# Plainview Indian Invitational Plainview High School

April 9, 2021

#### 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 9th**, **2021**. 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<sup>™</sup> website. - - - www.endurousa.com

Time Line: 8:30 - Coaches meeting in the Virgil Trout Field House, located on the northeast corner of the track
9:00 - Field Events
10:30 - Running Events - - - this will be a timed finals meet.

### ONLINE ENTRIES: the Entry DEADLINE for our meet is April 8th @ 6pm.

All entries will be CLOSED at 6pm! <u>No late entries accepted</u>. ALL of the steps on our meetøs õEntries Windowö must be completed ó including the <u>VERIFICATION</u> step. If your team/school does not complete <u>ALL steps</u> on our meetøs õEntries Windowö (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<sup>™</sup> account, email Kevin McWatters at: kevin@runenduro.com

**PREVIEW window**: Immediately before you depart for our meet, please view our meetøs PREVIEW window for any last-minute changes that affect the meet. To find our meetøs PREVIEW window, log into your ENDURO USA<sup>™</sup> account ó then click on our meet in the õStudent Meets and Events LISTö (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 team
- 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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10:30 Running Events

### Field Events 9:00

High Jump (Girls/Boys) Long Jump (Boys/Girls) Discus (Girls/Boys) Shot (Boys/Girls) Pole Vault (Girls/Boys)

### **Running Events 10:30**

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 (All running events are girls followed by boys.)

