

# Velma-Alma Track Invitational

Tuesday, March 8

**This is a class A & 2A invitation only.**

Meet date: Tuesday, March 8, 2016

Entry Fee: \$55 per team. \$10 per individual.

Divisions: HS Boys and Girls

Athletes are limited to 4 events but a school may enter as many athletes in an event as desired. (only 3 individuals may medal or 1 relay)

Awards: Medals to 1-5 individual and top 3 relays

This is a timed final.

This meet is sanctioned by OSSAA

Coaches meeting at 1:45. All field events will start at 2:00 - Running at 2:15

Any questions call Jerry Loveall - 580-444-3356 or 580-656-4869 (cell)

Running Events- 400 M relay

3200 M relay

100 m hurdles

110 m hurdles

3200 m run - **Boys**

800 m relay

800 m run

100 m dash

3200 m run - **Girls**

400 m dash

300 m hurdles

200 m dash

1600 m run

1600 m relay

Field Events - Long Jump - B - G

High Jump - G - B

Pole Vault - B - G

Disc - B - G

Shot Put- G - B