

Velma-Alma Cross Country Invitational

This meet is for schools 4A and smaller

Date- **Tuesday, September 25th**

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 \$65 per team / \$15 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>
4:45	JH Girls	2550 m	30
5:00	JH Boys	3200 m	30
5:25	Varsity & JV Girls	3200 m	25 – JV-10
5:50	Varsity & JV Boys	5000 m	25 – JV-10
6:20	6th grade girls	1600 m	30
6:30	6th grade boys	1600 m	30

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 580-444-3356
Cell-580-656-4869**