

# 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 7th, 2022.

**ATTENTION COACHES:** the On-line Entry DEADLINE is: **Monday, March 6<sup>th</sup> @ 1pm.**

((The meet will be CLOSED at 1pm!))) No late entries accepted. - - - Schools planning to attend must submit their entries on the **ENDURO USA™** website by completing ALL the necessary steps on the "ENTRIES Window" – including the "Verification Step". If the "Verification Step" is not completed, your students are not entered in the meet. If your team/school does not complete all the necessary steps, your school/team can NOT be entered manually by our timing crew at the meet. - - - NO exceptions. - - - Please log into your ENDURO USA™ account at: [www.endurousa.com](http://www.endurousa.com) - - - If you need assistance with your ENDURO USA™ account, contact Cara at: [cara@runenduro.com](mailto:cara@runenduro.com)

**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.**

**If you have any questions call 580-656-4869 Mail checks to :**

**Velma-Alma High School**

c/o [Jake McGuire](#)

**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 Boy*  
800m relay -  
800m run-  
100m dash-  
3200m run – *JH Girls*  
400m dash  
300m hurdles  
200m dash  
1600m run  
1600m relay