

Velma-Alma Comets

7th and JH Track Meet

The Velma-Alma Athletic department would like to invite you to our annual 7th and Junior High Track Meet. The date is set on Tuesday, March 13, 2018.

There are 4 divisions- 7th Girls, 7th Boys, JH Girls, JH Boys

Entry fees- \$65 per division, \$15 per individual

Participation- Athletes may enter up to 4 events. Each school may enter
1 relay or 3 individuals per event.

Awards – Medals to the top 5 in individual events and top 3 relays

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

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

Velma-Alma 7th and JH Track Meet

Field Events- 10:00

Shot Put - 7th boys, jh boys, 7th girls, jh girls

Discus - 7th girls, jh girls, 7th boys, jh boys

High Jump – jh girls, 7th girls, jh boys, 7th boys

Long Jump - jh boys, 7th boys, jh girls, 7th girls

Pole Vault - all girls, all boys

Running Events - 10:20

girls before boys and 7th before JH

400m relay -

3200m relay-

100m hurdles – girls

110m hurdles- boys

3200m run – *JH Boys*

800m relay -

800m run-

100m dash-

3200m run – *JH Girls*

400m dash

300m hurdles

200m dash

1600m run

1600m relay