

JERRY RUNYAN WILDCAT RELAYS

**THURSDAY APRIL 14, 2022
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 Thursday, April 14, 2022. 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 11.

ENTRY FEE: \$100.00 for each boys and girls team. \$15 per individual if less than four (4) members on a team.

TIME: 9:00 a.m. coaches meeting Robson Fieldhouse. Field events will begin at 9:30 a.m. and running events at 10:00 a.m.

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

LIMITATIONS: We are limiting entries to 12 teams per division. 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 girls' pole 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

Steve McHenry
Boys Track Head Coach
E-mail: mchens@pcps.us
580-716-7448

Brad Parent
Girls Track Head Coach
E-mail: parenj@pcps.us
580-716-2722

Jerry Runyan Wildcat Relays
April 14, 2022

School _____

Coach _____ Phone No. _____

Divisions: _____ Large School _____ Boys _____ Girls

 _____ Small School _____ Boys _____ Girls

\$100.00/Division - \$15/Individual if less than four (4) members on a team.

Send confirmations to: Jason Leavitt, AD
 Ponca City Schools
 613 E. 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 Guess' Email address: mchens@pcps.us
Coach Guess' phone #: 580-716-7448

2022 JERRY RUNYAN WILDCAT RELAYS

COACHES MEETING IN THE GYM INSIDE ROBSON FIELDHOUSE AT 9:00.

FIELD EVENTS 9:30 A.M.

High Jump	Boys Div I, Boys Div II, Girls Div I, Girls Div II
Long Jump	Girls Div I, Girls Div II, Boys Div I, Boys Div II
Shot Put	Girls Div II, Girls Div I, Boys Div II, Boys Div I
Discus	Boys Div II, Boys Div I, Girls Div II, Girls Div I
Pole Vault	Boys Div II, Boys Div I, Girls Div II, Girls Div I

TIMED FINALS 10:00 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, Boys
800 Meter Run	Girls, Boys
100 Meter Dash	Girls, Boys
3200 Meter Run	Girls
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