

Hello All PHS T&F Staff, Athletes, Families and Fans,

HAPPY MOTHER'S DAY! I want to wish all the Mommies a restful relaxing day hopefully among your family and friends celebrating YOU! Thank you to all of the amazing Moms out there for allowing me time with your wonderful children.

Please forgive me for not getting this out until today as there was much to do yesterday post meet, & with divisional / banquet week upon us. This e-mail will have a lot of information for both athletes and families whose season has concluded but also for those that are still in season and competing. PLEASE read ALL!

Raegan has the CVC Trial Pondo Pics up and you can find them [here](#). The CVC Finals Photos are still being worked on. As the pictures show, last week the CVC Championship Trails and Finals were VERY eventful for the Bruins! Although we did not bring home the Championship Banners the Bruins had a second season in a row of going undefeated. This year both the T&F Varsity Boys and the T&F Varsity Girls from Ponderosa went UNDEFEATED in head to head meets against all the CVC schools! I am so proud of our team and the battle they fought this week! Especially on the boys side it was so close it still hurts!

We had 92 Ponderosa Personal Records @ Championships!!! We had 8 Bruins make CVC All League Track! Congratulations to Captain Braysen Tapp in the Shot Put, River Coppa in the High Jump, Dusty Smith in the 3200m, Calvin Lea in the 300 Hurdles, Mason Yoast in the Triple Jump, Captain Cheyenne Jones in the Pole Vault, Captain Emmy Angelo in the 3200m, and Captain Bailey Suetta in the 100m! Some of these amazing Pondo CVC Championship marks made the school's Top 10 ALL TIME RECORD LIST! Way to put yourself in the history books in the 100m Kolby Graves and Bailey Suetta! Joining these speedy sprinters in the fastest times ever ran in the history of Ponderosa is ALL the VARSITY BRUIN BOYS RELAY TEAMS! The 4x800 from Wednesday with Braden Himley, Weston Lauer, Colby Woodward and Grady Morris. The 4x100m Relay Team from Friday with Lucas Wynn, Ethan Hamersley, Kolby Graves, and Miles Hansen! The 4x400 Relay Team from Friday Night with Jax Miede, Taven Skinner, Ben Deagle and Miles Hansen. Let's not leave out the outstanding Girls 4x800 relay team that made the Top 10 #3 spot with Wednesday's team of Sadi Angelo, Emmy Angelo, Avery Wilson and Ansley Allen! The amazing distance duo Emmy Angelo and Sadi Angelo also bettered their personal records in the 1600m and bettered their top 10 all time marks!

As we head into post season or playoffs it is very exciting to announce that we have 55 Bruins who have qualified to move onto Div. 2 Trials. This meet is Tuesday, May 12th @ Vista Del Lago! The following athletes are scheduled to compete Tuesday:

Cheyenne Jones - Pole Vault / High Jump / Discus / Shot Put

River Coppa - Pole Vault / High Jump

Taven Skinner - High Jump / 4x400

Will Baldwin - High Jump

Izzy Paepke - High Jump

Laura Anthes - High Jump

Bailey Suetta - Long Jump / 100m

Makyala Murray - Long Jump / 100m  
Madisun Melgoza - Long Jump  
Mason Yoast - Long Jump / Triple Jump  
Jax Miehe - Long Jump / Triple Jump / 4x400  
Emma Maxwell - Triple Jump / 100 High Hurdles / 300 Hurdles  
Olivia Novelo - Discus / Shot Put  
Braysen Tapp - Shot Put  
Michael Zizek - Shot Put  
Emery Sweet - Shot Put  
Sadi Angelo - 4x800 / 3200m\* / 1600m (Saturday 5/16)  
Emmy Angelo - 4x800 / 3200m\* / 1600m (Saturday 5/16)  
Ainsley Allen - 4x800  
Alex Grunder - 4x800  
Avery Wilson - 4x800 alternate  
Lilly Erwin - 4x800 alternate  
Braden Himley - 4x800 / 3200m\* / 1600m (Saturday 5/16)  
Weston Lauer - 4x800 / 800m  
Colby Woodward - 4x800 / 3200m\* / 1600 (Saturday 5/16)  
Grady Morris - 4x800 / 800m  
Jacob Arthur 4x800 alternate / 3200m\* / 1600m (Saturday 5/16)  
Lucas Wynn - 4x100 / Unified Partner  
Ethan Hamersley - 4x100  
Kolby Graves - 4x100 / 100m  
Miles Hansen - 4x100 / 400m / 4x400m  
Ben Deagle - 4x100m alternate / 100m/ 4x400m  
Adam Kowleski - 4x100m alternate  
Josh Gonzoga - 4x100m alternate  
Emma Judi - 100 Hurdles  
Mabel Best 100 Hurdles

