

## TRACK COACHES:

Plainview Middle School invites you to the Plainview Middle School Invitational Track Meet to be held Saturday, April 9th, 2016.

1. The meet will have a seventh and eighth grade division for both boys and girls.
2. The meet is sanctioned by the OSSAA.
3. Our all-weather six lane metric track and runways require spikes to be no longer than the  $\frac{1}{4}$  in length.
4. Medals will be awarded to the first five (5) places in each event..Relays will be the first three places.
5. NO TEAM SCORES WILL BE KEPT AND NO TEAM TROPHIES AWARDED.
6. All running events will be timed finals.
7. A team may enter extra athletes per event, with each athlete limited to four events.
8. Runners will be heated before each event.
9. Coaches meeting will begin at 9:30 a.m.
10. Field events and 3200 run will begin at 10:00
11. All other running events will begin at 11:00 a.m.
12. In case of bad weather, please contact:  
Jerry Naylor (580) 490-3115 office.Cell (580)220-7042  
David Gilliam (580)668-1996  
Field House (580) 490-3153
13. Entry fee is \$60.00 per division or \$200.00 if all four divisions are entered.
14. Please make check payable to Plainview Athletics  
You may bring check to meet or mail to:  
Plainview Athletics  
David Gilliam, Athletic Director  
1140 S. Plainview Road  
Ardmore, Oklahoma 73401

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Please check the appropriate divisions and return to ASAP if you plan to enter.

Boys 7<sup>th</sup> \_\_\_\_\_

Boys 8<sup>th</sup> \_\_\_\_\_

Girls 7<sup>th</sup> \_\_\_\_\_

Girls 8<sup>th</sup> \_\_\_\_\_

## PLAINVIEW MIDDLE SCHOOL ORDER OF EVENTS

9:30 a.m. Coaches meeting in field house (east of home bleachers)  
 10:00 a.m. Field events begin (three throws or jumps; no prelims and 3200 run begins)  
 11:00 a.m. All other running events begin (all running events are timed finals)

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3200 Run	7,8,girls	7,8,boys (start at 10:00 a.m.)
400 Relay	7,8,girls	7,8,boys (start at 11:00 a.m.)
3200 Relay	7,8,girls	7,8,boys
100 Low Hurdles	7,8,girls	7,8,boys
800 Relay	7,8,girls	7, 8 boys
800 Run	7,8,girls	7,8,boys
100 Dash	7,8,girls	7,8,boys
400 Dash	7,8,girls	7,8,boys
300 Low Hurdles	7,8,girls	7,8,boys
200 Dash	7,8,girls	7,8,boys
1600 Run	7,8,girls	7,8,boys
1600 Relay	7,8,girls	7,8boys

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Shot Put	7 <sup>th</sup> boys, 8 <sup>th</sup> boys, 7 <sup>th</sup> girls, 8 <sup>th</sup> girls
Discuss	7 <sup>th</sup> girls, 8 <sup>th</sup> girls, 7 <sup>th</sup> boys, 8 <sup>th</sup> boys
High Jump	8th boys, 7 <sup>th</sup> boys, 8 <sup>th</sup> girls, 7 <sup>th</sup> girls
Long Jump	8 <sup>th</sup> girls, 7 <sup>th</sup> girls, 8 <sup>th</sup> boys, 7 <sup>th</sup> boys
Pole Vault	Boys 7 <sup>th</sup> ,8 <sup>th</sup> and Girls 7 <sup>th</sup> ,8 <sup>th</sup>