



PUTNAM CITY WEST
TRACK & FIELD

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**PC West /Track & Field Annual Middle School Track
Meet March 24TH, 2016
(6th-7th combined and 8th grades)**

Coaches,

Putnam City West Track will be hosting a 6th-7th and 8th grade track meets this spring. The date is Thursday **March 24th**. Register at **Trackroster.com** and follow **Middle school prompts**. Create an **MS account** if you have not. **Deadline is Tuesday, March 22nd**. 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.
- 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, 800m, 1600m and 3200m** runs will be combined when convenient.
- 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.
- Restrooms will be on site. No dressing rooms will be available.
- Park busses in the West parking lot.
- **TEAM CAMPING** will be in **N.E. Corner of track look for signs.** **No Camping in Stands or Football Field.**

Coaches meeting will begin at 2:00-15pm

Field events will begin at 2:30

Running events will begin at 2:30-2:45pm.

Entry fees are as follows:

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

YOU MUST RSVP TO:

John Miller:

JohnM@putnamcityschools.org 787-1140 ext 2562 (office), 1(405)863-0819

Send Entry Fees to:

Putnam City West High School

PCW TRACK AND FIELD

ATTN: JOHN MILLER, PCW HEAD TRACK

8500 N.W. 23rd, Okc Ok 73127

Order of Running Events:

(Timed Finals Beginning at 2:30-2:45pm)

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

Order of Field Events:

(Beginning at 2:30pm)

Shot Put	8B, 7B, 8G, 7G (3 throws only)
Discus	7G, 8G, 8B, 7B (3 throws only)
Long Jump	8B, 8G, 7B, 7G (3 jumps only)
High Jump	7B, 7G, 8B, 8G (3jumps only)

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

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

***There will be no 200m run or pole vault.

There is a 200m Relay (800m)

PATRIOT MIDDLE SCHOOL / TRACK MEET MARCH 24th

2016/INVOICE

TEAM: _____

AMOUNT OWED: _____

PATRIOT / 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

8500 NW 23rd St. Oklahoma City, Ok 73127-1199

Please send form with check thank you