

BIG 10 CONFERENCE  
TRACK AND FIELD CHAMPIONSHIPS  
April 30, 2015  
Putnam City High School

\*\*\*Coaches meeting 3:15p.m.

\*\*\*Running Events 4:00 p.m.

\*\*\*Field Events 3:45 p.m.

\*\*\*ALL TIMED FINALS/F.A.T.

\*\*\*Go to trackroster.com to enter your athletes by Monday 4/27/15! This is a "ROSTER MEET"!

400 meter relay 9 g/V g/9 b/V b

3200 meter relay 9 g – V g/9 b – V b (combine g/combine b separate at finish)

100 meter HH 9 g/V g

110 meter HH 9 b/V b

3200 meter run 9 b-V b (combined/separate at finish)

800 meter relay 9 g/V g/9 b/V b

800 meter run 9 g/V g/9 b/V b

100 meter dash 9 g/V g/9 b/V b

3200 meter run 9 g – V g (combine/separate at finish)

400 meter dash 9 g/V g/9 b/V b

300 meter IH 9 g/V g/9 b/V b

200 meter dash 9 g/V g/9 b/V b

1600 meter run 9 g/V g/9 b/V b

1600 meter relay 9 g/V g/9 b/V b

High Jump 9 g – V g (combined)/9 b – V b (combined/medal/point separate)

Long Jump V b (3 jumps – top 8 to finals) /9 b (4 jumps/no finals)/V g (3 jumps – top 8 to finals)/9 g (4 jumps/no finals)

Shot 9 g/9 b (4 throws/no finals)/V g/V b 3 throws – top 8 to finals)

Discus V g/V b (3 throws – top 8 to finals)/9 g/9 b (4 throws/no finals)

Pole Vault 9 g/V g (combined/medal/point separate)/9 b/V b  
(combined/medal/point separate)

1. There will be a VARSITY division and a 9<sup>th</sup> GRADE division! Athletes may compete in ONLY 1 division! Athletes CANNOT move from division to division during meet!
2. There will be a team champion declared in the VARSITY division and in the 9<sup>th</sup> GRADE division!
3. 3 individuals/1 relay per team! NO "B" TEAMS ALLOWED!
4. 3 medals for individual events! 3 medals for relay events! In both divisions!
5. Meet Director – Adam Helms, PCHS Head Coach (405) 209-4302  
[ahelms@putnamcityschools.org](mailto:ahelms@putnamcityschools.org)
6. NO dressing facilities @ the track/Restrooms are provided
7. Concession stand will be provided

8. Each member school will be assigned an event(s) to conduct during the duration of the meet!

Long Jump - LJ  
High Jump - IKE  
Pole Vault - McGuinness  
Shot - Lawton  
Discus - PCW

Relay Exchanges - #1 ENID  
                  #2 CHOCTAW  
                  #3 MWC  
                  #4 DC

Start and Finish Line - PCW  
Heating/Awards - PC