

Plainview Indian Invitational
Plainview High School
March 8th, 2018
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 8th, 2018. Schools will be allowed to enter extra relays and extra athletes in events as long as numbers are not excessive.

This will be a rosters meet. If you are planning on attending, please submit your entries to athletics@plainview.k12.ok.us The entry deadline for this meet is Monday, March 5th by 6:00 p.m.

Time Line: 9:30 Coaches meeting in the Virgil Trout Field House located on the northeast corner of the track.

10:00 Field Events

11:30 Running Events-this will be a timed finals 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

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9:30 Coaches meeting in the Virgil Trout Field House (northeast corner of the track)
10:00 Field Events
11:30 Running Events

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 33ö)
110 Hurdles (Boys 39ö)
3200 Run
4 X 200 Relay
800 Dash
100 Dash
400 Dash
300 Hurdles (Girls 30ö)
300 Hurdles (Boys 36ö)
200 Dash
1600 Run
4 X 400 Relay