

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

I know it is hard to believe you are receiving an update e-mail when the school year is over and we have officially started SUMMER! However, not all Bruins are finished with their 2026 T&F Season! The day after graduation, we had an outstanding SJS Master Finals Meet held @ Folsom High School! Please find all the SJS Master Meet Results [here](#). Makayla Murray #2 best Bruin long jumper ever took another 6 long jumps to conclude her junior T&F season! Our 3200m Master runners; Sadi Angelo, Emmy Angelo and Braden Himley showed with some of their Bruin Bests! Senior Braden Himley dug deep for his personal record 8 laps in his Ponderosa tank clocking the #2 fastest 3200m in the history of our school with a time of 9:12.34! Freshman Phenom Sadi Angelo concluded her first Pondo T&F season with a top 20 Masters finish in her 2 mile! From the Masters meet the Bruin that continues on with a state championship qualifying finish is Captain Emmy Angelo in the 3200m! After executing a flawless 7 laps & concluding her final 8th lap of the 3200m with a ferocious, determined, personal best, All Time Ponderosa #2 3200m in 10:44.06!!! Emmy Angelo will travel Friday (tomorrow) and execute all her premeet routines prior to her race 9:20pm Saturday 5/30/26, also her birthday!!!

In addition to the above we also had an outstanding showing by all the Bruin Unified Athletes and their partners! Congratulations to the following from Saturday and the highlighted Unified pairs who qualified and will compete Friday @ the CIF State T&F Meet!

Unified Shot Put Womens

Athlete: Kennedy Maurer Partner: Kaitlyn Storck

Unified Shot Put Mens

Athlete: Andy Marty Partner: Reece Craig

Athlete: Cameron Craig Partner: Lucas Wynn

Athlete: Jaxon Subia Partner: Caden Baltao

Athlete: Rhys Romanowski Partner: Cameron Price

Athlete: Seth Jordan Partner: Shea Sonnenburg

4x 100 Meter Relay

Mens team

Athlete: Andy Marty

Partner: Reece Craig

Partner: Brandon Ragan

Athlete: Seth Jordan

Unified Long Jump

Womens

Athlete: Kennedy Maurer Partner: Payton MacDonald

Mens

Athlete: Andy Marty partner: Cameron Price

Athlete: Cameron Craig Partner: Chase Shalz

Athlete: Jaxson Subia Partner: Caiden Prentice

Athlete: Rhys Romanowski Partner: Caden Baltao

Athlete: Seth Jordan Partner: Brandon Ragan

Unified 100M

Womens

Athlete: Kennedy Maurer Partner: Cynthia Hernandez

Mens

Athlete: Andy Marty Partner: Reece Craig

Athlete: Cameron Craig Partner: Chase Shalz

Athlete: Jaxson Subia Partner:Gavin Scowcroft

Athlete: Rhys Romanowski Partner:Michael Zizek

Athlete: Seth Jordan Partner: Brandon Ragan

Gold Country Run and Sport in El Dorado Hills Town Center (where we kick off each season for our team shoe / spike nights) will be hosting a CA CIF State T&F Championship Meet viewing party in store on Saturday from 5:30-10pm. Please use [this link](#) to RSVP for the State T&F Championship Watch party and cheer Emmy on around her 8 state meet laps!

I hope this Track Update finds you all kicking off your summer and doing great things! Coaches ask that you please be patient as some of us have not finished yet. Another update with state wrap up, season conclusion, and summer training information to come soon!

PONDEROSA Track & Field STILL COMPETING!

Coach Karen Norwood