

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

I wanted to thank everyone who was able to be in attendance last night. I appreciate everyone understanding the length of the banquet is due to the amazing student-athletes we are there to honor and the fact there are so many of them! Thanks to you and your family efforts we had PLENTY of food. Although we still had over 270 in attendance, we had planned for a possible 400-450! Please know this count was done off of our normal calculations on number on the team and on average bringing 2 guests. Sadly with many other events like Drama Night, spring football, etc. we had many from our team that could not make it last night. I do have your awards packets in classroom p-1 and athletes who missed last night can pick these up from me at lunch time Friday or Monday, or at our last Mandatory Practice on Monday 5/18/26 @ 2:30pm for T&F Equipment Clean Up / Turn in Gear Day! This is your chance to have your gear checked in to ensure you do NOT end up with a school fine from missing uniform, missing warm-ups, etc. All lost and found will be out and up for grabs on this day as well. WE NEED ALL ATHLETES this day as light hands make light work!

Some things I think I missed last night (not sure I'm still in a fog today-lol) and want to be sure everyone knows about the accolades / awards along with the athletes we honored with special recognition for this T&F season!

PHS T&F 2026 Captains: Captain Cheyenne Jones, Captain Braysen Tapp, Captain Taven Skinner, Captain Coby Woodward, Captain Gavin Scowcroft, Captain Devin Maldonado, Captain Cameron Prentice, Captain Emmy Angelo, Captain Bailey Suetta, AND CAPTAIN Lucas Wynne!

This group of amazing individuals is really an extension of the staff for all they do above and beyond the team commitments. These student-athletes meet at least once a week for a captains meeting where we make decisions for the team, plan, pack and put away team equipment. This group has gone through online training to be considered for captainship, they are in GREAT academic standings, volunteer to come early and stay late from practices at least one early and one late EACH week! Each one has taken turns to take home the team towels to be washed, dried, folded and returned. They organized their presentation and gifts to coaches last night... and much more! THANK YOU MY 2026 AMAZING T&F BRUIN TEAM CAPTAINS!

Ponderosa Bruins who qualified and competed to the **"All League"** Status for the CVC:

Calvin Lea, Dusty Smith, River Coppa, Weston Lauer, Bailey Suetta, Emmy Angelo, Cheyenne Jones, Braden Himley, Braysen Tapp, Colby Woodward, Grady Morris, and Mason Yoast!

For those of you that couldn't make it through the whole marathon banquet, at the end of the night our 2026 T&F plaques went to:

<u>2026 Track & Field</u>	<u>Boys</u>	<u>Girls</u>
Horizon Award (9th)	Caden Coelho	Sadi Angelo
Shining Star (10th)	Calvin Lea River Coppa	Triesta Perez

Bruin Award	Jacob Arthur Brendan Ferrie	
Track Athlete	Ben Deagle	Emmy Angelo
Field Athlete	Mason Yoast	Emma Maxwell
High Point (Varsity points)	Miles Hansen	Cheyenne Jones
Coaches	Lucas Wynne	Bailey Suetta
Pondo Pride	Taven Skinner Braysen Tapp	

For those that are interested in what tomorrow holds for the Bruins who are still competing for Div. Finals please read below. There is some VERY important information the section just sent out TODAY (ugh) and I wanted to get it out to families ASAP!

The athletes and families who should be in attendance tomorrow for their stellar performances and qualifying for Div. Finals are listed once again here:

Captain Cheyenne Jones = Pole Vault

Captain Braysen Tapp = Shot Put

Makayla Murray = Long Jump

Olivia Novelo = Shot Put

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 schedule of events can be seen here but more specifically the heat and flight sheets can be accessed below in the message from the SJS.

FIELD EVENT SCHEDULE

BOYS AND GIRLS LONG JUMP – Check-in: 9 am; competition begins: 9:30 am.

BOYS AND GIRLS TRIPLE JUMP – To follow Long Jump

Long Jump order will be D5/4/3/2/1.

Triple Jump order will be D3/2/1/5/4.

BOYS SHOT PUT – Check-in: 8 a.m.; competition begins at 8:30 a.m. In Division order 1/2/5/4/3

GIRLS SHOT PUT – Check-in: 2 p.m.; competition begins at 2:30 p.m. In Division order 1/2/5/4/3

BOYS DISCUS – Check-in: 8 a.m.; competition begins at 8:30 a.m. In Division order 5/4/3/2/1

GIRLS DISCUS – Check-in: 2 p.m.; competition begins at 2:30 p.m. In Division order 5/4/3/2/1

Field Event Check-In Scratch Time Starting Time

GIRLS POLE VAULT (Runways 1 and 2)

A Pit 9:30 a.m. 9:45 a.m. 10:30 a.m.

B Pit 9:30 a.m. 9:45 a.m. 10:30 a.m.

BOYS POLE VAULT (Runways 1 and 2)

A Pit 1:30 p.m. 1:45 p.m. 2:00 p.m.