Calvin Lea - 100 Hurdles / 300 Hurdles

Kaleb Jenkins - 300 Hurdles

Dusty Smith - 3200m

Tristan Patterson - 4x400m alternate

\*3200m is a trial AND FINALS on Tuesday, the 3200m will NOT be contested on 5/16!\*

A full list of all results from CVC Championships both Wednesday & Friday can be found [here](#).

ALL ATHLETES LISTED FOR DIVISIONALS MUST REPORT FOR PRACTICE TOMORROW @ 2:30! WE ONLY WILL BE PRACTICING WITH THOSE LISTED ABOVE. We have short staff on Monday and only one day to prep for Div. 2 Trials / playoffs! Uniform and warm up check in will now ONLY be held on Monday 5/18, T&F Clean Up Day!

Listed below is a copy and paste from the SJS website for Tuesday's Div. 2 Trials Schedule. There will be several times listed next to an event so PLEASE note the difference between "Report Time", "Scratch Time", and "Event Time". I hope we will have a large cheering section of Bruin Athletes and Families to support those that have moved on and are still competing for Ponderosa! This meet has been held as far away as 3 hours in past seasons so to have it being held @ Vista is such a HUGE treat for us... please come out and support Ponderosa T&F on Tuesday @ Vista Del Lago!

### **FIELD EVENT SCHEDULE – Tuesday, May 12, 2026**

#### **Field Event Reporting Time Scratch Time Starting Time**

Girls' Pole Vault Noon 12:45 p.m. 1:00 p.m.

Boys' Pole Vault 3:00 p.m. 3:45 p.m. 4:00 p.m.

Boys' High Jump Noon 1:00 p.m. 1:00 p.m.

Girls' High Jump 3:00 p.m. 3:45 p.m. 4:00 p.m.

Girls' Long Jump 1:00 p.m. 1:45 p.m. 2:00 p.m.

Unified Long Jump 3:00 p.m. 3:45 p.m. 4:00 p.m.

Boys' Long Jump 4:00 p.m. 4:45 p.m. 5:00 p.m.

Boys' Triple Jump 1:00 p.m. 1:45 p.m. 2:00 p.m.

Girls' Triple Jump 3:00 p.m. 3:45 p.m. 4:00 p.m.

Girls' Discus 1:00 p.m. 1:45 p.m. 2:00 p.m.

Boys' Discus 3:30 p.m. 4:15 p.m. 4:30 p.m.

Boys' Shot Put 1:00 p.m. 1:45 p.m. 2:00 p.m.

Unified Shot Put 3:30 p.m. 4:15 p.m. 4:30 p.m.

Girls' Shot Put 4:00 p.m. 4:45 p.m. 5:00 p.m.

