

Adam Helms/Gary Wright Memorial Track Meet

**Saturday, April 11, 2026 at Putnam City High School
5300 N.W. 50th, Warr Acres, OK 73122**

We would like to welcome you to the 2026 Adam Helms/Gary Wright Memorial Track Meet at Putnam City High School (**co-hosted by Guthrie High School**). This meet is open to the first **15 teams** that are interested in attending. If you plan on attending, please contact Bryce Balenseifen at bryce.balenseifen@guthrieips.net or 405-618-2720.

ATTENTION COACHES: Submit entries on athletic.net. DEADLINE is the day before the meet @ 5pm. If you need assistance contact cara@runenduro.com.

LIMITATIONS - Athletes are limited to **4 events total**. Teams are limited to **3 participants per event and 1 relay team** per relay race. **No "B" Teams.**

COACHES' MEETING - 9:00 AM (On Football Field in Heating Area)

FIELD EVENTS - 9:30 AM

RUNNING EVENTS - 10:00 AM (Rolling Schedule)

FOUR DIVISIONS - 7th Grade Girls / 8th Grade Girls / 7th Grade Boys / 8th Grade Boys

SCORING - Individual Events: 10-8-6-4-2-1 ; Relay Events: 20-16-12-8-4-2

AWARDS - Team Champions for each division / Top 3 in each event get medals

ADMISSION - Admission is \$7.00 per person. Seniors, military, and kids under 18 are free.

BUS PARKING - Buses will park on the Northeast corner of stadium East of the PC indoor facility. Drop off will be at the NW gate

ENTRY FEE - \$100 per division / \$375 for all 4 divisions

Order of Events

Field Events - 9:30 AM, Running Events - 10:00 AM

FIELD EVENTS:

Discus: 7th Girls / 8th Girls / 7th Boys / 8th Boys

Long Jump: 7th Girls / 8th Girls / 7th Boys / 8th Boys

High Jump: 7th Boys / 8th Boys / 7th Girls / 8th Girls

Pole Vault: 8th Girls / 7th Girls / 8th Boys / 7th Boys

****WE WILL NOT HAVE SHOT PUT, SO EACH SCHOOL WILL BE ALLOWED TO ENTER 6 IN DISCUS..... AND WE WILL HAVE A THROWERS' RELAY****

RUNNING EVENTS:

4X100m: 7th Girls / 8th Girls / 7th Boys / 8th Boys

4x800m: 7th Girls / 8th Girls / 7th Boys / 8th Boys

100m Hurdles: 7th Girls / 8th Girls

110m Hurdles: 7th Boys / 8th Boys

100m Dash: 7th Girls / 8th Girls / 7th Boys / 8th Boys

4x200m Relay: 7th Girls / 8th Girls / 7th Boys / 8th Boys

800m Run: 7th Girls / 8th Girls / 7th Boys / 8th Boys

*****30 Minute Break*****

400m Dash: 7th Girls / 8th Girls / 7th Boys / 8th Boys

300m Hurdles: 7th Girls / 8th Girls / 7th Boys / 8th Boys

4x100m Throwers' Relay: Girls / Boys **medaled, not scored**

200m Dash: 7th Girls / 8th Girls / 7th Boys / 8th Boys

1600m Run: 7th Girls / 8th Girls / 7th Boys / 8th Boys

4x400m Relay: 7th Girls / 8th Girls / 7th Boys / 8th Boys