

# PC Middle School Meet

Wednesday, March 31st, 2021

@ Putnam City West High School

Four Divisions – 7th grade girls, 7th grade boys, 8th grade girls, 8th grade boys  
(12 Team limit)

- Coaches Meeting 8:45
- Field Events 9:00 (3 throws/jumps-no finals)
- Running Events 9:30 (all timed finals)

400m Relay 7G-7B-8G-8B

3200m Relay 7G-7B-8G-8B

100m Hurdles 7G-8G

110m Hurdles 7B-8B

100m Dash 7G-7B-8G-8B

800m Relay 7G-7B-8G-8B

800m Run 7G-7B-8G-8B

400m Dash 7G-7B-8G-8B

300m Hurdles 7G-7B-8G-8B

200m Dash 7G-7B-8G-8B

1600m Run 7G-7B-8G-8B

1600m Relay 7G-7B-8G-8B

Shot Put: 8G-8B / 7G-7B

Discs: 7G-7B / 8G-8B

High Jump: 8G-7G-7B-8B

Long Jump: 8B-7B-7G-8G

Schools planning to attend this meet must submit their entries on [endurousa.com](http://endurousa.com) by completing ALL steps on the Entries Window including the “Verification” Step.

If you need assistance with your ENDURO USATM acct. email:

[kevin@runenduro.com](mailto:kevin@runenduro.com) the Entry deadline for this meet is 5:00pm Monday, March 29th.

This is a Roster Only meet. SCORING – 10-8-6-5-4-3-2-1 / 20-16-12-10-8-6-4-2

AWARDS – Individual: 1-3 medal / Relays: 1-3 / Team: Champion in each division

LIMITATIONS – Athletes are limited to four events total. Teams are limited to three participants per event. Teams are also limited to one relay team per relay race. NO B teams(unless told before the meet)

FIELD EVENTS – Each athlete will be given three throws/jumps and there will be no finals.

CONCESSIONS / ADMISSION – Concession stand will be open. Admission will be charged for all spectators (5 dollars per person). There will be a limit on spectators allowed in the stadium, following cdc guidelines. Masks must be worn by all athletes while not running and all spectators the whole time.

ENTRY FEE –

7th girls - \$60 7th boys -- \$60 8th girls -- \$60 8th boys -- \$60 (\$240 for all four teams)

Checks Payable to: Kenneth Cooper Middle School 8001 River Bend Blvd, Oklahoma City, OK 73132

We hope you can join us this year. Please e-mail Matt Weinrich (mweinrich@putnamcityschools.org) if you plan to attend. Text for questions: 405-762-1622.

Include what divisions you wish to enter.