PONCA CITY CROSS COUNTRY MEET THURSDAY, August 25, 2016

Place: Lake Ponca Park located east of Ponca City.

Awards: Medals to top 30 in each Varsity and JV division and top 30 in junior high divisions. Awards to top 2 teams in Varsity, and top team in JV and Junior High divisions.

Coaches Meeting: 3:30 pm near finish line area.

Dressing Rooms: No facilities are provided. Rest rooms (porta potties) are available.

Divisions: JV Girls 3200 meters 4:00pm

JV Boys 3200 meters

Varsity Girls 3200 meters

Varsity Boys 3200 meters

Elementary Race (K-5) 1600 meters

Jr. High Girls (6-8) 1600 meters

Jr. High Boys (6-8) 1600 meters

Entry Deadline: August 16, 2016. We will be computer scoring this meet. Please FAX or E-mail your entries to (580) 762-5301 by Tuesday, August 16. Changes can be made before the coaches meeting. Pick up team packets and make changes before 3:30 pm.

Entry Fees:	Varsity Girls \$70	Varsity Boys \$70		
	Individual \$15 (5 or less)			
	JV Teams free if varsity team is entered. Teams must enter a varsity team in order to enter a JV team.			
	Jr. High Girls \$35	Jr. High Boys \$35	Indiv \$10	
	ALL OF THE ABOVE DIVISIONS\$170			
	Elementary Race\$1 per person			
Additional que	estions should be directed to:	Larry Degan, Head Coach		

Email: deganl@pcps.us

Work phone: (580) 767-8010

Cell phone: (580) 761-8139

Athletic Director: (580) 767-8075

PONCA CITY CROSS COUNTRY MEET - Thursday, August 25, 2016 DEADLINE: AUGUST 16, 2016 Tuesday

School:		
Boys' Coach:		
Girls' Coach:		
Return by: Tuesday, Aug	gust 16, 2016, or FAX to (580) 762-5301. Schools	must enter a varsity team in order to enter
a JV team. Please type of	or print names.	
VARSITY BOYS	VARSITY GIRLS	
1	1	
2	2	
3	3	
4	4	
5	5	
6	6	
7	7	
JV BOYS JV GIRLS	1	
	2	
	3	
	4	
	5	
	6	
	7	
	8	
9	9	
10	10	
11	11	
12	12	
13	13	
14	14	
15	15	
16	16	

Approximate number of Elementary Entries: _____