

Jerry Runyan Relays
Ponca City High School
Thursday April 9, 2026

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

AD Joe Tuner turnej@pcps.us; (918) 623-6623
Brad Parent parenj@pcps.us; (580) 716-2722
Steve McHenry 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

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

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

DIVISIONS: There will 2 divisions: Girls-Boys

ENTRY FEE: \$100.00 per division. \$15 per individual if less than 4 members.

LIMTATIONS: 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 relays 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 1st 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	Girls-Boys
Long Jump	Boys-Girls
Shot	Boys-Girls
Discus	Girls-Boys
Pole Vault	Girls-Boys

Timed Finals 9:30 a.m.

400 Relay	Girls-Boys
3200 Relay	Girls-Boys
100 Hurdles	Girls
110 Hurdles	Boys
3200 Run	Boys
800 Relay	Girls-Boys
800 Run	Girls-Boys
100 Dash	Girls-Boys
3200 Run	Girls
400 Dash	Girls-Boys
300 Hurdles	Girls-Boys
200 Dash	Girls-Boys
1600 Run	Girls-Boys
1600 Relay	Girls-Boys

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Ponca City High School

April 9, 2026

School _____

Coach _____

Boys _____ Girls _____

\$100.00 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