proof of times. There are no qualifying times for relays but seed times are required on entry lists. Individual events will be seeded per pyramidal rules. Relay events will be seeded by times (last heat-fastest times).
- Official NWAL times will be used for seeding. An official time is a time that was achieved in an NWAL Sanctioned Meet **in the current year without disqualification**. Official times cannot be achieved at Time Trials or Mock Meets. In addition Official times cannot be achieved at end of season post invitational meets.

SCRATCH POSITION

- In preliminary sessions swimmers are considered scratched when they fail to show up at the blocks when their heat is called to step up. In finals, swimmers are considered scratched or "no show" when they fail to appear at the Ready Bench prior to the finalists being paraded from the Ready Bench to the pool deck.

PONDEROSA FINALS PROTOCOL

- In both preliminary and final heats, a system will be used to call swimmers to the Ready Bench for each of their events. The system will be clearly audible or visible in the designated swimmer and parent set-up areas.
- The Ready Bench will place finalists in their seeded positions without alternates. Finalists whose absence has been communicated to and approved by the Meet Ref for valid emergency reasons and in advance of being called to the Ready Bench are considered to have scratched, alternates will move into the consolation final.
- If the finals are filled with qualifying finalists, the alternates will be released and at the appropriate time the finalists will be paraded to the blocks.
- If after placing finalists in their seeded positions there are open lanes in either final:
 1. The Meet Referee or delegate will call the missing finalist(s) by name and instruct the missing finalist(s) to immediately present themselves.
 2. If the missing finalist(s) presents himself or herself before the finalists are paraded to the blocks from the designated ready bench area, the finals will proceed with the qualifying finalists.
 3. If the finalist(s) does not appear prior to the finalists being paraded to the blocks from the designated ready bench area, the Meet Ref or his delegate will fill the finals without reseeding. The fastest swimmer(s) in the consolation final will be inserted into open lanes in the Championship Final. Alternates will be inserted into empty lanes in the Consolation Final.
 4. Missing finalists will be disqualified from all remaining events. The Meet Referee in consultation with the Meet Director may waive this disqualification for rare extraordinary circumstances.

ELECTRONIC TIMING SYSTEM

- The Colorado Gen 7 Timing System with semi-automatic back up buttons and touch pads will be used in conjunction with an 8 lane time display.

TIMERS AND ORDER OF FINISH

- The timing devices used during the meet will determine the order of finish of any heat. In the event of a lane or heat malfunction, the Automatic Timing – Malfunction-guide posted on the NWAL website will be used to determine official time and resulting order of finish. Time adjustments (delta calculations) presented as optional in the guide will be used. The Meet Referee may use observed order of finish to validate time adjustments and resulting order of finish.

SCORING

- P.I. Scoring: Individual Events: 16 places score: 19-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
- Relay Events: 16 places score: 38-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
- There will be consolation finals and championship finals in all events except relays. Relays will be timed finals as they are swum.
- For individual preliminary events, all ties for placement in finals (including alternates) will require a swim-off unless swimmers, coaches and referee otherwise determine place. Swim-off will be scheduled within a reasonable time.
- Swimmers qualifying and swimming in the consolation finals, swim only to score the points awarded for places ninth through sixteenth. They cannot score championship finals points, regardless of their times.
- Team Scores for Saturday's events will be posted at the conclusion of Saturday's finals and on Sunday morning. We may also post the results of each session on the P.I. website.
- Questions concerning Saturday's point totals must be raised to the Meet Director by 8:30 a.m. on Sunday. After the last event on Sunday, final scores will be announced during the presentation of awards. Any questions concerning these totals must be addressed to the Meet Director immediately.

MEDALS, RIBBONS, TROPHIES

- Medals - will be awarded to the first eight places in individual events and first 3 places in relays events.
- Ribbons - will be awarded to the ninth through sixteenth place winners in individual events and fourth to eighth place for relays.
- High Point Trophy - 1st and 2nd place trophies will be awarded to individual scoring the highest total number of points within each of their eligible age groups broken down as follows: 6 & under, 7/8, 9/10, 11/12, 13/14, 15/16, 17/18. (6 & under age groups are eligible to score points in 8 & under and 10 & under events)
- Team Trophies – Team trophies will be awarded to the top 3 teams in each Group. Groups will be established based on total team entries for the Ponderosa Invitational.

DISQUALIFICATION

- Any scratches from the consolation, championship finals, and first two alternates (17th and 18th place) must be made to the clerk of course/scorer within 30 minutes following the announcement of the posting of the preliminary results. A swimmer's Undeclared "no show" for the consolation or championship finals will result in being scratched from the remainder of the meet. The clerk of course/scorer is located on deck at pool side.

DUTIES OF THE REFEREE - DISQUALIFICATION

- Other than swimming infractions or conduct of an official, the referee will consult with the Meet Director before the enforcement of rules pertaining to the conduct of any swimmer, spectator, or coach.
- The Meet Director will have the final authority in such occurrences.

ATTIRE - INSIGNIA

- Officials and Meet Referees may wear the insignia of the Ponderosa Invitational Meet.

