

Velma-Alma Cross Country Invitational

This meet is for schools 4A and smaller

Date- *Tuesday, September 29th*

Location- *Wildhorse Golf Course - ¼ mile east of football field*

Divisions- *Junior High & High School – JV will run with the Varsity and be separated at the end. A race for 6th graders and younger will be ran after the boys varsity - they may run in either the 6th grade race or the JH race but not both.*

Entries- *cost is \$55 per team / \$10 per individual
JV and 6th grade are free if a JH and HS teams run.*

Awards- *Team Medals will be given to the team Champion
and Runner-Up*

Coaches meeting @ 4:30

<u><i>Time</i></u>	<u><i>Divisions</i></u>	<u><i>Distance</i></u>	<u><i>Medals</i></u>
<i>4:45</i>	<i>JH Girls</i>	<i>2550 m</i>	<i>25</i>
<i>5:00</i>	<i>JH Boys</i>	<i>3200 m</i>	<i>25</i>
<i>5:25</i>	<i>Varsity & JV Girls</i>	<i>3200 m</i>	<i>25 – JV-5</i>
<i>5:50</i>	<i>Varsity & JV Boys</i>	<i>5000 m</i>	<i>25 – JV-5</i>
<i>6:20</i>	<i>6th grade girls</i>	<i>1600 m</i>	<i>30</i>
<i>6:30</i>	<i>6th grade boys</i>	<i>1600 m</i>	<i>30</i>

Race times are approximate and will start at the conclusion of the preceding race.

*Mail Checks to: Velma-Alma High School
c/o Jerry Loveall
PO Box 8
Velma, OK 73491*

*If you have any questions call Coach Loveall @ school 580-44-3356
Cell-580-656-4869*