



Coaches,

Putnam City West Track will be hosting a 7th and 8th grade track meets this spring. The date Thursday: **March 23rd**. **Only 12 Schools** will be competing. **Register at Runendurousa.com follow all MS prompts. You may need to create an MS account. Deadline Tuesday, March 21st** . 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, long jump contestants will be given **3 attempts only. 1 warm up**
- **3200m Relays, 1600m and 3200m** runs will be combined when convenient.
- Team Championship Trophies will be awarded for **1st** for each 7th-8th 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 Camp in designated area **NOT STANDS!**

Coaches meeting will begin at 2:15-2:30pm

Field events will begin at 2:30-2:45pm

Running events will begin at 2:45-3pm.

Entry fees are as follows:

All 4 divisions **\$240 or \$60.00** for EACH divisional team.

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

Kathy Hale

Attn: John Miller PCW TRACK

8500 N.W. 23rd Oklahoma, City 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
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

***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 23rd

2017/INVOICE

TEAM: _____

AMOUNT OWED: _____

PATRIOT TRACK MEET ENTRY FEE:

\$60.00 per division /\$240.00 for all 4division

**** write check to “Putnam City West Track & Field” ****

To: Kathy Hale

Attn. JOHN MILLER

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

Please send form with check thank you