

Velma-Alma Track Invitational

This is a class A - 3A invitation only

Meet date: Thursday, March 10, 2022

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

www.endurousa.com

ATTENTION COACHES: **the on-line Entry DEADLINE is March 9th @ 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)

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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