



**PUTNAM CITY WEST**  
**TRACK & FIELD**

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**PC West FOOTBALL/Track & Field Annual Middle  
School Track Meet Tuesday April 14<sup>TH</sup> , 2015  
(6<sup>th</sup>-7<sup>th</sup> combined and 8<sup>th</sup> grades)**

Coaches,

**Putnam City West Football/ Track** will be hosting a 6<sup>th</sup>-7<sup>th</sup> and 8<sup>th</sup> grade track meets this spring. The date is Thursday **April 14th**. This meet is open to all classifications.

**Only 12 Schools will be competing. You must RSVP. NO WALK UPS.**

All running events will be timed finals.

- 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. 1 warm up
- Each athlete may compete in only 4 events. 1 relay per event.
- Shot, discus, and long jump contestants will be given **3 attempts only. 1 warm up**
- Boys and girls 100m will be on **WEST** side of track
- **3200m Relays, 1600m and 800m** runs will be combined when convenient.
- Trophies will be awarded for 1<sup>st</sup> 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.
- Restrooms will be on site. No dressing rooms will be available.
- Park busses in the West parking lot.

**Coaches meeting will begin at 1:45-2:00pm**

**Field events will begin at 2:00-2:15pm**

**Running events will begin at 2:30pm.**

**Entry fees are as follows:**

All 4 divisions **---\$240 or \$60.00** for each team in each division. (6<sup>th</sup> Grade division included with 7<sup>th</sup> 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. 23<sup>rd</sup>, Okc Ok 73127

### **Order of Running Events:**

(Timed Finals Beginning at 2:15-2:30pm)

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 WEST 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/7B, 8G/8B
1600m Relay	7G, 7B, 8G, 8B

### **Order of Field Events:**

(Beginning at 2:30pm)

Shot Put	<b>7<sup>th</sup> Boys 8<sup>th</sup> Boys 7<sup>th</sup> Girls 8<sup>th</sup> Girls (1 practice 3 jumps)</b>
Discus	<b>7<sup>th</sup> Girls 8<sup>th</sup> Girls 7<sup>th</sup> Boys 8<sup>th</sup> Boys</b>
Long Jump	<b>8<sup>th</sup> Boys 7<sup>th</sup> Boys 8<sup>th</sup> Girls 7<sup>th</sup> Girls</b>
High Jump	<b>8<sup>th</sup> Girls 7<sup>th</sup> Girls 8<sup>th</sup> Boys 7<sup>th</sup> Boys</b>

\*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)

**PATRIOT MIDDLE SCHOOL FOOTBALL/ TRACK MEET APRIL 14<sup>TH</sup>**

**2015/INVOICE**

TEAM: \_\_\_\_\_

AMOUNT OWED: \_\$140.00\_\_\_\_\_

**PATRIOT FOOTBALL/ TRACK MEET ENTRY FEE:**

**\$60.00 per division /\$240.00 for all 4division 6<sup>th</sup> 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\*