



On behalf of the 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, March 30, 2018.

ATTENTION COACHES: Schools planning to attend this meet must submit their entries on **TrackRoster** by completing Steps 1 – 5. The entry deadline for this meet is Thursday, March 29th by 5:00pm. This is a Roster Only meet. Log into your **TrackRoster** account at: www.trackroster.com.

*****NO LATE ENTRIES. YOU WILL NEED A CODE TO ENTER
PLEASE CONTACT ADAM HELMS FOR CODE*******

COACHES' MEETING—3:30 (In locker room behind concession stand)

FIELD EVENTS—4:00

RUNNING EVENTS—4:00 (Rolling Schedule)

TWO DIVISIONS: High School Girls and High School Boys

SCORING: Individual Events: 10-8-6-4-2-1; Relay Events: 20-16-12-8-4-2

**AWARDS: Team: Champion and Runner-up in each division
Individual and Relays: Top three in each event**

FIELD EVENTS: Each athlete will be given four throws & jumps.

CONCESSIONS / ADMISSION: The concession stand will be open. Admission will be charged for spectators. Restrooms available as well.

PARKING : Bus parking on the West end of the stadium.

ENTRY FEE: \$80 per division / \$160 for both (girls and boys teams)

**TO ENTER: CONFIRM BY EMAIL TO ahelms@putnamcityschools.org
Send check payable to "Putnam City High School"
To: Putnam City High School
Attn: Adam Helms
5300 N. W. 50th
Warr Acres, OK 73122**

Event Schedule

Field Events

High Jump	Girls-Boys
Long Jump	Boys-Girls
Discus	Girls-Boys
Shot	Boys-Girls
Pole Vault	Boys-Girls

Running Events

4 x 100 Relay	Girls-Boys
4 x 800 Relay	Girls-Boys
100 Hurdles	Girls (33)
110 Hurdles	Boys (39)
3200 Run	Boys
4 x 200 Relay	Girls, Boys
800 Dash	Girls-Boys
100 Dash	Girls-Boys
3200 Run	Girls
400 Dash	Girls-Boys
300 Hurdles	Girls (30)
300 Hurdles	Boys (36)
200 Dash	Girls-Boys
1600 Run	Girls-Boys
4 x 400 Relay	Girls-Boys