



**2022 PLAINVIEW MIDDLE SCHOOL
INVITATIONAL TRACK AND FIELD MEET
THURSDAY, APRIL 7TH**

ATTENTION COACHES: Schools planning to attend this meet must submit rosters to ***endurousa.com

***** Entry Deadline – April 6th @ Noon *****

***** 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

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

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

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 (three throws or jumps; no prelims and 3200 run begins)
 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 Low 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 Low 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	7 th girls, 8 th girls, 7 th boys, 8 th boys	
High Jump	8th boys, 7 th boys, 8 th girls, 7 th girls	
Long Jump	8 th girls, 7 th girls, 8 th boys, 7 th boys	
Pole Vault	Boys 7 th ,8 th and Girls 7 th ,8 th	