

Velma-Alma Comets

5th & 6th Grade Track Meet

The Velma-Alma Athletic Department would like to invite you to our annual 5th and 6th grade track meet to be held on Wednesday, March 30, 2016.

There will be four divisions: 5th boys, 5th girls, 6th boys, 6th girls

Entries- Entry fees are \$60 per division or \$15 per individual

Track - We have an all-weather running surface, so use short spikes.

Participation- Athletes may enter up to 4 events. Schools may enter

1 relay team and 3 individuals per event.

Awards - Medals awarded to the top 5 in individual events and top 3 in relay events.

There will be a short coaches meeting at 9:45 in the field house. The field events will begin at 10:00 and the running events around 10:20.

Checks are to be made out to : Velma-Alma Athletics

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

Velma-Alma 5th & 6th Grade Track Meet

Field events - 10:00

Shot Put - 5th boys, 6th boys, 5th girls, 6th girls

Discus - 5th girls, 6th girls, 5th boys, 6th boys

High Jump - 6th girls, 5th girls, 6th boys, 5th boys

Long Jump - 6th boys, 5th boys, 6th girls 5th girls (limit 3 per school)

Running events - 10:20

Girls before boys and 5th before 6th

400m relay

3200m relay

100m hurdles

800m relay

800m run

100m dash

400m dash

200m dash

1600m run

1600m relay