

# *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> and Junior High Track Meet. The date is set on Tuesday, March 9, 2021. 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 is March 8th @ 5pm (Monday).**

All entries will be CLOSED at 5pm! - - - No late entries accepted. - - - Schools planning to attend must submit entries by completing ALL the Steps on our meet's "ENTRIES Window" – including the "**VERIFICATION Step**". If your team/school does not complete all the online entry steps, it means your students ARE NOT ENTERED. NOTE: your school/team will NOT be entered manually 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 departing 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-** \$70 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-  
Team Champion Plaque

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 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