

**2020 PLAINVIEW MIDDLE SCHOOL
INVITATIONAL TRACK AND FIELD MEET
THURSDAY, APRIL 9TH**



ONLINE ENTRIES: (This is a "Roster Entries" meet.) Schools **must** submit their entries on the **ENDURO USA™** website by completing **ALL** steps on the "Entries" window – including the **VERIFICATION** Step.

The ENTRY DEADLINE is the day before the meet at NOON.

Log into your account at: www.endurousa.com NO LATE ENTRIES *** Schools who have not entered on-line will not be added at the meet. *** If you have questions about your ENDURO USA™ account, please message Kevin McWatters through your ENDURO USA™ account, or email him at: kevin@runenduro.com

*** TEAM CHECK-IN / COACHES MEETING 9:00 AM.

*** FIELD EVENTS BEGIN AT 9:15 AM. / *** RUNNING EVENTS HEATING AT 9:15 AM.

*** RUNNING STARTS AT 9:30 AM

*** 4 DIVISIONS: 7TH GIRLS / 7TH BOYS / 8TH GIRLS / 8TH BOYS

*** HEATING: ALL RACES WILL BE PREHEATED RANDOMLY AT THE HEATING BENCHES

*** OSSAA SANCTIONED MEET *** / *** OSSAA + NFHS RULES WILL APPLY ***

*** HOSPITALITY AND LUNCH PROVIDED FOR COACHES

*** AWARDS: INDIVIDUAL 1ST – 5TH / RELAY EVENTS 1ST – 3RD

*** RUNNING EVENTS / TIMED FINALS

*** FIELD EVENTS: 4 THROWS / 4 JUMPS

David Gilliam – A.D. (580)668-1996
School: (580)490-3115

Kelly Gordon – Girls JH Head Coach (580)277-9532
Cody Lawson – Boys JH Head Coach (580)465-3114

SCHOOL: _____ COACH: _____

PHONE #: _____ HOME/CELL#: _____

***Entry Fee is \$60.00 per division or \$200.00 if all four divisions are entered (check all that apply)

_____ 7th Girls _____ 7th Boys _____ 8th Girls _____ 8th Boys _____ All Four Divisions

You may bring check to meet or mail to following address:

Plainview Athletics
David Gilliam, Athletic Director
1140 S. Plainview Rd
Ardmore, OK 73401

*Make checks payable to **Plainview Athletics**

Fax # (580) 490-3185



2020 PLAINVIEW MIDDLE SCHOOL
INVITATIONAL TRACK AND FIELD MEET
THURSDAY, APRIL 9TH

ATTENTION COACHES: Schools planning to attend this meet must submit rosters to [***endurousa.com](http://endurousa.com)

***** Entry Deadline – April 8th @ Noon *****

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Please mail or Fax entries: PLAINVIEW MIDDLE SCHOOL INVITATIONAL TRACK MEET 4/9/2020

SCHOOL: _____ COACH: _____

PHONE #: _____ HOME/CELL#: _____

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**PLAINVIEW MIDDLE SCHOOL
ORDER OF EVENTS**

- 9:00 a.m. Coaches meeting in field house (east of home bleachers)
9:15 a.m. Field events begin (4 throws or jumps; no prelims)
9:30 a.m. All other running events begin (all running events are timed finals)

3200 Run	7,8,girls	7,8,boys
400 Relay	7,8,girls	7,8,boys
3200 Relay	7,8,girls	7,8,boys
100 / 110 Meter 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 Meter 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

Shot Put	7th boys, 8th boys, 7th girls, 8th girls
Discuss	8th girls, 7th girls, 8th boys, 7th boys
High Jump	7th boys, 8th boys, 7th girls, 8th girls
Long Jump	8th girls, 7th boys, 8th boys, 7th girls
Pole Vault	7th boys, 8th boys, 7th girls, 8th girls