



**2021 PLAINVIEW MIDDLE SCHOOL
INVITATIONAL TRACK AND FIELD MEET
THURSDAY, APRIL 8, 2021**

ATTENTION COACHES:

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

***** Entry Deadline – April 7th @ Noon *****

***** TEA.M. CHECK-IN / COACHES MEETING 9:00 A.M.**

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

***** RUNNING STARTS AT 9:30 A.M.**

***** 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

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*****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
Fax # (580) 490-3185

***Make checks payable to Plainview Athletics**



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