

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@guthriepe.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