

# BIG 10

Middle School Track Championships  
Sponsored by PCN Track and Field

**AT PUTNAM CITY HIGH SCHOOL STADIUM**

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

This is a **SEEDED** meet which means **TEAMS!** Coaches will need to **input times, heights, and marks for each athlete and team in Relays.**

Coaches, The **BIG 10 MS Conference Championships** is on **Thursday April 18th. ENTRY CODE IS:19big10confmsinv** Register at <http://www.endurouza.com> **FOLLOW ALL** prompts. **Deadline: Wednesday April 17th. NO LATE ENTRY ALLOWED TO COMPETE!!!**

All running events will be timed finals.

- Scoring is 10-8-6-4-2-1, relays are double points.
- Each school will be permitted to enter 3 contestants per event.
- Each athlete may compete in only 4 events, 1 relay team per relay event per school.
- All Field Events will get 2 practice attempts and 3 record attempts Top 6 point
- Medals will be awarded for the top 3 places in each event.
- **Park buses** in the **EAST** Parking lot behind the baseball field.
- **Team Camps** are around the perimeter of the on the track, **NOT STANDS!**

The **FOOTBALL FIELD IS CLOSED DURING COMPETION!**

Only Athletes Warming Up Before Running will be allowed!

**The Following Middle Schools will need to provide a COACH!** to run off a field event. **PCN Track will have an officials, assistants and equipment to assist in operation of events. The Middle School COACH! will be running the operation of event:**

School:	Events:	
Choctaw:	Shot Put	PCN: Official Coach Jackson
Carl Albert:	Discus	PCN: Official Raupe?
Hefner:	Long Jump	PCN: Official Coach Mitchell
Western Oaks:	High Jump	PCN: Official Coach Lane

**(SCHOOLS WITH AHTLETES IN SHOTS AND DISCUS NEED TO BRING IMPLEMENTS WITH THEM!)**

#### Gate Entry Fee:

- \$5.00 per person
- Veterans Free with Military ID

#### Entry fees are as follows:

**\$125per boys and girls team divisions \$ 250.00 Total for Both Divisions.**

#### YOU MUST RSVP TO:

John Miller:

[JohnM@putnamcityschools.org](mailto:JohnM@putnamcityschools.org), Cell: 1(405)863-0819

Send Entry Fees to:

**Address: Putnam City North High School**

11800 N Rockwell Ave, Oklahoma City, OK 73162

Attention: John Miller, Putnam City North Track & Field

# BIG 10

## *Middle School Track Championships*

### **3:45 Coaches Meeting**

### **Field Events at 4pm**

*Shot*                      *Boys-Girls*

*Discus*                    *Girls-Boys*

*Long Jump*              *Girls-Boys*

*High Jump*              *Boys-Girls*

### **Running Events at 4:15pm**

4x100 Relay              Girls-Boys

4x800 Relay              Girls-Boys    Combine

100 Hurdles              Girls-Boys

110 Hurdles              Girls-Boys

4x200 Relay              Girls-Boys

3200 Meter              Girls-Boys    Combine

800 Run                  Girls-Boys    Combine

100 Dash                  Girls-Boys

400 Dash                  Girls-Boys

300 Hurdles              Girls-Boys

200 Dash                  Girls-Boys

1600 Run                  Girls-Boys    Combine

4x400 Relay              Girls-Boys



## **Middle School Track Championships**

**April,18th  
2019/INVOICE**

**TEAM:** \_\_\_\_\_

**AMOUNT OWED:** \_\_\_\_\_

### **BIG 10 MIDDLE SCHOOL CHAMPIONSHIP ENTRY FEE:**

**\$125.00 per division /\$250.00 for both BOYS and GIRLS divisions.**

**\*\* write check to “Putnam City North Track & Field” \*\***

#### **Send Entry Fees to:**

- Attention John Miller Head Track Coach

#### **Address:**

Putnam City North High School  
11800 N Rockwell Ave, Oklahoma City, OK 73162

**Phone:** (405) 722-4220

**\*Please send form with check thank you\***