

# Velma-Alma Track Invitational

**This is a class A - 3A invitation only**

**Thursday, March 12, 2020**

**ONLINE ENTRIES:** All entries will be online on the ENDURO USA™ website, at: - - - - -

**[www.endurousa.com](http://www.endurousa.com)**

**ATTENTION COACHES:** **online Entry DEADLINE for our meet is March 11th @ 6pm (Wednesday).**

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).

**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 meet.

This meet is sanctioned by the OSSAA.

**SCHEDULE:** Coaches meeting at 1:45.

Field events start at 2:00

Running events start 2:15

Any questions call Jerry Loveall at 580-444-3356 or 580 -656-4869 (cell)

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## ORDER OF EVENTS

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