

PONCA CITY CROSS COUNTRY MEET

THURSDAY, August 24, 2017

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 15, 2017. We will be computer scoring this meet. Please fax or email your entries. FAX entries to (580) 762-530 Email entries to deganl@pcps.us by Tuesday, **August 15**. 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 questions should be directed to: Larry Degan, Head Coach

Email: deganl@pcps.us

Work phone: (580) 767-8010

Athletic Director: (580) 767-8075

PONCA CITY CROSS COUNTRY MEET - Thursday, August 24, 2017

DEADLINE: Tuesday, AUGUST 15th, 2017

School: _____

Boys' Coach: _____

Girls' Coach: _____

Entry Deadline: August 15, 2017. We will be computer scoring this meet. Please fax or email your entries. FAX entries to (580) 762-530 Email entries to deganl@pcps.us by Tuesday, August 15.

Schools must enter a varsity team in order to enter a JV team. Please type 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. _____ | 1. _____ |
| 2. _____ | 2. _____ |
| 3. _____ | 3. _____ |
| 4. _____ | 4. _____ |
| 5. _____ | 5. _____ |
| 6. _____ | 6. _____ |
| 7. _____ | 7. _____ |
| 8. _____ | 8. _____ |
| 9. _____ | 9. _____ |
| 10. _____ | 10. _____ |
| 11. _____ | 11. _____ |
| 12. _____ | 12. _____ |
| 13. _____ | 13. _____ |
| 14. _____ | 14. _____ |
| 15. _____ | 15. _____ |
| 16. _____ | 16. _____ |

Approximate number of Elementary Entries: _____