



Hosted by

Ponderosa Swim Team

& Lone Star Swim Team

Championship Meet since 1971

An NWAL Sanctioned Prelims / Finals Swim Meet

Please Read Invitation in its Entirety

ENTRIES DUE TO HOST (entries@lonestarswimteam.org) BY 5:00 PM, SUNDAY JUNE 14, 2026

- DATE:** June 20 – 21, 2026
- 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: | Rob Morris, robert.c.morris@gmail.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.
- 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)

www.ponderosainvitational.org

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.

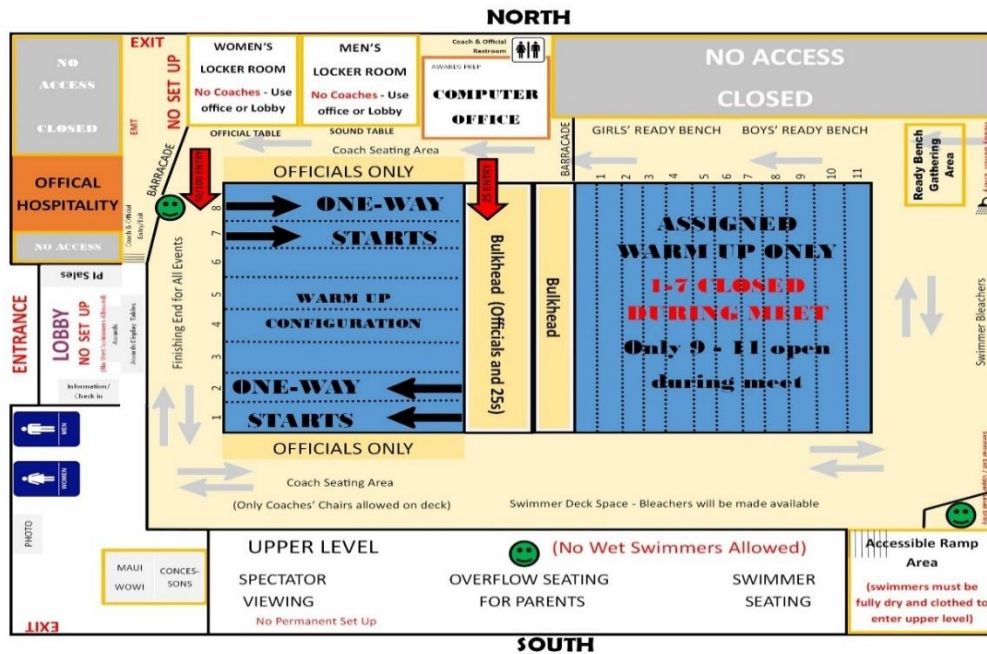
COACH SET-UP

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 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 the Ponderosa Committee's 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.



RULES, ENTRIES, EVENTS AND SEEDING:

The current season 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 NWAL swimmers for the current season. All participants must have competed in at least one NWAL meet during the NWAL season. Eligibility for an age group is determined by the individual's age as of May 1, 2026, per NWAL rules.

ENTRY FILE

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. The entry list is the official entry. 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 14, 2026**. Entries with exceptions will be rejected. Most exceptions are due to swimmer's ineligibility and relays with no 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.

Events and order of events are as shown on the qualifying times supplement. Individual events will be seeded per pyramidal rules. Relay events will be seeded by times (last heat-fastest times).

❖ **INDIVIDUAL EVENT QUALIFYING TIMES AND ENTRIES:**

- Individual swimmers qualify by attaining a time for each event listed on the official Individual Event Qualifying Times found in this invitation or on the Ponderosa Invitational website.
- Qualifiers must have swum the qualifying time during a sanctioned NWAL meet.

❖ **BONUS EVENT QUALIFYING TIMES & ENTRIES:**

- Swimmers that obtain one (1) hard cut individual event qualifying time may enter two (2) Bonus events provided they have achieved the bonus event qualifying time in the events entered.
- Individual swimmers that obtain two (2) hard cut individual event qualifying times may enter one (1) Bonus event provided they have achieved the bonus event qualifying time in the event entered.
- Individual swimmers that obtain three (3) or more hard cut individual event qualifying times will not be allowed any bonus event entries.