B Pit 1:30 p.m. 1:45 p.m. 2:00 p.m. |

BOYS HIGH JUMP (Runways 1 and 2) |

A Pit 9:30 a.m. 9:45 a.m. 10:30 a.m. |

B Pit 9:30 a.m. 9:45 a.m. 10:30 a.m. |

GIRLS HIGH JUMP (Runways 1 and 2) |

A Pit 1:30 p.m. 1:45 p.m. 2:00 p.m. |

B Pit 1:30 p.m. 1:45 p.m. 2:00 p.m. |

***** FIELD EVENT SCHEDULE SUBJECT TO CHANGE ***** |

RUNNING EVENT SCHEDULE (Divisional Order: 5/4/3/2/1) |

NOTE: The listed times are approximate. Races will run in sequence without delay following awards. |

Track Events Scratch Time Event Time |

Girls 400M Relay 10:05 a.m. 10:20 a.m. |

Boys 400M Relay 10:35 a.m. 10:50 a.m. |

Girls 1600M 11:05 a.m. 11:20 a.m. |

Boys 1600M 11:45 a.m. 12:00 p.m. |

Girls 100M High Hurdles 12:25 p.m. 12:40 p.m. |

Boys 110M High Hurdles 12:55 p.m. 1:10 p.m. |

Girls 400M 1:25 p.m. 1:40 p.m. |

Boys 400M 1:55 p.m. 2:10 p.m. |

Girls 100M 2:25 p.m. 2:40 p.m. |

Boys 100M 2:45 p.m. 3:00 p.m. |

Girls 800M 3:05 p.m. 3:20 p.m. |

Boys 800M 3:35 p.m. 3:50 p.m. |

Girls 300M Low Hurdles 4:05 p.m. 4:20 p.m. |

Boys 300M Intermediate Hurdles 4:35 p.m. 4:50 p.m. |

Girls 200M 5:05 p.m. 5:20 p.m. |

Boys 200M 5:35 p.m. 5:50 p.m. |

Girls 1600M Relay 6:05 p.m. 6:20 p.m. |

Boys 1600M Relay 6:45 p.m. 7:00 p.m. |

SJS Track and Field Divisional Championships

To all SJS Track and Field Coaches and ADs,

We're excited to welcome you to tomorrow's SJS Track and Field Divisional Championships at historic Hughes Stadium. Please review the below logistical details and attached map and feel free to forward this information to any relevant team personnel.

DAILY EVENT SCHEDULE

- 6:30 a.m. – Team packets available for pick-up at the SJS pop-up tents. They are across the street to the west of the stadium, just south of the first parking lot as you enter Panther Parkway.
- 7:00 a.m. – The north gate opens to athletes and coaches. You **MUST** have a wristband to enter the facility.
- 8:00 a.m. – West gate opens to spectators. We are **ONLY** using the west gate for spectator entrance.
- 10:00 a.m. – Running events begin.

ENTRY

- Coaches and athletes with wristbands will enter and exit the stadium via the **north gate**.
- Spectators will enter and exit the stadium via the

west gate. There are in-and-out privileges.

PARKING

- Sacramento City College is not charging a set fee for parking, but is enforcing parking. A parking permit (\$2) must be purchased. You can park in the parking structure or the open parking to the north of the garage.
- Busses can drop off their kids on Panther Parkway just past the stadium before parking.

TICKETING

- All ticketing will be done through GoFan: [GoFan CIFSJS Events](#)
- Cash will not be accepted on-site.
- Only the following passes will be accepted (at either gate):
 - CIF Sac-Joaquin Section Playoff Passes
 - Section Media Passes
 - CIF State Courtesy Cards
 - CIF State or Section Gold Lifetime Passes
- No league, district, school, NCOA, or regular season Section passes will be honored.

COACHING

- Coaches will pick up their wristbands at the check-in outside the stadium. Look for the SJS pop-ups across the street to the west of the stadium, just south of the first parking lot.
- No coaches will be allowed in the infield. There will be designated coaches boxes set up for the field events at the south end of the stadium.
- Please see the meet referees (Mike Brown and Tom Rossow) first if there are any issues.
- Questions/issues about the meet itself? The person to talk to is Will DeBoard from the SJS office, who will be mainly situated at the north gate (coaches and athletes entrance).

VOLUNTEERS

- All field volunteers will check-in at the **north gate** for their wristbands. Your volunteering is greatly appreciated.
- There is a distinct possibility one of our meet directors will be enlisting volunteers at coaches check-in. Thanks in advance for agreeing to help out!

FIELD EVENT CHECK-IN

- For all field events with divisional flights (shot put/discus/long jump/triple), athletes are not expected to check in until before their event. Example: A D3 boys shot put participant doesn't need to check in at 8 a.m. when he probably won't be competing until the early afternoon. They are expected to pay attention to the event and check in soon before it is to be contested.
- For the pole vault and high jump, with combined heats, they all need to check in at the same time.
- The pole vault and high jump heats will have an "A" flight of 18 participants and a "B" flight of 27 participants, separated by qualifying mark. A competitor can qualify for Masters from either flight. The heats will be determined by tomorrow morning.
- The pole vault pits are facing in the same direction.
- Weights and measures are under the east stands. They will be available at 7 a.m.

I have attached a map of Hughes Stadium with directions to Coaches Check-In, the gates, trainer and clerk location. The heat sheets have been posted and can be found here:
<https://www.cifsjs.org/track-field> Navigate to "Format and Rules"

Thank you, and we'll see many of you tomorrow.

Will DeBoard
Assistant Commissioner

CIF Sac-Joaquin Section

For a map to reference for Saturday try this link = [Sac City Map](#).

I hope this information helps for your planning purposes!

:) Coach Karen Norwood