

**Dorman Griffin MS Track Meet PCW/PC
School Track Meet, Friday March 13th 2015
At PC High Stadium 5300 NW 50th
(6th-7th combined and 8th grades)**

Coaches,

PCW/PC Track will be hosting a (6th-7th) and 8th grade track meets this spring. The date is **Friday March 13th**. This meet is open to all classifications.

ATTENTION COACHES: **Middle Schools** planning to attend this meet must submit their entries on **TrackRoster** by completing Steps 1 – 5. The entry deadline for this meet is **Tuesday March 9th by 5:00pm**. This is a **Roster Only** meet. Log into your **TrackRoster** account at: www.trackroster.com

- Scoring will be **10-8-6-4-2-1** for individual events and **20-16-12-8-4-2** for relays.
- Each school will be permitted to enter 3 contestants per event
- Each athlete may compete in only 4 events. 1 relay per event.
- Shot, Discus, long jump, High Jump, Pole Vault(contestants will be given 3 attempts only. 1 warm up) **Yukon MS will Judge**
- All Boys and Girls Divisions **100m** will be on **NORTH** side of track
- **800m, 1600m** will be combined when convenient.
- **Divisional Champion Trophies** will be awarded for **1st for each division**
- Medals will be awarded for the top **3 places** in each event.
- A full, well stocked concession stand will be open during the event.
- Coaches will be given a ticket for dinner at no cost. Value \$5
- Restrooms will be on site. No dressing rooms will be available.
- Park busses in the East parking lot behind PC indoor facility

Coaches meeting will begin at 2:30pm

Field events will begin at 2:45pm

Running events will begin at 3pm.

Entry fees are as follows:

All 4 divisions **---\$240 or \$60.00** for each team in each division.(6thGrade division included with 7th Grades)

YOU MUST RSVP TO:

John Miller: 787-1140 ext 2562 (office), 1(405)863-0819

JohnM@putnamcityschools.org

Send Entry Fees to:

Putnam City West High School

PCW Track

ATTN: John Miller, PCW Head Boys Track Coach

8500 N.W. 23rd Okc Ok 73127

Order of Running Events:

(Timed Finals Beginning at 3pm)

6th Grade Division runners run in 7th Division

100m Low Hurdles (30ö)	7G, 8G
110 m Int. Hurdles (30ö, 33ö)	7B, 8B
400m Relay	7G, 7B, 8G, 8B
3200m Relay	7G/7B, 8G/8B
100m Dash	7G,7B,8G/8B South Side
800m	7G, 7B, 8G, 8B
800m Relay (200)	7G, 7B, 8G, 8B
400m Run	7G, 7B, 8G, 8B
300m Hurdles	7G, 7B, 8G, 8B
1600m Run	7G/8B, 8G/7B
1600m Relay	7G, 8B, 8G, 7B

Order of Field Events:

(Beginning at 2:45pm)

(Shot/Disc Cages are East of Stadium next to Baseball Field)

Shot Put	7B,8B-7G,8B (1 warm up 3 records)
Discus	7G,8G-7B,8B
Long Jump	8B, 7B, 8G, 7G
Pole Vault	8B, 7G, 8B, 7G

*3 participants per event, 4 total events per athlete.

**1 Relay team per school only in each event.

****There will be no 200m run there is a 200m Relay (800m)**

800m/1600m will be combined as needed

2015/INVOICE

TEAM: _____

AMOUNT OWED: _____

TRACK MEET ENTRY FEE:

\$60.00 per division /\$240.00 for all 4division 6th grade included in 7th

**** write check to "Putnam City West Track & Field" ****

To: Kathy Hale
Attn. John Miller Putnam City West Track & Field
8500 NW 23rd St. Oklahoma City, Ok 73127-1199

Please send form with check thank you