

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 Thursday March 14, 2019.

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 Wednesday March 13, 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*****

TEN TEAM LIMIT – 5 Entries per Event

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 East end of the stadium.

ENTRY FEE; \$90 per division / \$180 for both (girls and boys teams)

TO ENTER: CONFIRM BY EMAIL TO ahelms@putnamcityschools.org or mhardesty@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