

NWAL's BEST

Championship Meet since 1971



Hosted by Lone Star Swim Team & Ponderosa Swim Team

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 16, 2024

DATE: June 22 - 23, 2024

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 DIRECTOR:	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:

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 16, 2024. 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 at the end of this invitation.
- **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.

To enter Progressive Relays:

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 and under (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

\$10.00 per Individual Event

\$15.00 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 5:00 PM on June 18th will be considered late. Late entries will be \$15.00 per Individual Event and \$20.00 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

www.ponderosainvitational.org

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 finals. 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)**

The Ponderosa Invitational will be swum in yards. The CFISD Natatorium is configured for eight (8) lanes with non-turbulent lane lines.

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.

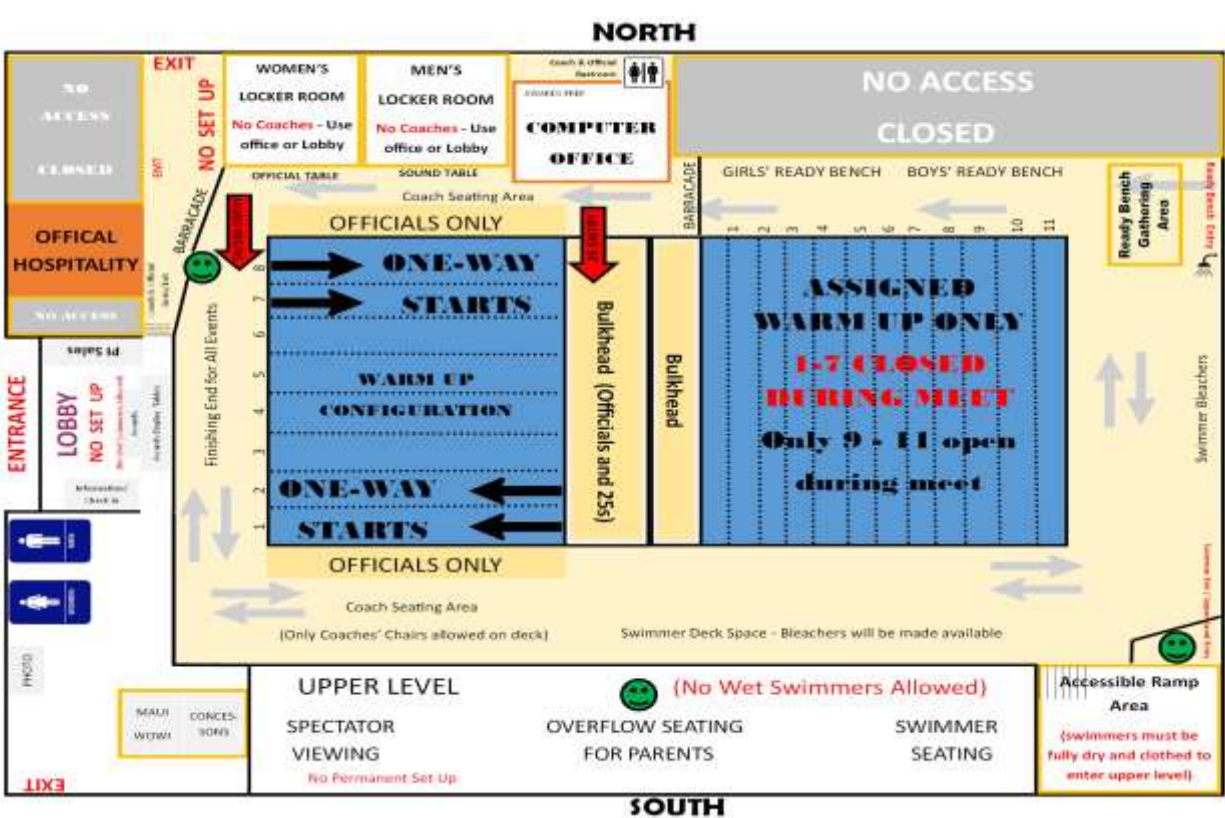
Split warm-ups will be in effect, with team and lane assignments posted on the NWAL and PI website, at least 3 days prior to the start of the meet.

POOL & FACILITY SET-UP:
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.

FACILITY OPENING TIMES		
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.

SPECTATOR SEATING
The stands in the pool area will be for observation only and **NO SETUP IS ALLOWED IN SPECTATOR AREA**. Spectator seating is NOT allowed poolside. Please allow others to watch their child after yours has swum. There is no flash photography at the start of a race.



POOL & FACILITY SET-UP (cont.):

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 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 larger than 18 inch length x 18 inch width x 18 inch depth are NOT allowed in the spectator seating area. Coolers with rollers are NOT allowed in the spectator seating area.

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.**

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.

HOSPITALITY:

A hospitality room will be available for officials ONLY!

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.

VOLUNTEERS:

Two watches per lane will be used as back-up. Teams will be requested to furnish timers 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.

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.

MEET RESULTS:

Meet results will be posted on the Ponderosa Invitational website following the conclusion of the meet. Unofficial real time results will be available on MEET MOBILE.

CONCESSIONS:

Concessions will be available.

www.ponderosainvitational.org

MERCHANDISE:

Swim apparel will be available for sale. Ponderosa merchandise can be pre-ordered on the website at www.ponderosainvitational.org



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.

Qualifier and Finalist Patches will
be available.

PONDEROSA INVITATIONAL

Championship Meet since 1971

P.I. RULES and APPROVED NWAL VARIANCES

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.