❖ **AGE GROUP & PROGRESSIVE RELAY ENTRIES:**

Athletes CANNOT swim up in age groups for either age group or progressive relays.

Relay Entrants do not have to have attained a PI qualifying time during the NWAL season.

Accordingly, all teams are encouraged to include relays to compete for Group Championship.

A team may enter only one relay team per relay event. There are no qualifying times for relays but seed times are required on entry lists. Relay participants need not be named, but a seed time is required.

For Progressive Relays the system allows teams to add four swimmers and an alternate, be sure the alternate appears before saving the relay entry and follow instructions below.

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

- **Progressive Medley Relay:** Enter the relay in the following order and provide manual entry time.
11-12 (50Y Back); 13-14 (50Y Breast); 15-18 (50Y Fly); 9-10 (25Y Free) and 8 & U (25Y Free)
- **Progressive Free Relay:** Enter the relay in the following order and provide manual entry time.
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 [Ponderosa Invitational website](#).

PROOF OF TIMES

A 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 FEES

\$12.50 per Individual Event

\$18.00 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 the 5:00 PM deadline will be considered late. Late entries will be \$17.50 per Individual Event and \$ 23.00 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.

Entries submitted as "late entries" 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 PAYMENT

Entrants must use the Registration Form to indicate method of Payment.

**** Bring Entry Fees to the Meet and give to Clerk of Course/Check in Table in Lobby ****

Entry fee payments may be submitted via the following:

CHECK	ZELLE	VENMO
Lone Star Swim Team 9597 Jones Road Houston TX 77065 PMB 197	281-858-7946	@LoneStar-SwimTeam



P.I. ENTRY REGISTRATION CHECKLIST

- Swimtopia Entry File (zipped HY3 file)
- Check Relays for Rules – **No Swim Ups Allowed**
- Completed [Registration Form](#) (USE FILLABLE FORM – No JPGs Please)
- PDF document of entries with proof of times
- Payment

NWAL RULES AND VARIANCES:

Please review the **Ponderosa Invitational Rules/NWAL Rules and Variances** 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.
- The CyFair ISD Natatorium Pool is grounded. Spectators will be asked to relocate to vehicles outside the facility to allow swimmers, coaches, and meet personnel to remain indoors and to continue with the meet. Coaches are to inform parents of this procedure prior to the event.

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. A declared false start or deliberate delay of meet is NOT permitted and will be regarded as a failure to compete.
- 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.

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.

SCORING:

Individual Events: 16 places score: 20-17-16-15-14-13-12-11-9-7-6-5-4-3-2-1
Relay Events: 16 places score: 40-34-32-30-28-26-24-22-18-14-12-10-8-6-4-2
All events will be swum and scored as 6&U, 7-8, 9-10, 11-12, 13-14, 15-16, 17-18 as applicable.

· 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.

AWARDS:

MEDALS: Custom Medals will be awarded to the first eight places in individual events and first 3 places in relay events by single age group as described below.
RIBBONS: Ribbons will be awarded to the ninth through sixteenth place winners in individual events and fourth to eighth place for relays.
HIGH POINT TROPHIES: A 1st and 2nd will be awarded to individuals scoring the highest total number of points within each of their eligible age groups described below.
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.
AGE GROUPS DESCRIBED: 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.

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 may 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, Rob Morris, at robert.c.morris@gmail.com. Please include a short description of your experience.

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

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.

COACHES' HOSPITALITY: Coach packets including 2 breakfast and 2 lunch meal tickets per packet may be purchased during registration for use in the designated Coaches' Hospitality Area. Coaches must present a ticket to obtain entrance into the Coaches' Hospitality Area and obtain one (1) meal per ticket. Meals must be consumed inside the Coaches' Hospitality Area. Absolutely no food may be taken outside the Coaches' Hospitality Area. Only water may be taken upon leaving the Coaches' Hospitality area.

CONCESSIONS: Concessions will be available.

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.

No food on deck. Please ensure seating area is left clean prior to leaving the venue.

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. 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.

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.

OFFICIAL APPAREL



55TH ANNUAL '26 PONDEROSA INVITATIONAL

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www.ponderosainvitational.org

Fine Designs will be on site to
fulfill apparel orders.

