

May 18, 2025 Update

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

I wanted to thank all of you for adding another successful T&F event to our 2025 season with Friday's marathon banquet, lol! It was a wonderful time to share our 2025 team accomplishments and a family meal together. I really do appreciate everyone spending their Friday night with us! Thank you to all who helped contribute items for our meal and for everyone who donated and helped us to cover the team costs of the proteins.

Team Pictures are still available for purchase! All proceeds of purchasing these amazing prints go DIRECTLY back to Pondo T&F because of Coach Ming! I cannot stress HOW important it is to support the time and effort Coach Ming has dedicated to our program by us supporting the development of one of his additional talents in photography. He spent a lot of time in taking, editing and making available these pics. Coach is excited to have additional funds to purchase new sprint equipment for the preseason!

Tomorrow, Monday 5/19, starting @ 1:45pm we will begin track uniform and warm-up check-in with athletes. We will also do team clean-up by putting away all team equipment from **2-4:30pm tomorrow!** We need MANY hands to return travel equipment from last week, change out & move in-season working stations back to storage areas, put away hurdles, high jump pit, and pole vault pit. We hope to be done early but that depends on the amount of help. On Monday (tomorrow) @ last practice it will be last call for any one who would like to take anything from our lost & found, there is some great stuff! In addition, Kaden Straw & Abby Davis will need to report to Coach Norwood prior to final check out for your Coach Lunch plans from our Cookie Dough 2025 season reward! There will be treats for ALL who stay for clean up and put away tomorrow!

Friday 5/23 & Saturday 5/24 MASTERS MEET (CIF State Qualifying Meet) @ Folsom High School: *PLEASE COME SUPPORT OUR BRUINS QUALIFIERS!*

FIELD EVENT SCHEDULE – Friday, May 23, 2025

Field Event Reporting Time Scratch Time Starting Time

Boys' Pole Vault 2:00 p.m. 2:45 p.m. 3:00 p.m.

Girls' High Jump 2:00 p.m. 2:45 p.m. 3:00 p.m.

Boys' Discus 2:00 p.m. 2:45 p.m. 3:00 p.m.

