

Ponca City Jr. High Track Meet
Monday April 21, 2025

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 Junior High boys and girls track meet on Monday April 21, 2025. The following will give you the information you need.

ENTRIES: Deadline is Sunday April 20 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. Field and running events will begin at 9:30 a.m.

DIVISIONS: There will be four (4) divisions: 7th grade girls, 7th grade boys, 8th grade girls, 8th grade boys.

ENTRY FEE: \$80.00 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
Pole Vault	Girls/Boys

Timed Finals 9:30 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

April 21, 2025

School _____

Coach _____

Phone No. _____

Divisions:

7th Grade _____ Boys _____ Girls _____

8th Grade _____ Boys _____ Girls _____

\$80.00/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