



**2025 PLAINVIEW MIDDLE SCHOOL  
INVITATIONAL TRACK AND FIELD MEET  
THURSDAY, APRIL 3, 2025**

**ATTENTION COACHES:** the On-line Entry DEADLINE is: **Wednesday, April 2<sup>nd</sup> @ noon**. Schools planning to attend must submit their entries on the **Athletic.Net** website. You will be able to make last minute changes the morning of the meet and then we will seed it. If you need assistance with your account, contact Cara at: [cara@runenduro.com](mailto:cara@runenduro.com).

**This will be a Seeded Meet**

**\*\*\* Entry Deadline – April 2<sup>nd</sup> @ Noon \*\*\***

**\*\*\* TEAM CHECK-IN / COACHES MEETING 8:30 AM.**

**\*\*\* FIELD EVENTS BEGIN AT 9:15 AM. \*\*\* RUNNING STARTS AT 9:15 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

Kelly Gordon (Girls JH Head Coach) - (580) 277-9532

Plainview School: - (580) 490-3115

Warren Butler (Boys JH Head Coach) - (580) 465-3787

Please mail or Fax entries: PLAINVIEW MIDDLE SCHOOL INVITATIONAL TRACK MEET 4/3/2025

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

- 8:30 a.m. Coaches Meeting in field house (East of home bleachers)  
9:15 a.m. Field events begin (4 Throws or Jumps: finals only)  
9:15 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