The Velma-Alma Athletic department would like to invite you to our annual 7th & 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

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

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- 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
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