

**BIG 10 CONFERENCE**  
**TRACK AND FIELD CHAMPIONSHIPS**  
**April 27, 2017**  
**Putnam City High School**  
**5300 NW 50<sup>th</sup> Warr Acres, Oklahoma**  
Meet Director – John Miller, PCW Head Coach  
Meet Official/Starter- Randy Helms

- Coaches meeting 3:15p.m.
- Running Events 4:00 p.m.
- Field Events 3:45 p.m.
- ALL TIMED FINALS/F.A.T.

\*\*\*Go to [Runednduro.com](http://Runednduro.com) to enter your athletes by **Monday 4/26/17!** This is a "SEEDING MEET"!

**Divisions:** Varsity and 9<sup>th</sup> Grade

\*Athletes may compete in ONLY 1 division! Athletes **CANNOT** move divisions.

**Trophies:**

- Varsity
- 9<sup>th</sup> Division Champion

**Medals:**

- 3 individuals/1 relay per team! NO "B" TEAMS ALLOWED!
- 3 medals for individual events
- 3 medals for relay events! In both divisions!

**Restrooms:** East and West in under stadium stands.

**Concession:** **PCW Track** and PCW **J.R.O.T.C** will operate concessions.

**Team Camps:** Camp on outer perimeter of the Track. No CAMPING in Stands.

NO dressing facilities @ the track

## Order of Events:

**4x100relay** 9 g, V g, 9 b, V b

**4x 800relay** 9 g, V g, 9 b, V b **combine g-combine b separated at finish**

**100h** 9 g, V g

**110h** 9 b, V b

**3200m** 9 b, V b **combined-separate at finish**

**4x200relay** 9 g, V g, 9 b, V b

**800m** 9 g, V g, 9 b, V b

**100m** 9 g, V g, 9 b, V b

**3200m** 9 g, V g **combine-separate at finish**

**400m** 9 g, V g, 9 b, V b

**300h** 9 g, V g, 9 b, V b

**200m** 9 g, V g, 9 b, V b

**1600m** 9 g, V g, 9 b, V b

**4x400m** 9 g, V g, 9 b, V b

**High Jump:** 9 g+ Vg/ 9 b+ V b (+= combined event) ( medals, points separate)

**Long Jump:** Vb = 3 jumps - **Top 8 to finals**/ 9b = 4 jumps- **NO Finals**  
Vg = 3 jumps - **Top 8 to finals**/ 9g = 4 jumps- **NO Finals**

**Shot:** 9g+9 b =4 throws-**NO Finals** / Vg+ Vb=3 throws - **Top 8 to finals**

**Discus:** Vg+V b= 3 throws - **Top 8 to Finals** /9g+9b=4 throws-**NO Finals**

**Pole Vault:** 9g+Vg (combined medals, point separate)  
9b+Vb (combined medal, point separate)

## **BIG 10 Track Conference Field Event Assignments:**

- All Field Equipment will be provided just report to coaches meeting then go to area.

Announcer: PCHS

Awards: PCHS

High Jump: Lawton

Long Jump: Choctaw

Pole Vault: McGuinness

Shot: PCN

Disc: Lawton Ike

Start Finish: PCW

Hurdles: All Conference Schools

Heating: PCN, PCW

**PCW ROTC will be assisting with field events to measure etc.**

### **Exchange Zones:**

4x100 1. PCW  
2. ENID  
3. DC

4x200 1. Lawton  
2. MWC