



**2024 PCO Invitational Meet
Friday March 8th**

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:** Schools planning to attend must submit their entries on enduroua.com. **Complete ALL** steps on the "Entries Window" including the "VERIFICATION" step. If the "Verification" step is not complete your entries will **NOT** be accepted. The online entry deadline for this meet is:
Thursday, March 7th by 5:00pm. LATE ENTRIES will not be accepted*

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

TEAM INFO: B-TEAMS ONLY 1-RELAY TEAM and 2- Per OPEN EVENT and FIELD EVENT.

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 STAND**

ORDER EVENTS

FIELD EVENTS: Approx. 3:30pm, RUNNING EVENT: Approx. 4:00 pm

FIELD EVENTS:

Shot Put: Girls-Boys

Discus: Boys-Girls

High Jump: Boys-Girls

Long Jump: Girls-Boys

Pole Vault: Boys-Girls

SCHOOL RELAY EXCHANGE ZONES: (Exchange zone flags will be at the heating area).

4x100: Exchange zones: Orange (Gray Triangle-Gray Triangle)

(Please only use Tennis Balls for marking **NO TAPE on TRACK LANES.**

Ex. 1: Edmond Mem

Ex. 2: MWC

Ex. 3: Union

4x200: Exchange zones: Black Triangle to Black Triangle

Ex. 1: Ponca-City

Ex. 2: Choctaw

RUNNING EVENTS:

4 X 100 RELAY GIRLS, BOYS

4 X 800 RELAY GIRLS, BOYS

100 INTER. HURDLES GIRLS

110 HIGH HURDLES BOYS

100M DASH GIRLS, BOYS

3200 RUN GIRLS, BOYS

4 X 200 RELAY GIRLS, BOYS (Exchange Zone Judges)

800 RUN 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



2024 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)

B-TEAMS (ONLY 1 Relay and 2 Athletes for OPEN and FIELD EVENT).

Contact: John Miller

JohnM@putnamcityschools.org

Mail Payment to:

Putnam City High School

Attn: John Miller

PCO Track and Field

4800 N.W. 50th, Warr Acres,

Oklahoma. 73122

Please send form with check thank you