Happy Saturday All Bruin CC Staff, Athletes, Families and Fans,

Please use the this <u>link</u> to watch our Woodbridge athletes race live tonight down here in southern CA! This site will also have the videos posted after the races have finished. Owen races @ 5:34pm in the Senior Boys Gold Division. Shauna is up next @ 6:46 in the Junior/Senior Girls Gold division. Then we will have Sadi and Emmy racing @ 7:10 in the Varsity Girls Gold A division race. Last will be our Varsity Boys; Braden, Grady, Colby, Devin, Gavin, Jacob A., & Weston in the Rated Boys Race @ 9:14pm!

Today during our split squad meet we already have the Frogtown CC runners finished! We had some great results out in Angels Camp, on the section meet course! Congratulations to our girls out at Frogtown who raced the 3-mile varsity course (as most will be on this course again in November). Here is how they crossed the finished line today (first number listed above their name is the place the runner finished out of 130 girls racing.

20

AG

Alex Grunder



Ponderosa

22:53.09

PR • Yr: 9



31

<u>MB</u>

Mabel Best



<u>Ponderosa</u>

23:36.71

<u>PR</u> • Yr: 9



39

<u>LE</u>

<u>Lilliana Erwin</u>



<u>Ponderosa</u>

24:08.59

<u>PR</u> • Yr: 10



82

<u>EJ</u>

Emma Judi



<u>Ponderosa</u>

27:20.84

SR • Yr: 11



102

MA

Monika Alvarez Romero



<u>Ponderosa</u>

29:33.15

SR • Yr: 12



122

<u>MM</u>

Madison Mills



<u>Ponderosa</u>

34:23.58

<u>PR</u> • Yr: 9



125

<u>OP</u>

Olivia Pitts



<u>Ponderosa</u>

34:44.67

PR • Yr: 9



Way to go ladies!

The "small school" Soph boys raced first for us and what an outstanding showing from our young Bruin Boys... 1st PLACE TEAM!!!! Below are their individual results and then the team results.

2

<u>DS</u>

Dusty Smith



<u>Ponderosa</u>

12:03.84

<u>PR</u> • Yr: 10



3

<u>JJ</u>

<u>Jacob Judi</u>



<u>Ponderosa</u>

12:04.95

<u>PR</u> • Yr: 9



6

<u>AJ</u>

Austin Jones



<u>Ponderosa</u>

12:20.30

<u>PR</u> • Yr: 9



8

<u>DD</u>

<u>Drew Drinon</u>



<u>Ponderosa</u>

12:24.62

<u>PR</u> • Yr: 9



32

<u>LT</u>

Liam Trifiro



<u>Ponderosa</u>

<u>13:36.06</u>

SR • Yr: 10



33

MA

Michael Alvarez-Romero



<u>Ponderosa</u>

13:40.55

<u>PR</u> • Yr: 9



54

<u>LB</u>

<u>Landon Bordenave</u>



<u>Ponderosa</u>

14:46.39

<u>PR</u> • Yr: 9



65

<u>JG</u>

Jackson Gilbert



<u>Ponderosa</u>

<u>15:11.52</u>

<u>PR</u> • Yr: 10



66

<u>WS</u>

Wilcken Scott



<u>Ponderosa</u>

<u>15:17.33</u>

<u>PR</u> • Yr: 9



88

<u>MC</u>

Mason Chafer



<u>Ponderosa</u>

16:33.10

<u>PR</u> • Yr: 9



98

<u>LS</u>

Logan Scowcroft



<u>Ponderosa</u>

<u>17:29.05</u>

<u>PR</u> • Yr: 9



Official Team Scores

1	Dealing)	<u>Ponderosa</u>	33
2		<u>Sierra</u>	85
3	THE STATE OF	<u>St Mary's</u>	94
4	R	Ripon	123
5		<u>Union Mine</u>	130
6	B	Christian Brothers	155
7	TO SERVICE SER	<u>Pioneer</u>	161
8		River Islands	168
9		<u>Kimball</u>	188
10	ATS	<u>Amador</u>	206
11	4	<u>Lathrop</u>	307

Congratulations to all of our Bruins! Looking forward to everyone being back together whole team again on Monday. Bruin CC please stay focused on good stretching, recovery, hydration, refuel and taking some time for race reflection as this Thursday 9/25 (please check athletic.net for meet details) we race again for our first league meet!

Don't forget to visit our team store <u>here</u> and get your team swag ordered before the store closes!

Next week (Sunday 9/27) will be your last chance to get your Ponderosa Fall Sport Poster(s) out to your businesses that you signed up for (3 posters / businesses per athlete, 5 for captains in training, 7 for all captains).

I hope this information helps for your planning purposes!			
:) Coach Karen Norwood			
Together			
E veryone			
A chieves			
M ore			
P ride			
H onor			
Spirit!			

Working hard to get better...GO BRUINS!

Karen Norwood
Ponderosa High School
Life Fitness/ Connections/ PROTECT Instructor
Head Cross Country Coach
Head Track & Field Coach
(530)677-2281 ext. 2321
kwylie-norwood@eduhsd.k12.ca.us