***Mason Yoast @ Boys' Triple Jump 2:00 p.m. 2:45 p.m. 3:00 p.m.**

***Cheyenne Jones @ Girls' Shot Put** 4:30 p.m. 5:15 p.m. 5:30 p.m.

***Elise Maxwell @ Girls' Triple Jump** 4:30 p.m. 5:15 p.m. 5:30 p.m.

All of the above field events will conduct trials and finals on May 23

RUNNING EVENT SCHEDULE – Friday, May 23, 2025

Track Events Scratch Time Event Time

Girls' 4 x 800M Relay 4:15 4:30

Boys' 4 x 800M Relay 4:30 4:45

Girls' 4 x 100M Relay, Heat 1 4:45 5:00

Girls' 4 x 100M Relay, Heat 2 4:45 5:04

Girls' 4 x 100M Relay, Heat 3 4:45 5:08

Boys' 4 x 100M Relay, Heat 1 4:57 5:12

Boys' 4 x 100M Relay, Heat 2 4:57 5:16

Boys' 4 x 100M Relay, Heat 3 4:57 5:20

***Elise Maxwell @ Girls' 100M HH, Heat 1** 5:09 5:24

Girls' 100M HH, Heat 2 5:09 5:29

Girls' 100M HH, Heat 3 5:09 5:34

***Max Jenkins @ Boys' 110M HH, Heat 1** 5:24 5:39

Boys' 110M HH, Heat 2 5:24 5:44

Boys' 110M HH, Heat 3 5:24 5:49

***Isabelle Enright @ Girls' 400M, Heat 1** 5:39 5:54

Girls' 400M, Heat 2 5:39 5:58

Girls' 400M, Heat 3 5:39 6:02

Boys' 400M, Heat 1 5:51 6:06

Boys' 400M, Heat 2 5:51 6:10

Boys' 400M, Heat 3 5:51 6:14

Girls' 100M, Heat 1 6:03 6:18

Girls' 100M, Heat 2 6:03 6:22

Girls' 100M, Heat 3 6:03 6:26

Boys' 100M, Heat 1 6:15 6:30

Boys' 100M, Heat 2 6:15 6:32

Boys' 100M, Heat 3 6:15 6:36

Girls' 800M, Heat 1 6:25 6:40

Girls' 800M, Heat 2 6:25 6:45

Girls' 800M, Heat 3 6:25 6:50

***Grady Morris** Boys' 800M, Heat 1 6:40 6:55

Boys' 800M, Heat 2 6:40 7:00

Boys' 800M, Heat 3 6:40 7:05

***Elise Maxwell** Girls' 300M LH, Heat 1 6:55 7:10

Girls' 300M LH, Heat 2 6:55 7:14

Girls' 300M LH, Heat 3 6:55 7:18

***Max Jenkins** Boys' 300M IH, Heat 1 7:07 7:22

Boys' 300M IH, Heat 2 7:07 7:26

Boys' 300M IH, Heat 3 7:07 7:30

Girls' 200M, Heat 1 7:20 7:35

Girls' 200M, Heat 2 7:20 7:39

Girls' 200M, Heat 3 7:20 7:43

Boys' 200M, Heat 1 7:32 7:47

Boys' 200M, Heat 2 7:32 7:51

Boys' 200M, Heat 3 7:32 7:55

*** Makenna Mears/ Makayla Murray/ Maile Clemons/ Isabelle Enright @**

Girls' 4 x 400M Relay, Heat 1 8:00 8:15

Girls' 4 x 400M Relay, Heat 2 8:00 8:23

Girls' 4 x 400M Relay, Heat 3 8:00 8:31

*** Ben Deagle/ Tavenn Skinner/ Jax Mieke/ Miles Hansen @**

Boys' 4 x 400M Relay, Heat 1 8:24 8:39

Boys' 4 x 400M Relay, Heat 2 8:24 8:47

Boys' 4 x 400M Relay, Heat 3 8:24 8:55

FIELD EVENT SCHEDULE – Saturday, May 24, 2025

Field Event Reporting Time Scratch Time Starting Time

Unified Shot Put 1:15 p.m. 2:00 p.m. 2:15 p.m.

Unified Long Jump 2:00 p.m. 2:45 p.m. 3:00 p.m.

Girls' Pole Vault 2:00 p.m. 2:45 p.m. 3:00 p.m.

Boys' High Jump 2:00 p.m. 2:45 p.m. 3:00 p.m.

***Cheyenne Jones @** Girls' Discus 2:00 p.m. 2:45 p.m. 3:00 p.m.

Girls' Long Jump 2:00 p.m. 2:45 p.m. 3:00 p.m.

Boys' Shot Put 4:30 p.m. 5:15 p.m. 5:30 p.m.

Boys' Long Jump 4:30 p.m. 5:15 p.m. 5:30 p.m.

All of the above field events will conduct trials and finals on May 24

RUNNING EVENT SCHEDULE – Saturday, May 24, 2025

Track Events Scratch Time Event Time

Unified 4 x 100M Relay 4:45 5:00

Girls' 4 x 100M Relay 5:00 5:15

Boys' 4 x 100M Relay 5:08 5:23

Girls' 1600M 5:19 5:34

***Jack Hinsz @ Boys' 1600M 5:28 5:43**

Girls' 100M HH 5:44 5:59

Boys' 110M HH 5:54 6:09

Girls' 400M 6:04 6:19

Boys' 400M 6:11 6:26

Unified 100M 6:19 6:34

Girls' 100M 6:25 6:40

Boys' 100M 6:29 6:44

Girls' 800M 6:38 6:53

Boys' 800M 6:46 7:01

Girls' 300M LH 6:57 7:12

Boys' 300M IH 7:04 7:19

Girls' 200M 7:14 7:29

Boys' 200M 7:23 7:36

***Emmy Angelo @ Girls' 3200M 7:29 7:44**

***Braden Himley @ Boys' 3200M 7:46 8:01**

Girls' 4 x 400M Relay 8:04 8:19

Boys' 4 x 400M Relay 8:14 8:29

Possible more to be at Saturday's Events if they qualify on Friday!

Entry Fee / Gate Fee will be charged @ Folsom HS through Go Fan. Please know you must pay in order to get into the meet, unless you were listed in the above names or a Ponderosa T&F Coach!

I wish all of our student-athletes the best during finals week! STUDY HARD and do your BEST! I will be sending out another team update as we finish out the official CIF T&F Season. There will be information coming about summer camps, pre-season training, and when our T&F Record Board will have the updates being put up! Please

know that the coaching staff still has practices daily and we are still IN SEASON and very busy but are here to help if you need anything, please ask!

I hope this all helps for your planning purposes!

:) Coach Karen Norwood