

PONCA CITY JR. HIGH TRACK MEET
THURSDAY APRIL 7, 2016

TIME: 10:30 COACHES MEETING. 11:00 FIELD EVENTS AND RUNNING EVENTS

COST: \$70 PER TEAM

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 6.

DIVISIONS: 8G-8B-9G-9B

ENTRIES: 3 ATHLETES PER EVENT, 1 RELAY PER TEAM, ATHLETES LIMITED TO 4 EVENTS

AWARDS: MEDALS TO 1ST, 2ND, 3RD, 4TH, 5TH IN ALL EVENTS.

POINTS: (10-8-6-4-2-1) DOUBLE FOR RELAYS

EQUIPMENT: STARTING BLOCKS ARE FURNISHED. 1/4" OR SHORTER SPIKES.

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OKLAHOMA SECONDARY SCHOOLS ASSOCIATION RULES APPLY

FIELD EVENTS	HIGH JUMP	8B-9B-8G-9G
	LONG JUMP	8G-9G-8B-9B
	SHOT	8G-9G-8B-9B
	DISCUS	8B-9B-8G-9G
	POLE VAULT	9B-8B-9G-8G

TIMED FINALS	(RUNNING ORDER 8G-9G-8B-9B)	
	400M RELAY	G-B
	3200M RELAY	G-B
	100M HURDLES	G
	110M HURDLES	B
	800M RELAY	G-B
	800M RUN	G-B
	100M DASH	G-B
	3200M RUN	9 G-B only
	400M DASH	G-B
	300M HURDLES	G-B
	200M DASH	G-B
	1600M RUN	G-B
	1600M RELAY	G-B