

# Velma-Alma Track Invitational

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

**Meet date:** Thursday, March 11, 2021

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 10th @ 5pm (Wednesday).

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

**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).

**Entry Fees:** \$70 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. Team Champion Plaque.

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 -656-4869 (cell)

# Velma-Alma Track Invitational

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