

PONCA CITY CROSS COUNTRY MEET

Tuesday, August 14, 2018

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

Jr. High Girls (6-8) 1600 meters

Jr. High Boys (6-8) 1600 meters

Entry Deadline: Monday August 6th, 2018.

We will be using Phillip West from the Tulsa Runner to handle the ENDURO signups as well as official timing and scoring of this meet.

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 Individual _____ \$10

ALL OF THE ABOVE DIVISIONS _____ \$170

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 - Tuesday, August 14th, 2018

DEADLINE: Monday, AUGUST 6th, 2018

School: _____

Boysø Coach: _____

Girlsø Coach: _____

We will be computer scoring this meet Phillip West from the Tulsa Runner will handle the official timing and scoring of this meet.

Entry Deadline: Monday, August 6th, 2018.

(Fill out all of the Entry Information on the pages below.)

Please submit all entries through the Enduro signup portal by Monday, August 6th.

Schools must enter a varsity team in order to enter a JV team.