

**Putnam City Track Meet  
Putnam City High School  
Friday, April 7, 2017**

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 7, 2017.

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, 2017 by 6:00pm. This is a Seeded Entries meet. Log into your TrackRoster account at [www.trackroster.com](http://www.trackroster.com)

Time Line:

3:00 Coaches meeting (Heating Area)

3:30 Field events begin

4:00 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](mailto: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

**\*COACHES IF YOU WISH TO BRING A "B" TEAM PLEASE CONTACT ME AT 405-209-4302. WE WILL BE KEEPING THIS MEET SMALLER, SO THAT WE CAN ALLOW ALL OF YOUR RUNNERS TO COMPETE.**