

# Plainview Indian Invitational

## Plainview High School

April 10<sup>th</sup>, 2020

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 Friday, April 10th, 2020. Schools will be allowed to enter extra relays and extra athletes in events as long as numbers are not excessive.

All entries will be on the ENDURO USA™ website. - - - **www.endurousa.com**

Time Line: 9:00 Coaches meeting in the Virgil Trout Field House located on the northeast corner of the track.

9:30 Field Events

11:00 Running Events - - - this will be a timed finals meet.

**ONLINE ENTRIES:** the Entry DEADLINE for our meet is April 8<sup>th</sup> @ 6pm (Wednesday).

**All entries will be CLOSED at 6pm! No late entries accepted.** ALL of the steps on our meet's "Entries Window" must be completed – including the **VERIFICATION** step. If your team/school does not complete ALL steps on our meet's "Entries Window" (including the VERIFICATION Step), it means your students are NOT ENTERED. NOTE: your school/team will NOT be entered manually by our timing crew at the meet. NO exceptions. If you need assistance with your ENDURO USA™ account, email Kevin McWatters at: [kevin@runenduro.com](mailto:kevin@runenduro.com)

**PREVIEW window:** Immediately before you depart for our meet, please view our meet's PREVIEW window for any last-minute changes that affect the meet. To find our meet's PREVIEW window, log into your ENDURO USA™ account – then click on our meet in the "Student Meets and Events LIST" (on the right side of the window).

General:

- 4 events per contestant
- Team scoring 10-8-6-4-2-1 individual; relays will be doubled
- Athletes must wear 1/4" 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

For additional information, please call Coach Naylor (580) 220-7042 -or- Coach Lawson (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

11:30 Running Events

### **Field Events 10:00**

High Jump (Girls/Boys)

Long Jump (Boys/Girls)

Discus (Girls/Boys)

Shot (Boys/Girls)

Pole Vault (Girls/Boys)

### **Running Events 11:30** (All running events are girls followed by boys.)

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