



2026 Big 7 Conference Track & Field Meet  
Thursday April 30, 2026

On behalf of Putnam City High School, we would like to welcome you and your athletes to the 2026 Big 7 Conference Track and Field Championships. Please confirm if you are coming so we can plan accordingly. [ljoubert@putnamcityschools.org](mailto:ljoubert@putnamcityschools.org) or [jgatz@putnamcityschools.org](mailto:jgatz@putnamcityschools.org)

Schedule: 3:15 Coaches Meeting on Football Field on the west end.  
3:45 Field Events  
4:15 Running Events ( Rolling Schedule)

**ATTENTION COACHES:** Teams must submit entries on [Athletic.Net](https://athletic.net). the day before by 5:00p.m.

This meet will be a seeded meet. **NO LATE ENTRIES WILL BE ACCEPTED.**

**Location:** Putnam City High School Campus, 5300 Nw 50th St.

**Bus Parking:** Bus parking will be in the NW corner of the stadium East Parking Lot PCH indoor Facility. Drop Off will be at the NW gate.

**Limitations:** 4 event limit per athlete and 3 athletes per individual events. No Exceptions Runners will be heated on the West end of the football field. All rules of the OSSAA will be followed.

**Field Events:** 3 Attempts in the Prelims. Top 8 will have 3 additional attempts in the finals and top throw / jump will carry over to the finals.

**Divisions:** There will be 4 Divisions 9th Grade Boys Varsity Boys, 9th Grade Girls, Varsity Girls.

\$100 per team. Total \$400

**Checks Payable to:** Putnam City Athletics

**Awards:** Medals to top 3 per event and Relays. One team award for the champion of each boy's and girls's division: 9th and HS.

**Scoring:** Individual Events: 10-8-6-4-2-1; Relay Events: 20, 16,12, 8,4,2

"We will provide meals for the Coaches."

- If you have any questions contact Larry Joubert 405-219-6567  
[ljoubert@ptnamcityschools.org](mailto:ljoubert@ptnamcityschools.org) or AD [jgatz@putnamcityschools.org](mailto:jgatz@putnamcityschools.org)

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ORDER OF EVENTS

FIELD EVENTS: APPROX. 3:45 P.M. RUNNING EVENTS: 4:15

FIELD EVENTS:

Shotput: Girls-Boys  
Discus: Boys-Girls  
High Jump: Girls-Boys  
Pole Fault: Boys-Girls  
Long Jump: Boys-Girls

Running Events: 9th Grade, Girls/Boys, Varsity Girls/Boys

4x100 Relay - 9th Girls/Boys, Varsity Girls/Boys

4x800 Relay - 9th Girls/Boys, Varsity Girls/Boys

100 Intermediate Hurdles - 9th Girls, Varsity Girls

110 HH - 9th Boys, Varsity Boys

100M Dash - 9th Girls/Boys Varsity Girls/Boys

3200M Run - \*Combined Races - Varsity & 9th Grade Girls, Varsity & 9th Grade Boys

4x200 Relay - 9th Girls/Boys, Varsity Girls/Boys

800M Run - \* Combined Races - Varsity & 9th Grade Girls, Varsity & 9th Grade Boys

400M Dash - 9th Girls/Boys Varsity Girls/Boys

300M Low Hurdles - 9th Girls, Varsity Girls

300M Intermediate. Hurdles - 9th Boys, Varsity Boys

200M Dash - 9th Girls/Boys, Varsity Girls/Boys

1600M Run - \* Combined Races - Varsity & 9 Grade Girls, Varsity & 9th Grade Boys

4x400M Relay - 9th Girls/Boys, Varsity Girls/Boys