

Velma-Alma Track Invitational

This is a class A - 3A invitation only

Meet date: Thursday, March 14th, 2024

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

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 individuals or 1 relay may medal per event.

Awards: Medals will be given to the top 5 in each event. 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