

Velma-Alma Track Invitational

This is a class A - 3A invitation only

Meet date: Thursday, March 9th, 2022

ATTENTION COACHES: the On-line Entry DEADLINE is: **Wednesday, March 8th @ 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 - - - If you need assistance with your ENDURO USA™ account, contact Cara at: cara@runenduro.com

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 Jake McGuire at 580-606-0346 (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