PONDEROSA INVITATIONAL

CHAMPIONSHIP MEET since 1971

REGISTRATION FORM

TEAM INFORMATION

Team Name _____ NWAL Abbreviation _____

Pool Address _____

Team Rep & Phone Number _____

Entry Person & Phone # _____

Email _____

VOLUNTEER OFFICIALS

Officials interested in working at the P.I. should send a short description of your experience and the times of availability to: Todd Johnson at toddajohnson15@hotmail.com

Athlete Count: _____ (**1 coach on deck per 20 athletes entered in the meet**)

Name of Coach(es) Scheduled to Attend: _____
Maximum of three (3)

****All coaches must provide NWAL Badge and Picture ID at check-in Table prior to have access to pool deck.****

**good luck
to your
swimmers!**

COACH PACKETS (includes 2 meal tickets per packet) -- Qty _____ @ \$20.00 = \$ _____

INDIVIDUAL ENTRIES -- # of Entries _____ @ \$12.00 = \$ _____

RELAY ENTRIES -- # of Relays _____ @ \$ 17.50 = \$ _____

TOTAL AMOUNT DUE----- >

Checks payable to: LSST

Please confirm your payment amount with entry person prior to sending any money.

Please indicate desired payment method in the entry email.

Check Mailed to :

Ponderosa Invitational
c/o Lone Star Swim Team
9597 Jones Road #197
Houston TX 77065

or

Zelle: 281-858-7946 (Lone Star Swim Team)

Zelle Acct Name: _____

Zelle Amount: _____

or

Venmo: @LoneStar-SwimTeam

Venmo Acct Name: _____

Venmo Amount: _____

ONLY LSST OFFICE USE BELOW

ONLY LSST OFFICE USE BELOW

ONLY LSST OFFICE USE BELOW

ONLY LSST OFFICE USE BELOW

Payment Received: \$ _____

Zelle, Venmo or Check#: _____
(Circle one)

Entry List Checked by PF Official: _____

PF Official: _____

SAFETY GUIDELINES AND WARM-UP PROCEDURES

WARM-UP PROCEDURES

- A. General warm-up (Initial portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **NO DIVING OR RACING STARTS** allowed from the blocks edge of the pool. Swimmers must enter the pool feet first cautiously.
 - 2. **NO SPRINTING OR PACE WORK** allowed during this general warm-up session.
- B. Specific warm-up (Last portion [1/2] of the warm-up session or with the agreement of all of the coaches in a particular lane.)
 - 1. **RACING STARTS ONLY**, either from blocks or from backstroke starts.
 - 2. Lanes are **ONE WAY ONLY**.

SAFETY GUIDELINES

- A. Swimmers Responsibilities
 - 1. All swimmers without a registered coach to observe them at the meet, and/or their coaches, should arrange, prior to their arrival at the meet, for a registered coach to observe them during the warm-up, competition and warm-down. Any unattached or unattended swimmers who have not made previous arrangements with a coach to observe them at the meet should contact the Meet Director, Safety Marshal or Meet Referee for assistance in making such arrangements prior to their participating in the warm-up.
- B. Coaches Responsibilities
 - 1. Coaches shall instruct their swimmers regarding safety guidelines and warm-up procedures as they apply to conduct at meets and practice.
 - 2. Coaches shall stand near the starting end of the pool when starting swimmers on sprint and pace work.
 - 3. Coaches shall actively supervise their swimmers throughout the warm-up session.
 - 4. Coaches shall maintain as much contact with their swimmers as possible, both verbal and visual, throughout the warm-up period.
 - 5. Registered coaches of unattached swimmers and registered coaches of non-NWAL teams should notify the meet host by the entry deadline if they will be at the meet, so that they may be assigned to a warm-up lane.
- C. Safety Marshals
 - 1. Appointed Safety Marshals have the authority to remove from the deck for the remainder of the warm-up session, any swimmer or coach who is in violation of safety guidelines or warm-up procedures. **THE MEET REFEREE MAY EXERCISE ADDITIONAL ADJUDICATION AUTHORITY AS NECESSARY.**
- D. Miscellaneous
 - 1. Swimmers should be reminded by coaches that breaststrokers need more lead time than freestyle or butterfly swimmers.
 - 2. Backstrokers shall ensure that they are not starting at the same time as a swimmer on the blocks. Swimmers shall not step up on the starting blocks, when a backstroker is waiting to start.
 - 3. Swimmers shall not jump or dive into the pool to stop another swimmer on a recalled start.
 - 4. Swimmers are required to exit the pool upon completion of their warm-up to allow other swimmers adequate warm-up time. The pool is not for visiting or playing during warm-up periods.
 - 5. Warm-up procedures shall be enforced for any breaks, scheduled or otherwise, during the competition.
 - 6. All diving boards and equipment are **OFF LIMITS**.
- E. Pool Rules
 - 1. Smoking or use of other tobacco products is not allowed on the grounds of CFISD.
 - 2. Glass containers are prohibited.
 - 3. Swimmers, coaches, and spectators are expected to observe all rules and regulations included in the announcement.