Appendix A Additions:

- **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 and under (25Y Free)
- **Progressive Free Relay:** 8 and under (25Y); 9-10 (25Y); 11-12 (50Y); 13-14 (50Y) and 15-18 (50Y)
(Please visit website for detail on how to enter relays with the 5th swimmer in Swimtopia)
- The order of events is as stated in the attached "Ponderosa Invitational Qualifying Times".

www.ponderosainvitational.org

PONDEROSA INVITATIONAL

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P.I. RULES and APPROVED NWAL VARIANCES (continued)

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.

www.ponderosainvitational.org

PONDEROSA INVITATIONAL

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P.I. RULES and APPROVED NWAL VARIANCES (continued)

Electronic Timing

- 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

- Ponderosa Invitational 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 balance of the meet. The clerk of course/scorer is located on deck at pool side.

Duties of 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)

COACH PACKETS -- Qty _____ @ \$20.00 = \$ _____

INDIVIDUAL ENTRIES -- # of Entries _____ @ \$10.00 = \$ _____

RELAY ENTRIES -- # of Relays _____ @ \$15.00 = \$ _____

**good luck
to your
swimmers!**

TOTAL AMOUNT DUE ----->
Checks payable to: PWST

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 Via Zelle at 281-858-7946 (Lone Star Swim Team)

Zelle Account Name: _____

Zelle Amount: _____

ONLY PWST OFFICE USE BELOW

ONLY PWST OFFICE USE BELOW

ONLY PWST OFFICE USE BELOW

ONLY PWST OFFICE USE BELOW

Payment Received \$ _____ Cash or Check # _____ (circle one) PF Official _____

Entry List Checked by PF Official: _____

PONDEROSA INVITATIONAL

CHAMPIONSHIP MEET since 1971

Heat Sheet Business Advertisement Form

Heat Sheet Advertisement: Pricing and Ad Options for Business Ads

Business Name: _____

Contact Name: _____

Phone 1: _____ Phone 2: _____

Email _____

Size of Advertisement

Size	Cost	Page Size
Back Cover	\$500	(7.5"x 10.5")
Inside Covers	\$350	(7.5"x 10.5")
Full Page	\$250	(7.5"x 10.5")
Half Page	\$150	(3.75" x 5.25")
Business Card	\$ 50	(3.5" x 2")

Ad must be JPEG format, NO PDF ads can not be used.

Submit all ads to: ponderosainvitational@gmail.com

AD DEADLINE: JUNE 15

Submit Questions and Ads to: ponderosainvitational@gmail.com

Ad File Format: .jpg only (.pdf ads cannot be used) and sized according to the dimensions listed.

All orders must include contact information in the event there are questions, or issues with the ad.

Make checks payable to PWST, Inc.

SEND PAYMENT TO: PWST - c/o Lone Star Swim Team

9597 Jones Road # 197

Houston TX 77065

Payment must be received by deadline, or ad will not be placed.

www.ponderosainvitational.org

PONDEROSA INVITATIONAL

CHAMPIONSHIP MEET since 1971

Heat Sheet Personal Advertisement Form

Heat Sheet Advertisement Pricing and Ad Options for NWAL Teams and Personal Ads

HEAT SHEETS WILL NOT BE COLOR THIS YEAR.

SPIRIT SQUARES -- size appx. 2.25" x 2.25" -- \$20 EACH

Use your wording, we clipart to create a personalized shout out for your swimmer, coach, teammate, or team.

EVENT SPONSOR -- (up to 3 lines) -- \$10 PER EVENT

Parents (or any family member) can show their support by sponsoring an event for their special swimmer. You can say something swim related (not, Susie Clean Your Room). Event Sponsor ads may be turned in with team registration information. Events will be designated on a first come, first served basis.



Please include the following information:

Example

Event 10 Girls 11-12 50 Yard Freestyle
Sponsor: Ken & Barbie Doll
Barbie rules the pool! Love Mom & Dad
PI RECORD: 26.42 7/1/1998 NATALIE MILLER - OCV
Meet Qualifying: 29.55
Lane Name Age Team Seed Time
Heat 4 Prelims
1 Barbie Doll 11 PF 27.29
2 Your Swimmer 12 FMKP 27.21
3 Your Swimmer
4 Your Swimmer

FULL PAGE TEAM SPIRIT PAGE -- size appx. 7.5" x 10.5" -- \$125 EACH

HALF PAGE TEAM SPIRIT PAGE -- size appx. 3.75" x 5.25" -- \$75 EACH

Show your team spirit here!! Ad must be JPEG format, NO PDF ads can not be used.
Get fun and creative with your swimmers' names, team logo, or use your full team photo, etc.

Submit all ads to: ponderosainvitational@gmail.com

Team Name: _____ Contact Name: _____

Phone 1: _____ Phone 2: _____ Email: _____

**AD DEADLINE:
SATURDAY, JUNE 15**

Submit Questions and Ads to:

ponderosainvitational@gmail.com

Ad File Format: .jpg only (.pdf ads cannot be used)

Payment must be received by deadline, or ad will not be placed.

All orders must include contact information in the event there are questions, or issues with the ad.

ORDER SUMMARY

EVENT SPONSOR.....Qty _____ x \$10 = \$ _____
SPIRIT SQUARE.....Qty _____ x \$20 = \$ _____
FULL PAGE.....Qty _____ x \$125 = \$ _____
HALF PAGE.....Qty _____ x \$75 = \$ _____

ORDER TOTAL ----->> \$

Make checks payable to PWST, Inc.

SEND PAYMENT TO: PWST - c/o Lone Star Swim Team
9597 Jones Road # 197
Houston TX 77065