



**2023PLAINVIEW MIDDLE SCHOOL  
INVITATIONAL TRACK AND FIELD MEET  
THURSDAY, APRIL 4, 2024**

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

**This will be a Seeded Meet**

**\*\*\*Entry Deadline – April 3<sup>rd</sup> @ 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: 7<sup>TH</sup> GIRLS / 7<sup>TH</sup> BOYS / 8<sup>TH</sup> GIRLS / 8<sup>TH</sup> 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 1<sup>ST</sup> – 5<sup>TH</sup>/ RELAY EVENTS 1<sup>ST</sup> – 3<sup>RD</sup>**

**\*\*\*RUNNING EVENTS / TIMED FINALS**

**\*\*\*FIELD EVENTS: 4 THROWS / 4 JUMPS**

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

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

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Please mail or Fax entries: PLAINVIEW MIDDLE SCHOOL INVITATIONAL TRACK MEET 4/4/2024

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)**

\_\_\_\_\_ 7<sup>th</sup> Girls \_\_\_\_\_ 7<sup>th</sup> Boys \_\_\_\_\_ 8<sup>th</sup> Girls \_\_\_\_\_ 8<sup>th</sup> Boys \_\_\_\_\_ All Four Divisions

You may bring check to meet or mail to following address:

Plainview Athletics  
Ryan Luhmann, A.D.  
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

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Shot Put	7 <sup>th</sup> Boys,	8 <sup>th</sup> Boys,	7 <sup>th</sup> Girls,	8 <sup>th</sup> Girls
Discuss	7 <sup>th</sup> Girls,	8 <sup>th</sup> Girls,	7 <sup>th</sup> Boys,	8 <sup>th</sup> Boys
High Jump	8 <sup>th</sup> Boys,	7 <sup>th</sup> Boys,	8 <sup>th</sup> Girls,	7 <sup>th</sup> Girls
Long Jump	8 <sup>th</sup> Girls,	7 <sup>th</sup> Girls,	8 <sup>th</sup> Boys,	7 <sup>th</sup> Boys
Pole Vault	7 <sup>th</sup> Boys,	8 <sup>th</sup> Boys,	7 <sup>th</sup> Girls,	8 <sup>th</sup> Girls