

# *Velma-Alma Comets*

## *7<sup>th</sup> and JH Track Meet*

The Velma-Alma Athletic department would like to invite you to our annual 7<sup>th</sup> & Junior High Track Meet. The date is set on Tuesday - March 10, 2020. All entries will be ON-LINE on the ENDURO USA website™. - - - - [www.endurousa.com](http://www.endurousa.com)

**ATTENTION COACHES: the on-line Entry DEADLINE for our meet is March 9th @ 6pm (Monday).** All entries will be CLOSED at 6pm! - - - No late entries accepted. - - - Schools planning to attend must submit entries on the ENDURO USA™ website by completing ALL the Steps on our meet's "ENTRIES Window". If your team/school does not complete all the steps on our meet's "Entries Window", it means your students ARE NOT ENTERED. NOTE: your school/team will NOT be entered manually by our timing crew at the meet. - - - NO exceptions this year. If you need assistance with your ENDURO USA™ account, email Kevin McWatters at: [kevin@runenduro.com](mailto:kevin@runenduro.com)

**PREVIEW window:** Immediately before you depart for our meet, please view our meet's PREVIEW window for any last-minute information that can affect the meet. To find our meet's PREVIEW window, login – then click on our meet in the "Student Meets & Events LIST" (on the right).

There are 4 divisions- 7<sup>th</sup> Girls, 7<sup>th</sup> 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

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## *7<sup>th</sup> and JH Track Meet*

### **Field Events- 10:00**

**Shot Put - 7<sup>th</sup> boys, jh boys, 7<sup>th</sup> girls, jh girls**

**Discus - 7<sup>th</sup> girls, jh girls, 7<sup>th</sup> boys, jh boys**

**High Jump – jh girls, 7<sup>th</sup> girls, jh boys, 7<sup>th</sup> boys**

**Long Jump - jh boys, 7<sup>th</sup> boys, jh girls, 7<sup>th</sup> girls**

**Pole Vault - all girls, all boys**

### **Running Events - 10:20**

(girls before boys and 7<sup>th</sup> 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**