

Ponderosa High School
 3661 Ponderosa Road, Shingle Springs, CA 95682-9460
 School Phone: 530-677-2281 Fax: 530-677-2299

Superintendent Steve Wehr	Principal Lisa Garrett	Mascot Bruins	Athletic Director Tyson Escobar
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2017 Ponderosa Bruins Cross Country Schedule

DAY	DATE	OPPONENT	LOCATION	TIME	DISMISSAL	DEPARTURE
Thursday	8/17/2017	Mandatory Parent Meeting	PHS - Room P1	5:15 PM		
	8/18/2017	Team Shoe Night	Gold Country Run & Sport	6:00 PM		
Wednesday	8/23/2017	Frogtown Scrimmage	Calaveras County Fairgrounds	1:00 PM	10:30 AM	11:00 AM
Friday	9/8/2017	North Tahoe Kiwanis Invitational	North Tahoe High School	2:00 PM	9:30 AM	10:00 AM
Wednesday	9/20/2017	*Center Meet	Willow Hills	4:00 PM	1:00 PM	1:30 PM
Saturday	9/30/2017	Cross Country Challenge	Haggin Oaks Golf Complex - Sacramento	8:00 AM		
Saturday	10/7/2017	Break Free Folsom Fun Run	Folsom	7:00 AM		
Saturday	10/14/2017	Bella Vista Bronco invitational	Willow Hills Reservoir Course	8:00 AM		
Friday	10/27/2017	*League Meet	Maidu Park	3:00 PM	12:30 PM	1:00 PM
Saturday	11/4/2017	*Playoff Subsection	Angels Camp	TBA		8:00 AM
Friday	11/10/2017	*Playoff Sections	Willow Hills, Folsom	TBA		
Thursday	11/16/2017	Awards Banquet	PHS - Cafeteria	6:00 PM		
Saturday	11/25/2017	*Playoff State	Woodward Park	TBA		

Practice
 Monday thru Friday 3:00 pm - 5:00 pm

Dead Period: July 17 - August 6
Practice Begins: 7-Aug
First Scrimmage: 19-Aug
First Contest: 25-Aug
Last Contest: 28-Oct
First Playoff Meet: 4-Nov

Head Coach: Karen Norwood