

Plainview Indian Invitational
Plainview High School
March 9th, 2017
Ardmore, Oklahoma

On behalf of the Plainview Public Schools, we would like to extend an invitation to participate in our High School boys and girls track meet. The meet will be held on Thursday, March 9th, 2017. Schools will be allowed to enter extra relays and extra athletes in events as long as numbers are not excessive.

ON-LINE ENTRIES: Entries are to be complete online at: www.enduroussa.com If you do not already have an account, you will need to visit the **NEW** "ENDURO" website (www.enduroussa.com). After you set up your new account, you must **UPGRADE** your account to "**Coach of Record (school meets)**".

The blue button to upgrade is in the upper-right corner of the Home Page. After you upgrade to "**Coach of Record (school meets)**", click on "**My Roster List**" to find your roster and add students.

You must add our meet to your on-line schedule and complete the necessary steps to enter your athletes.

Entry deadline: the day before the meet at 5PM. Teams will NOT be added at the meet. **(NO EXCEPTIONS)**

Time Line: 9:30 Coaches meeting in the Virgil Trout Field House (northeast corner of the track)

10:00 Field Events

11:30 Running Events-this will be a timed finals / "Roster Entries" meet.

General:

- 4 events per contestant
- Team scoring 10-8-6-4-2-1 individual; relays will be doubled
- Athletes must wear ¼" or less spikes
- No tape allowed on the track
- Contestants will be heated on the field
- Trophies will be awarded to the top two teams
- Medals will be awarded to the top three places
- Shot, Discus, and Long Jump will get three attempts in the prelims and the top eight will advance to the finals, and have three more attempts

Entry Fee will be \$75.00 per team

Mail payment to: Plainview High School
Attn: David Gilliam
1140 South Plainview Rd
Ardmore, OK 73401

Contacts:	David Gilliam	Jerry Naylor	Cody Lawson
	(580) 490-3150	(580) 220-7042	(580) 465-3114

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9:30 Coaches meeting in the Virgil Trout Field House (northeast corner of the track)

10:00 Field Events

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Field Events 10:00

High Jump (Girls/Boys)

Long Jump (Boys/Girls)

Discus (Girls/Boys)

Shot (Boys/Girls)

Pole Vault (Boys/Girls)

Running Events 11:30

4 X 100 Relay

4 X 800 Relay

100 Hurdles (Girls 33")

110 Hurdles (Boys 39")

3200 Run

4 X 200 Relay

800 Dash

100 Dash

400 Dash

300 Hurdles (Girls 30")

300 Hurdles (Boys 36")

200 Dash

1600 Run

4 X 400 Relay