



**AT PUTNAM CITY HIGH SCHOOL STADIUM**

**5300 N.W. 50<sup>th</sup> Warr Acres, Oklahoma**

Coaches, Putnam City West Track will be hosting a 7<sup>th</sup> and 8<sup>th</sup> grade track meet **Thursday, April 12th.** **You need to email [JohnM@putnamcityschools.org](mailto:JohnM@putnamcityschools.org) to obtain entry code to** Register at [Runendurousa.com](http://Runendurousa.com) follow all MS prompts. You may need to create an MS account. **Deadline: Wednesday, April 11th. You must RSVP. NO B – TEAMS Unless Approved by ME!**

**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 **3 events. 1 relay per event.**
- Shot, Discus, Long jump contestants will be given **3 attempts only. 2 warm ups**
- **3200m Relays, 800m, 1600m** runs will be combined when convenient.
- Team Championship Trophies will be awarded for **1<sup>st</sup>** for each 7<sup>th</sup>-8<sup>th</sup> 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.
- Restrooms will be on site. No dressing rooms will be available.
- Park buses in the **East Parking lot behind the baseball field.**
- **Team Camps are around the perimeter of the on the track, NOT STANDS!**
- **There is a \$5.00 Entry Fee per each spectator**
- **Coaches meeting will begin at 2:30pm on the Football Field**
- **Field events will begin at 2:45pm**
- **Running events will begin at 3pm Start Time Approximately**

**Entry fees are as follows:**

All 4 divisions **\$240 or \$60.00** for EACH divisional Team 7<sup>th</sup>,8<sup>th</sup> Boys and Girls

**YOU MUST RSVP TO:**

**John Miller:**

[JohnM@putnamcityschools.org](mailto: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. 23<sup>rd</sup> Oklahoma, City Ok 73127

**Order of Running Events:**  
(Timed Finals Beginning at 3pm)

100m low Hurdles (30ö)		7G/8G
110 m Int. Hurdles (30ö, 33ö)		7B/8B
400m Relay		7G/7B-8G/8B
3200m Relay	Combine	7G/7B-8G/8B
100m Dash		7G/7B-8G/8B
800m	Combine	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	Combine	7G/8B-8G/7B
1600m Relay		7G/8B-8G/7B

**Order of Field Events:**  
(Beginning at 2:45-3pm)

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 Jumps only)

- \*3 participants per event, 3 total events per athlete.**
- \*1 Relay team per school only in each event.**
- \*There will be no 200m run**
- \*There is a 200m Relay (800m)\***

**2018/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\*