

JERRY RUNYAN WILDCAT RELAYS

**TUESDAY APRIL 7, 2015
PONCA CITY HIGH SCHOOL
PONCA CITY, OK**

On behalf of the Ponca City Public Schools and the Ponca City Athletic Department, we would like to extend to you and your teams an invitation to participate in our boys and girls track meet on Tuesday, April 7, 2015. The following will give you the information you need for the meet.

TRACK ROSTER: This is a roster only event. Schools planning to attend this meet must submit their entries on TrackRoster by completing Steps 1-5. Deadline for entries is April 3.

ENTRY FEE: \$70 for each boys and girls team. \$15 per individual if less than four (4) members on a team.

TIME: All teams report to the PoHi football field by 9:30 a.m. for a coaches meeting. Field events will begin at 10:00 a.m. and running events at 10:45 a.m.

DIVISIONS: There will be four (4) divisions if warranted: 6A/5A Boys and Girls and 4A/Below Boys and Girls. **Any B team will participate in the same division as their varsity.**

LIMITATIONS: Each contestant is limited to four (4) events, including relays. Each school is limited to three (3) entrants in each event and one (1) team in each relay. Three (3) throws will be in the shot and discus and three (3) jumps in the long jump with the top seven (7) going to the finals. There will be girlsøpole vault in all divisions. All events will be timed finals.

MEDALS: Awarded to 1st, 2nd, and 3rd in all events.

PLAQUES: Awarded to 1st place teams in all divisions.

TEAM POINTS: Awarded to 1st through 6th places (10-8-6-4-2-1) in individual events and in relays (20-16-12-8-4-2).

EQUIPMENT: PoHi will furnish all starting blocks to contestants. 1/4" or shorter spikes are required.

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY

Lee Guess
Track Head Coach
E-mail: leeguess@ymail.com
580-761-4663

Jerry Runyan Wildcat Relays
April 7, 2015

School_____

Coach_____ Phone No._____

Divisions: _____ Large School _____ Boys _____ Girls
 _____ Small School _____ Boys _____ Girls

\$70/Division - \$15/Individual if less than four (4) members on a team.

Send confirmations to: Chris Walker, AD
 Ponca City Schools
 111 W. Grand
 Ponca City, OK 74601
 (580) 767-8075
 Fax: (580) 767-8077

_____ Number of coaches and bus drivers.

PLEASE FAX YOUR ENTRY IN A.S.A.P.!!!

Coach Guessø Email address: leeguess@ymail.com
Coach Guessø phone #: 580-761-4663

2013 JERRY RUNYAN WILDCAT RELAYS

COACHES MEETING IN THE FOOTBALL DRESSING ROOM AT THE WEST END OF THE STADIUM AT 9:30.

FIELD EVENTS 10:00 A.M.

High Jump	6A Boys, 4A Boys, 6A Girls, 4A Girls
Long Jump	6A Girls, 4A Girls, 6A Boys, 4A Boys
Shot Put	4A Girls, 6A Girls, 4A Boys, 6A Boys
Discus	4A Boys, 6A Boys, 4A Girls, 6A Girls
Pole Vault	4A Boys, 6A Boys, 4A Girls, 6A Girls

TIMED FINALS 10:45 A.M.

400 Meter Relay	Girls, Boys
3200 Meter Relay	Girls, Boys
100 Meter Hurdles	(33") Girls
110 Meter Hurdles	(39") Boys
3200 Meter Run	Boys
800 Meter Relay	Girls
800 Meter Run	Girls, Boys
100 Meter Dash	Girls, Boys
3200 Meter Run	Girls

BREAK:

THROWERSøRELAY - FIRST PLACE TEAM RECEIVES A CAKE! (Girls & Boys Throwers)

400 Meter Run	Girls, Boys
300 Meter Hurdles	(30") Girls
300 Meter Hurdles	(36") Boys
200 Meter Dash	Girls, Boys
1600 Meter Run	Girls, Boys
1600 Meter Relay	Girls, Boys