INDIVIDUAL EVENT QUALIFYING TIMES

www.ponderosainvitational.org

Girls' Event Number	Meter Qualifying Time	Yard Qualifying Time	Saturday, June 20, 2026		Yard Qualifying Time	Meter Qualifying Time	Boys' Event Number
			Age Group	Event			
1	None	None	All	Progressive Free Relay	None	None	2
3	26.25	23.65	6 & Under	25 Yard Freestyle	23.44	26.02	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	14.85	16.48	8
9	32.53	29.31	11 - 12	50 Yard Freestyle	29.06	32.26	10
11	31.29	28.19	13 - 14	50 Yard Freestyle	25.97	28.83	12
13	30.49	27.47	15 - 18	50 Yard Freestyle	23.58	26.17	14
15	31.12	28.04	6 & Under	25 Yard Backstroke	28.73	31.89	16
17	24.03	21.65	7 - 8	25 Yard Backstroke	21.73	24.12	18
19	20.48	18.45	9 - 10	25 Yard Backstroke	18.39	20.41	20
21	39.15	35.27	11 - 12	50 Yard Backstroke	35.56	39.47	22
23	37.32	33.62	13 - 14	50 Yard Backstroke	31.75	35.24	24
25	36.10	32.52	15 - 18	50 Yard Backstroke	28.56	31.70	26
27	36.87	33.22	10 & Under	50 Yard Freestyle	32.94	36.56	28
29	1:08.68	1:01.87	11 - 14	100 Yard Freestyle	58.14	1:04.54	30
31	1:07.85	1:01.13	15 - 18	100 Yard Freestyle	52.65	58.44	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

Girls' Event Number	Meter Qualifying Time	Yard Qualifying Time	Sunday, June 21, 2026		Yard Qualifying Time	Meter Qualifying Time	Boys' Event Number
			Age Group	Event			
45	None	None	All	Progressive Medley Relay	None	None	46
47	22.79	20.53	8 & Under	25 Yard Butterfly	20.84	23.13	48
49	18.35	16.53	9 - 10	25 Yard Butterfly	16.77	18.61	50
51	37.14	33.46	11 - 12	50 Yard Butterfly	33.65	37.35	52
53	35.24	31.75	13 - 14	50 Yard Butterfly	29.45	32.69	54
55	33.69	30.35	15 - 18	50 Yard Butterfly	26.17	29.05	56
57	27.11	24.42	8 & Under	25 Yard Breaststroke	24.63	27.34	58
59	22.27	20.06	9 - 10	25 Yard Breaststroke	20.30	22.53	60
61	43.69	39.36	11 - 12	50 Yard Breaststroke	39.31	43.63	62
63	41.94	37.78	13 - 14	50 Yard Breaststroke	34.76	38.58	64
65	40.67	36.64	15 - 18	50 Yard Breaststroke	31.17	34.60	66
67	1:35.08	1:25.66	10 & Under	Individual Medley	1:26.97	1:35.54	68
69	1:24.47	1:16.10	11 - 12	Individual Medley	1:16.07	1:24.44	70
71	1:20.89	1:12.87	13 - 14	Individual Medley	1:08.00	1:15.48	72
73	1:18.74	1:10.94	15 - 18	Individual Medley	1:01.07	1:07.79	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

