



On behalf of the Putnam City High School, we would like to extend an invitation to participate in our boys and girls track meet. The meet will be held on Thursday, April 9, 2015.

ATTENTION COACHES: Schools planning to attend this meet must submit their entries on **TrackRoster** by completing Steps 1 – 5. The entry deadline for this meet is Monday April 6th by 5:00pm. Log into your **TrackRoster** account at: www.trackroster.com

*****NO LATE ENTRIES*******

COACHES' MEETING—12:30 (In locker room at west end of stadium)

FIELD EVENTS—1:00

RUNNING EVENTS—1:30 (Rolling Schedule)

TWO DIVISIONS: High School Girls and High School Boys

SCORING: Individual Events: 10-8-6-4-2-1; Relay Events: 20-16-12-8-4-2

**AWARDS: Team: Champion and Runner-up in each division
Individual and Relays: Top three in each event**

FIELD EVENTS: Each athlete will be given four throws & jumps.

CONCESSIONS / ADMISSION: The concession stand will be open. Admission will be charged for spectators. Restrooms available as well.

PARKING: Bus parking on the East end of the stadium.

ENTRY FEE: \$90 per division / \$180 for both (girls and boys teams)

**TO ENTER: CONFIRM BY EMAIL TO ahelms@putnamcityschools.org
Send check payable to "Putnam City High School"**

**To: Putnam City High School
Attn: Adam Helms
5300 N. W. 50th
Warr Acres, OK 73122**

Event Schedule

12:30 Coaches Meeting (on the football field)
1:00 Field Events
1:30 Running Events and timed finals

<u>Field Events</u>	1:00	Girls-Boys
High Jump		
Long Jump		Boys-Girls
Discus		Girls-Boys
Shot		Boys-Girls
Pole Vault		Boys-Girls

<u>Running Events</u>	1:30	Girls-Boys
4 x 100 Relay		
4 x 800 Relay		Girls-Boys
100 Hurdles		Girls (33)
110 Hurdles		Boys (39)
3200 Run		Boys
4 x 200 Relay		Girls-Boys
800 Dash		Girls-Boys
100 Dash		Girls-Boys
3200 Run		Girls
400 Dash		Girls-Boys
300 Hurdles		Girls (30)
300 Hurdles		Boys (36)
200 Dash		Girls-Boys
1600 Run		Girls-Boys
4 x 400 Relay		Girls-Boys