

# Plainview Indian Invitational Plainview High School

March 9<sup>th</sup>, 2019

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 Saturday, March 9th, 2019. Schools will be allowed to enter extra relays and extra athletes in events as long as numbers are not excessive.

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.

**ATTENTION COACHES:** the On-line Entry DEADLINE for our meet is **March 8th @ 6pm (Friday)**.

((The meet will be CLOSED at 6pm!))) No late entries accepted. - - - Schools planning to attend must submit entries on the ENDURO USA™ website by completing ALL the necessary steps on the “**ENTRIES Window**”. If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions this year.

- - - Please log into your ENDURO USA™ account at: [www.endurousa.com](http://www.endurousa.com)

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**PREVIEW window:** Immediately before you depart for our meet, please view our meet’s PREVIEW window for any last minute changes that effect the meet.

To find our meet’s PREVIEW window, click on our meet in the “Student Meets and Events **LIST**” (on the right side of the window) after you log into your account.

General:

- 4 events per contestant
- Team scoring 10-8-6-4-2-1 individual; relays will be doubled
- Athletes must wear 'A" 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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Plainview High School  
March 9th, 2019  
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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 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