

Ponca City Jr. High Track Meet  
Tuesday March 10, 2026

On behalf of the Ponca City Public Schools we would like to extend an invitation to participate in our track meet. We are limiting to 16 teams; please confirm to one of the following.

AD Joe Tuner [turnej@pcps.us](mailto:turnej@pcps.us); (918) 623-6623

Brad Parent [parenj@pcps.us](mailto:parenj@pcps.us); (580) 716-2722

Steve McHenry [mchens@pcps.us](mailto:mchens@pcps.us); (580) 716-7448

**ATTENTION COACHES:** Schools planning to attend must submit their entries on the athletic.net website. You will be able to make last minute changes the morning of the meet and then we will seed it. If you need assistance with your account, contact Cara at [cara@runenduro.com](mailto:cara@runenduro.com)

**9:00 a.m.** Coaches meeting in Robson Fieldhouse lobby.

**9:30 a.m.** Field and running events begin.

**DIVISIONS:** There will 4 divisions: 7 girls, 8 girls, 7 boys, 8 boys.

**ENTRY FEE:** \$80.00 per division. \$15 per individual if less than 4 members.

**LIMITATIONS:** Each contestant is limited to 4 events, including relays. Schools are limited to 3 entries and 1 relay. B teams are welcome but will be charged entry fee. We are limiting meet to 16 teams and relays to 2 heats. If we have 16 schools that enter a relay we cannot have B teams enter that relay.

**FIELD EVENTS:** Shot, Disc, Long Jump get 3 attempts in prelims; top 8 will get 3 more attempts in finals.

**PARKING:** North of stadium.

**SCORING:** 10-8-6-4-2-1 in individual events and 20-16-12-8-4-2 in relays.

**AWARDS:** Medals for top 3 in all events. Plaque for 1<sup>st</sup> place in all divisions.

**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
100 Dash	7G-8G-7B-8B
800 Relay	7G-8G-7B-8B
800 Run	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 10, 2026

School\_\_\_\_\_

Coach\_\_\_\_\_

7<sup>th</sup> Grade: Boys\_\_\_\_\_ Girls\_\_\_\_\_

8<sup>th</sup> Grade: Boys\_\_\_\_\_ Girls\_\_\_\_\_

\$80.00 per Division - \$15/Individual if less than 4 members on a team.

Make checks payable to

Ponca City Athletics

613 E. Grand

Ponca City, OK 74601