All of the above field events will conduct trials and finals on May 12

**RUNNING EVENT SCHEDULE – Tuesday, May 12, 2026**

**Track Events Scratch Time Event Time**

Girls' 4 x 800M Relay 3:45 4:00

Boys' 4 x 800M Relay 4:00 4:15

Unified 4 x 100M Relay 4:15 4:30

Girls' 4 x 100M Relay, Heat 1 4:15 4:34

Girls' 4 x 100M Relay, Heat 2 4:15 4:37

Girls' 4 x 100M Relay, Heat 3 4:15 4:40

Boys' 4 x 100M Relay, Heat 1 4:27 4:43

Boys' 4 x 100M Relay, Heat 2 4:27 4:46

Boys' 4 x 100M Relay, Heat 3 4:27 4:50

Girls' 100M HH, Heat 1 4:40 4:55

Girls' 100M HH, Heat 2 4:40 5:00

Girls' 100M HH, Heat 3 4:40 5:05

Boys' 110M HH, Heat 1 4:55 5:10

Boys' 110M HH, Heat 2 4:55 5:15

Boys' 110M HH, Heat 3 4:55 5:20

Girls' 400M, Heat 1 5:10 5:25

Girls' 400M, Heat 2 5:10 5:29

Girls' 400M, Heat 3 5:10 5:34

Boys' 400M, Heat 1 5:23 5:38

Boys' 400M, Heat 2 5:23 5:42

Boys' 400M, Heat 3 5:23 5:46

Unified 100M 5:30 5:50

Girls' 100M, Heat 1 5:35 5:53

Girls' 100M, Heat 2 5:35 5:56

Girls' 100M, Heat 3 5:35 5:59

Boys' 100M, Heat 1 5:47 6:02

Boys' 100M, Heat 2 5:47 6:06  
Boys' 100M, Heat 3 5:47 6:10  
Girls' 800M, Heat 1 6:00 6:15  
Girls' 800M, Heat 2 6:00 6:20  
Boys' 800M, Heat 1 6:15 6:30  
Boys' 800M, Heat 2 6:15 6:35  
Girls' 300M LH, Heat 1 6:30 6:45  
Girls' 300M LH, Heat 2 6:30 6:49  
Girls' 300M LH, Heat 3 6:30 6:53  
Boys' 300M IH, Heat 1 6:42 6:57  
Boys' 300M IH, Heat 2 6:42 7:01  
Boys' 300M IH, Heat 3 6:42 7:05  
Girls' 200M, Heat 1 6:55 7:10  
Girls' 200M, Heat 2 6:55 7:14  
Girls' 200M, Heat 3 6:55 7:18  
Boys' 200M, Heat 1 7:07 7:22  
Boys' 200M, Heat 2 7:07 7:26  
Boys' 200M, Heat 3 7:07 7:30  
Girls' 3200M 7:18 7:33  
Boys' 3200M 7:32 7:47  
Girls' 4 x 400M Relay, Heat 1 7:45 8:00  
Girls' 4 x 400M Relay, Heat 2 7:45 8:08  
Girls' 4 x 400M Relay, Heat 3 7:45 8:16  
Boys' 4 x 400M Relay, Heat 1 8:09 8:24  
Boys' 4 x 400M Relay, Heat 2 8:09 8:32  
Boys' 4 x 400M Relay, Heat 3 8:09 8:40

Ponderosa T&F Athletes will be out of class @ 10:45am, depart Pondo by 11:15 to arrive @ Vista by 11:30, set team camp as some events need to check in by NOON! Any qualified athletes can make other arrangements with Coach Norwood if they wish to stay @ school and come to Vista closer to their event check in times if they are slotted for later events. Bruin athletes may check out from this meet as soon as their events have concluded and they have

checked out with Coach Norwood! I would greatly appreciate a few to travel home with me on the bus or at least some to be at Ponderosa to help unload the bus of our gear. I know we have Bruins competing through 8:40pm Tuesday night. We will go over all of this Monday at practice! ALL BRUINS who qualified for DIVISIONALS and any captains PLEASE MEET IN CLASSROOM P-1, we will start practice from here. Bring your phones to take screen shots and notes!

If you have not already done your RSVP for this Thursday's Banquet PLEASE help us out for head count and consider helping to bring a small piece for this HUGE BRUIN T&F FAMILY DINNER! You can RSVP and sign up using [this link](#).

Please continue to check our season schedule for updates [here](#). I hope this helps for your planning purposes!

Again, HAPPY MOTHER'S DAY to all of you amazing Moms out there!

:) Coach Karen Norwood