BONUS EVENT QUALIFYING TIMES

Girls' Event Number	BONUS Meter Qualifying Time	BONUS Yard Qualifying Time	Saturday, June 20, 2026		BONUS Yard Qualifying Time	BONUS Meter Qualifying Time	Boys' Event Number
			Age Group	Event			
1	None	None	All	Progressive Free Relay	None	None	2
3	26.52	23.89	6 & Under	25 Yard Freestyle	23.68	26.28	4
5	19.51	17.58	7 - 8	25 Yard Freestyle	17.29	19.19	6
7	16.64	14.99	9 - 10	25 Yard Freestyle	15.00	16.65	8
9	32.86	29.61	11 - 12	50 Yard Freestyle	29.35	32.59	10
11	31.61	28.47	13 - 14	50 Yard Freestyle	26.23	29.12	12
13	30.80	27.75	15 - 18	50 Yard Freestyle	23.82	26.43	14
15	31.43	28.32	6 & Under	25 Yard Backstroke	29.02	32.21	16
17	24.27	21.87	7 - 8	25 Yard Backstroke	21.95	24.36	18
19	20.69	18.64	9 - 10	25 Yard Backstroke	18.58	20.62	20
21	39.55	35.63	11 - 12	50 Yard Backstroke	35.92	39.87	22
23	37.70	33.96	13 - 14	50 Yard Backstroke	32.07	35.60	24
25	36.46	32.85	15 - 18	50 Yard Backstroke	28.85	32.02	26
27	37.24	33.56	10 & Under	50 Yard Freestyle	33.27	36.93	28
29	1:09.36	1:02.49	11 - 14	100 Yard Freestyle	58.73	1:05.19	30
31	1:08.54	1:01.75	15 - 18	100 Yard Freestyle	53.18	59.03	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

Girls' Event Number	BONUS Meter Qualifying Time	BONUS Yard Qualifying Time	Sunday, June 21, 2026		BONUS Yard Qualifying Time	BONUS Meter Qualifying Time	Boys' Event Number
			Age Group	Event			
45	None	None	All	Progressive Medley Relay	None	None	46
47	23.02	20.74	8 & Under	25 Yard Butterfly	21.05	23.36	48
49	18.54	16.70	9 - 10	25 Yard Butterfly	16.94	18.80	50
51	37.52	33.80	11 - 12	50 Yard Butterfly	33.99	37.73	52
53	35.60	32.07	13 - 14	50 Yard Butterfly	29.75	33.02	54
55	34.03	30.66	15 - 18	50 Yard Butterfly	26.43	29.34	56
57	27.38	24.67	8 & Under	25 Yard Breaststroke	24.88	27.62	58
59	22.49	20.26	9 - 10	25 Yard Breaststroke	20.51	22.76	60
61	44.13	39.76	11 - 12	50 Yard Breaststroke	39.71	44.07	62
63	42.36	38.16	13 - 14	50 Yard Breaststroke	35.11	38.97	64
65	41.08	37.01	15 - 18	50 Yard Breaststroke	31.48	34.95	66
67	1:36.05	1:26.53	10 & Under	Individual Medley	1:27.85	1:37.51	68
69	1:25.33	1:16.87	11 - 12	Individual Medley	1:16.84	1:25.29	70
71	1:21.71	1:13.61	13 - 14	Individual Medley	1:08.69	1:16.25	72
73	1:19.54	1:11.66	15 - 18	Individual Medley	1:01.69	1:08.48	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

PONDEROSA INVITATIONAL COVID DISCLAIMER
www.ponderosainvitational.org
& SAFETY GUIDELINES

Championship Meet since 1971

**PONDEROSA/
LONE STAR SWIM
TEAM/ CY-FAIR
ISD/ NWAL
DISCLAIMER:**

There are inherent risks involved with the sport of swimming and an inherent risk of exposure to COVID-19 exists in any public place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and individuals with underlying medical conditions are especially vulnerable.

PONDEROSA SWIM TEAM, LONE STAR SWIM TEAM, CY FAIR ISD, THE NORTHWEST AQUATIC LEAGUE (NWAL), AND EACH OF THEIR MEMBERS, DIRECTORS, OFFICERS, EMPLOYEES, AGENTS, REPRESENTATIVES AND AFFILIATES cannot prevent you (or your child(ren)) from becoming exposed to, contracting, or spreading COVID-19 while participating in NWAL sanctioned events. It is not possible to prevent against the presence of the disease. Therefore, if you choose to participate in an NWAL sanctioned event, you may be exposing yourself to and/or increasing your risk of contracting or spreading COVID-19.

