



2023 PLAINVIEW MIDDLE SCHOOL
INVITATIONAL TRACK AND FIELD MEET
THURSDAY, APRIL 6TH

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

This will be a Seeded Meet

*** Entry Deadline – April 5th @ 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

Ryan Luhmann – A.D. (580) 490-3150
School: (580) 490-3115

Kelly Gordon – Girls JH Head Coach (580) 277-9532
Warren Butler – Boys JH Head Coach (580) 465-3787

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
Ryan Luhmann, 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 (3 Throws or Jumps: no prelims and 3200 M Run begins)
9:30 a.m. All other running events begin (all running events are timed finals)
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3200 M Run	7, 8 Girls	7, 8 Boys
400 M Relay	7, 8 Girls	7, 8 Boys
3200 M Relay	7, 8 Girls	7, 8 Boys
100 M Low Hurdles	7, 8 Girls	7, 8 Boys
800 M Relay	7, 8 Girls	7, 8 Boys
800 M Run	7, 8 Girls	7, 8 Boys
100 M Dash	7, 8 Girls	7, 8 Boys
400 M Dash	7, 8 Girls	7, 8 Boys
300 M Low Hurdles	7, 8 Girls	7, 8 Boys
200 M Dash	7, 8 Girls	7, 8 Boys
1600 M Run	7, 8 Girls	7, 8 Boys
1600 M Relay	7, 8 Girls	7, 8 Boys

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	8 th 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	7 th Boys,	8 th Boys,	7 th Girls,	8 th Girls