

# *Velma-Alma*

## *Comet*

### *Invitational*

*The Velma-Alma Athletic Department would like to invite you to our annual H.S. Invitational Track & Field Meet. The meet will be held on **Tuesday, April 25th, 2022**. Field events will begin at 10:00 and the running events at 10:20. This meet is sanctioned by the OSSAA.*

**ATTENTION COACHES:** the On-line Entry DEADLINE is: **Monday, April 24<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)

**Divisions:** *High School Boys and Girls*

**Entry Fee:** *\$85 per team      \$15 per individual*

**Participation:** *Athletes are limited to four events. Schools may enter 1 relay and 3 individuals in each event.*

**Awards:** *Medal to the top 5 in individual events and top 3 relays. Team Champion Plaque  
We will run the regional order of events.  
A meal for the coaches will be provided.*

*If you have any questions you may call: Jake McGuire at 580-606-0346*

*Make Checks payable to -      Velma-Alma Athletics  
Mail checks to -                Velma-Alma High  
School*

*c/o Jake  
McGuire  
PO Box 8  
Velma, OK 73491*

*Order of Events*

**Field Events @ 10:00**

*Shot Put- Boys, Girls*

*Discus- Girls, Boys*

*Long Jump - Boys, Girls*

*High Jump, - Girls, Boys*

*Pole Vault - Girls, Boys*

**Running Events @ 10:15**

*400m relay - girls, boys*

*3200m relay – girls, boys (finals)*

*100m hurdles – girls*

*110m hurdles - boys*

*100m dash – girls, boys*

*3200m run - boys (finals)*

*800m relay - girls, boys (finals)*

*3200m run - girls (finals)*

*200m dash - boys, girls*

***Finals***

*400m relay - girls, boys*

*800m run - girls, boys 100*

*hurdles - girls*

*110m hurdles - boys*

*100m dash - girls, boys*

*400m dash - girls, boys*

*300m hurdles – girls, boys*

*200m dash - girls, boys*

*1600m run - girls, boys*

*1600m relay - girls, boys*

