JERRY RUNYAN RELAYS
TUESDAY APRIL 1, 2025
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 High School boys and girls track meet on Tuesday, April 1, 2025.

ENTRIES: Deadline is Monday March 31 at 12pm at athletic.net. Please verify there is a spot available. mchens@pcps.us 580-716-7448 or parenj@pcps.us 580-716-2722

TIME: 9:00 a.m. coaches meeting Robson Fieldhouse. Running and field events will begin at 9:30 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.

ENTRY FEE: $100.00 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 parking area. We will send detailed information closer to meet date.

LIMITATIONS: We are limiting entries to 10 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 eight (8) 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

Jerry Runyan Relays
April 1, 2025

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 & 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

ORDER OF EVENTS

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
4x200 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