

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 5, 2019.

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