

PONCA CITY JR. HIGH TRACK MEET
TUESDAY APRIL 5, 2022

TIME: 9:00 COACHES MEETING. 9:30 FIELD EVENTS AND 10:00 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 March 30.

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.

CONTACT: Steve McHenry mchens@pcps.us

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