

Velma-Alma Comets

7th and JH Track Meet

The Velma-Alma Athletic department would like to invite you to our annual 7th and Junior High Track Meet. The date is set on Tuesday, March 8, 2022.

All entries will be ON-LINE on the ENDURO USA website™. - - - - -

www.endurousa.com

ATTENTION COACHES: **the on-line Entry DEADLINE is March 7th @ 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

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- 7th Girls, 7th 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.

If you have any questions call 580-656-4869

Mail checks to : Velma-Alma High School

c/o Jerry Loveall

PO Box 8

Velma, OK 73491

Velma-Alma 7th and JH Track Meet

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