

**Putnam City Track Meet
Putnam City High School
Friday, April 8, 2016**

On behalf of 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 Friday, April 8, 2016.

ATTENTION COACHES: Schools planning to attend this meet must submit their entries on TrackRoster by completing Steps 1 - 5 for "Seeded Entries" meets. The entry deadline for this meet is Tuesday April 5, 2016 by 6:00pm. This is a Seeded Entries meet. Log into your TrackRoster account at www.trackroster.com

Time Line:

10:00 Coaches meeting (Heating Area)
10:30 Field events begin
11:00 Running events begin

General:

- 4 event limit per contestant
- Each school may enter 3 individuals per event
- Team scoring will be 10-8-6-4-2-1 individual, relays are doubled
- Participants must wear ¼" or less spikes
- No tape on track)
- Contestants will be heated up on field
- Awards may be picked up at the press box following 1600-meter relay
- Trophies will be awarded to the top two teams
- Medals will be awarded to the top 3 places
- Shot, disc, and the long jump will get 3 attempts in the prelims, and the top 8 will get 3 more Attempts in the finals
- \$90.00 for each boys and girls team. \$10 per individual if 5 or less team members.

Please notify Adam Helms that you plan to attend
ahelms@putnamcityschools.org

Make checks to: Putnam City High School
Mail payment to: Putnam City High School
Attn: Adam Helms
5300 NW 50
OKC, OK 73122