

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

2017 Ponderosa Bruins Track and Field Schedule

DAY	DATE	OPPONENT	LOCATION	TIME DISMISSAL	DEPARTURE
Thursday	3/2/2017	Friendship Meet	Ponderosa High School	3:30 PM	
Saturday	3/11/2017	Del Campo Distance Fest	Del Campo High School	9:00 AM	
Wednesday	3/15/2017	*First Center Meets	Cosmunes Oaks High School	3:30 PM	
Saturday	3/25/2016	Ron Rupiter	Ponderosa High School	8:00 AM	
Wednesday	4/5/2017	*Second Center Meets	Whitney High School	3:30 PM	
Friday	4/21/2017	Del Oro Invite	Del Oro High School	12:30 PM	
Wednesday	4/26/2017	*Third Center Meets	Ponderosa High School	3:30 PM	
Saturday	4/29/2017	Sacramento Meet of Champions	American River College	11:00 AM	
Wednesday	5/10/2017	*CVC Trials	Bella Vista High School	2:00 PM	
Friday	5/12/2017	*CVC Finals	Bella Vista High School	2:00 PM	
Wednesday	5/17/2017	*Section Trials	Bella Vista High School	3:00 PM	
Friday	5/19/2017	*Section Finals	Bella Vista High School	3:00 PM	
Thursday	5/25/2017	*Masters Trials	Elk Grove High School	2:00 PM	
Friday	5/26/2017	*Masters Finals	Elk Grove High School	2:00 PM	
Friday	6/2/2017	*States Trials	Buchanan High School	3:00 PM	
Saturday	6/3/2017	*States Finals	Buchanan High School	4:30 PM	

Practice Time: 3:00 - 5:00 pm rain or shine

Dead Period: January 16 - February 5
Practice Begins: 6-Feb
First Scrimmage: 18-Feb
First Contest: 24-Feb
Last Contest: 13-May
First Playoff Game: 17-May

Coach: Karen Norwood (530) 363-4927