BY ATTENDING OR PARTICIPATING IN THIS COMPETITION, YOU VOLUNTARILY ASSUME ALL RISKS ASSOCIATED WITH PARTICIPATION IN THE PONDEROSA INVITATIONAL SWIM MEET AND THE EXPOSURE TO COVID-19 AND FOREVER RELEASE AND HOLD HARMLESS PONDEROSA SWIM TEAM, LONE STAR SWIM TEAM, CY FAIR ISD, THE NORTHWEST AQUATIC LEAGUE, AND EACH OF THEIR MEMBERS, DIRECTORS, OFFICERS, EMPLOYEES, AGENTS, REPRESENTATIVES AND AFFILIATES, FROM ANY LIABILITY OR CLAIMS INCLUDING FOR PERSONAL INJURIES, DEATH, DISEASE OR PROPERTY LOSSESS, OR ANY OTHER LOSS, INCLUDING BUT NOT LIMITED TO CLAIMS OF NEGLIGENCE AND GIVE UP ANY CLAIMS YOU MAY HAVE TO SEEK DAMAGES, WHETHER KNOWN OR UNKNOWN, FORSEEN OR UNDFORSEEN, INCLUDING, WITHOUT LIMITATION, IN CONNECTION WITH THE SPORT OF SWIMMING, THE PONDEROSA INVITATIONAL SWIM MEET, AND THE EXPOSURE, INFECTION, AND/OR SPREAD OF COVID-19 RELATED TO PARTICIPATION IN THIS COMPETITION.

PONDEROSA SWIM TEAM, LONE STAR SWIM TEAM, CY FAIR ISD, ITS MEMBERS, EMPLOYEES AND AFFILIATES have taken enhanced health and safety measures for the participants, coaches, and volunteers. You must follow all posted instructions while on the property. An inherent risk of COVID-19 exists in any public or private place where people are present. COVID-19 is an extremely contagious disease that can lead to severe illness and death. According to the Centers for Disease Control and Prevention, senior citizens and guests with underlying medical conditions are especially vulnerable. By participating in the invitational event at the CyFair ISD Natatorium, you voluntarily assume all risks related to exposure to COVID-19.

**COVID-19
PROCEDURES:**

- Participants in the meet will abide by LSST's COVID-19 Preparedness Plans
- There will be limited adult volunteers that will be necessary to run the competition.
- Meet personnel and swimmers will enter through the main doors of the natatorium. Spectators will be allowed inside the facility, with no spectators allowed on deck.
- This meet will be conducted in compliance with local, state, and NWAL COVID 19 restrictions.

- Only coaches, officials, swimmers, and lane timers are allowed on the pool deck for the current session and will maintain current social distancing guidelines throughout the meet. Volunteers will be present to help enforce this rule.
- Temperature screenings may be administered to all athletes, meet personnel, staff, and volunteers. No person will be allowed to enter with a temperature over 100.4 F in accordance with CDC and local health department recommendations.
- Parents must implement the Daily Self Screening for Swimmers Protocol that LSST has implemented. PARENTS MUST SCREEN swimmer(s) daily (**prior** to entering the swim meet) for the following signs and symptoms of COVID-19: 1. Are you experiencing any of the following in a way that is not normal to you? Feeling feverish or a measured temperature greater than or equal to 100.4 F, Loss of taste or smell, Cough, Difficulty breathing, Shortness of breath, Fatigue, Headache, Chills, Sore throat, Congestion, or runny nose, Shaking or exaggerated shivering, Significant muscle pain or ache, Diarrhea, Nausea, or vomiting, 2. Have you had known close contact with a person who has tested positive for COVID-19 within the last 14 days? Temperature checks will still be taken at the gate and any temperature over 100.4 will not be allowed in the facility. Swimmers must stay home if they answer “yes” to any of the above.
- Officials, coaches, volunteers, and swimmers 10 years and older are encouraged to wear a face mask except when swimmers are in the water, or if they are appropriate social distancing.
- Lane timers are encouraged to remain socially distanced and wear a mask for all sessions. Lane timers will be assigned to each lane.
- The sessions will move FAST. We will allow adequate time between each event to provide rest for the swimmers, but each session will move fast. An estimated timeline will be provided to Coaches/ Teams prior to the meet.
- Bring a filled water bottle for your session. Bottled water will be for sale. The water fountain will be unavailable, but the Natatorium has 3 water bottle filling stations that will be open.
- Swimmers must enter and leave the facility in their swimsuits. Locker rooms may be restroom use only. Spectators allowed inside the facility and will have access to restrooms in the lobby.

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.