

# *Velma-Alma Cross Country Invitational*

*This meet is for schools 4A and smaller*

*Date-* **Tuesday, September 29<sup>th</sup>**

*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 6<sup>th</sup> graders and younger will be ran after the boys varsity - they may run in either the 6<sup>th</sup> grade race or the JH race but not both.**

*Entries-* **cost is \$65 per team / \$15 per individual  
JV and 6<sup>th</sup> 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> |
|--------------------|-----------------------------------|------------------------|----------------------|
| <b>4:45</b>        | <b>JH Girls</b>                   | <b>2550 m</b>          | <b>30</b>            |
| <b>5:00</b>        | <b>JH Boys</b>                    | <b>3200 m</b>          | <b>30</b>            |
| <b>5:25</b>        | <b>Varsity &amp; JV Girls</b>     | <b>3200 m</b>          | <b>25 – JV-10</b>    |
| <b>5:50</b>        | <b>Varsity &amp; JV Boys</b>      | <b>5000 m</b>          | <b>25 – JV-10</b>    |
| <b>6:20</b>        | <b>6<sup>th</sup> grade girls</b> | <b>1600 m</b>          | <b>30</b>            |
| <b>6:30</b>        | <b>6<sup>th</sup> grade boys</b>  | <b>1600 m</b>          | <b>30</b>            |

*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**