

JERRY RUNYAN WILDCAT RELAYS
TUESDAY APRIL 9, 2019
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 9, 2019. 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 Enduro by completing Steps 1-5. Deadline for entries is April 4.

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 9, 2019

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: Jason Leavitt
Ponca City Schools
613 E Grand
Ponca City, OK 74601
(580) 767-8075

_____Number of coaches and bus drivers.

2019 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 | Girls | 6A Boys, 4A Boys, 6A Girls, 4A |
| Long Jump | Boys | 6A Girls, 4A Girls, 6A Boys, 4A |
| Shot Put | Boys | 4A Girls, 6A Girls, 4A Boys, 6A |
| Discus | Girls | 4A Boys, 6A Boys, 4A Girls, 6A |
| Pole Vault | Girls | 4A Boys, 6A Boys, 4A Girls, 6A |

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 |