

Velma-Alma Track Invitational

This is a class A - 3A invitation only

Meet date: Thursday, March 7, 2019

Entry Fees: \$60 per team, \$10 per individual

Divisions: HS Girls and Boys

Athletes are limited to 4 events each. A school may enter as many athletes in an event as desired. Only 3 individual or 1 relay may medal per event.

Awards: Medals will be given to the top 5 in each event. Scores kept but no team awards.

This is a timed final.

This meet is sanctioned by the OSSAA.

Coaches meeting at 1:45.

Field events start at 2:00 & running at 2:15

Any questions call Jerry Loveall at 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 run
- 100 meter
- 3200 m run Girls
- 400 meter
- 300 m hurdles
- 200 dash
- 1600 m run
- 1600 m relay

Field events-

- Long Jump - B- G
- High Jump - G – B
- Pole Vault – B – G
- Discus - B - G
- Shot Put - G – B