

Velma-Alma Cross Country Invitational

This meet is for schools 4A and smaller

Date- Tuesday, September 28th

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 run 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 team run.

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

Coaches meeting @ 4:30

<u>Time</u>	<u>Divisions</u>	<u>Distance</u>	<u>Medals</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**

Questions- Call Coach Loveall @ 580-656-4869