



**2022 PCO Invitational Meet
Thursday March 9th**

This meet is open to the first **10 teams** that are interested in attending. If you plan on attending please email. **John Miller** Email: johnm@putnamcityschools.org
(meet director)

This is an "Invitation Meet". This is a SEEDED MEET. Once I receive the INVITATION CODE. I will send it to COACHES. ATTENTION COACHES: the On-line Entry DEADLINE is: **Wednesday, March 8th @ 1pm.**(((The meet will be CLOSED at 1pm!))) No late entries accepted. - - - Schools planning to attend must submit their entries on the **ENDURO USA™** website by completing ALL the necessary steps on the "**ENTRIES Window**" – including the "**Verification Step**". If the "Verification Step" is not completed, your students are not entered in the meet. If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions. - - - Please log into your ENDURO USA™ account at: www.endurousa.com - - - If you need assistance with your ENDURO USA™ account, contact Cara Branson at: cara@runenduro.com

Event Entries will be limited to three individuals and one relay team per school.

All running events will be timed finals. FAT timing will be provided by ENDURO TIMING SYSTEMS.

SCHEDULE:

COACHES' MEETING—3:00p.m. West Endzone

FIELD EVENTS—3:30 pm

RUNNING EVENTS—4:00pm (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 for Varsity boy and girls division
Individual and Relays: Top three in each event**

FIELD EVENTS: Each athlete will be given 2 practice and 3 recorded throws & jumps.

CONCESSIONS: Concessions will be available

ADMISSION: Admission is \$5.00 per person. O.S.S.A.A Coaches passes will be accepted.

**BUS PARKING: Bus parking will be in the NW corner of the stadium East of the PC indoor facility.
Drop Off will be at the N.W. Gate.**

TEAM CAMP AREA: around the outside perimeter of Track **NO CAMPING IN STANDS**

MEET ORDER OF EVENTS

Coaches Meeting:

- **3:00pm on Football Field**

School Exchange Zones: (Exchange zone flags will be at the heating area) We will assign exchange zone judges at coaches meeting..

4X100r Ex. 1 Ex.2 Ex. 3

4x200r: Ex. 1 Ex. 2

Field Events: 3:30pm START TIME

SHOT PUT GIRLS, DISCUS BOYS, GIRLS LONG

JUMP GIRLS, BOYS HIGH JUMP BOYS, GIRLS

Pole Vault BOYS, GIRLS

RUNNING EVENTS—4:00pm START TIME

4 X 100 RELAY GIRLS, BOYS

4 X 800 RELAY GIRLS, BOYS

100 INTER. HURDLES GIRLS

110 HIGH HURDLES BOYS

3200 RUN GIRLS, BOYS

4 X 200 RELAY GIRLS, BOYS

800 RUN GIRLS, BOYS

100 DASH GIRLS, BOYS

400 DASH GIRLS, BOYS

300 LOW HURDLES GIRLS

300 INTER. HURDLES BOYS

200 DASH GIRLS, BOYS

1600 RUN GIRLS, BOYS

4 X 400 RELAY GIRLS, BOYS



PUTNAM CITY HIGH SCHOOL TRACK MEET
Thursday, March 9th
2023 INVOICE

TEAM: _____ **AMOUNT OWED:** _____

PUTNAM CITY HS TRACK MEET ENTRY FEE:

PRICE INCREASE DUE TO UPDATED CHARGE FOR TIMING SERVICE

\$100.00 for each Varsity Boys and Girls Team= \$200.00 for both.

J.V. is included in the Varsity Price.

\$60.00 for each B Team (Must Contact Coach Miller and verify)

Contact: John Miller

JohnM@putnamcityschools.org

Mail Payment to:

Putnam City High School
Attn: Paul Wilson
PCO Track and Field
4800 N.W. 50th, Warr Acres,
Oklahoma. 73122

Please send form with check thank you