

Ponca City Jr. High Track Meet
Monday March 11, 2024

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 High School boys and girls track meet on Monday March 11, 2024. The following will give you the information you need.

ONLINE ENTRIES: Schools planning to attend our meet must submit their entries on the ENDURO USA website by completing the steps on the "Entries" window to select a "division" for each student being entered. (This is a "Roster Entries" meet.) The online ENTRY DEADLINE is the day before the meet @ 5:00pm. Log into your account at: www.enduroussa.com. **NO LATE ENTRIES** Schools who have not entered on-line will not be added at the meet. If you have questions about your ENDURO USA account, please message Cara through your ENDURO USA™ account at: www.enduroussa.com

PREVIEW window: Immediately before you depart for our meet, please view our meet's PREVIEW window for any last minute changes that effect the meet. You can use the "short cut" to our meet's PREVIEW window by clicking on our meet in the "Student Meets & Events LIST" (on the right side of the window) after you log into your ENDURO USA™ account.

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: 7th grade girls, 7th grade boys, 8th grade girls, 8th grade boys.

ENTRY FEE: \$60.00 for each boys and girls team. \$15 per individual if less than four (4) members on a team.

BUS PARKING: Due to construction, we lost our normal parking area. We will send a detailed plan closer to meet day.

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 eight (8) going to the finals. 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: Po-Hi will furnish all starting blocks to contestants. 1/4" or shorter spikes are required.

OKLAHOMA SECONDARY SCHOOL ASSOCIATION RULES APPLY

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Order of Events

Field Events 9:30 A.M.

High Jump	7G-8G-7B-8B
Long Jump	8B-7B-8G-7G
Shot	7B-8B-7G-8G
Discus	7G-8G-7B-8B

Timed Finals 10:00 A.M.

400 Relay	7G-8G-7B-8B
3200 Relay	7G-8G-7B-8B
100 Hurdles	7G-8G
110 Hurdles	7B-8B
800 Relay	7G-8G-7B-8B
800 Run	7G-8G-7B-8B
100 Dash	7G-8G-7B-8B
400 Dash	7G-8G-7B-8B
300 Hurdles	7G-8G-7B-8B
200 Dash	7G-8G-7B-8B
1600 Run	7G-8G-7B-8B
1600 Relay	7G-8G-7B-8B

Ponca City Jr. High Wildcat Relays
March 11, 2024

School _____

Coach _____

Phone No. _____

Divisions:

7th Grade _____ Boys _____ Girls _____

8th Grade _____ Boys _____ Girls _____

\$60.00/Division - \$15/Individual if less than four (4) members on a team.

Send confirmations & payment to: Joe Turner, AD Ponca City Schools 613 E. Grand Ponca City, OK 74601
(580) 718-3890 Fax: (580) 767-8077

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

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