

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

Please check out the great team action pictures from last week's league championships [here](#). THANK YOU RAEGAN!

Ponderosa T&F qualified student-athletes in 30 of the 36 events held yesterday @ the D2 Trials held @ Vista Del Lago. We had some great marks with 34 personal bests and the qualifiers moving onto Saturday @ Hughes Stadium (Sac City) for the All Div. Finals Meet! Congratulations to the following Bruin T&F Athletes who qualified to compete on 5/16:

Captain Cheyenne Jones = Pole Vault & Shot Put

Captain Braysen Tapp = Shot Put

Olivia Novello = Shot Put

Makayla Murray = Long Jump

River Coppa = High Jump

Lucas Wynne, Ethan Hamersley, Kolby Graves, Miles Hansen = 4x100m (Alt: Adam K. & Josh G.)

Jacob Arthur = 1600m

Braden Himley = 1600m

Colby Woodward = 1600m

Emmy Angelo = 1600m

Sadi Angelo 1600m

Captain Bailey Suetta = 100m

Grady Morris = 800m

Weston Lauer = 800m

Emma Maxwell = 300m Hurdles

Calvin Lea = 300m Hurdles

The above names will continue to practice and we will see you all today @ 3:45! We will go over the plan at practice for moving forward.

\*Note that we still will not know our 4x800m or 3200m qualifiers until after today's D3 Meet to see where our times stack up against all other divisions. These events are like

this as they are FINAL ONLY track events and trials are not done for them. Those who qualify to move on in these 2 track events the athletes automatically move to Saturday May 23rd @ Folsom High School! for the Masters Meet! This is the situation for our Unified Athletes and their partners as their events were finalized yesterday as well. All Unified Athletes and their Partners next competition will be May 23rd @ Folsom High School for the Masters Meet to see who qualifies for the STATE T&F MEET!

PLEASE remember **Thursday 5/14 starting @ 5:30pm** in the PHS Cafeteria is our annual end of season Bruin T&F Awards Banquet. This end of season banquet is for all staff, athletes, and families part of the '26 Ponderosa Track & Field Program! Everyone is honored along with special accolades for some. **PLEASE Dress to impress** and for the occasion, NO PRACTICE CLOTHES! RSVP, sign-ups and further details found [here](#).

**LAST MANDATORY PRACTICE = MONDAY 5/18 @ 2:30PM!** We NEED WHOLE TEAM HELP for end of season TEAM CLEAN-UP = putting away pits / hurdles / etc. for the year, snack bar clean out, and lost and found up for grabs. Anyone who has concluded their season and is NOT qualified to go on to check in uniform, warm-ups, and any other team gear issued! It takes a lot of hands to get through this process and IF we have WHOLE team help it can be done in an hour or so, without enough people it will take multiple days... please PLAN to help!

I hope this information helps for your planning purposes!

:) Coach Karen Norwood