

# Velma-Alma

## Comets

### **5<sup>th</sup> & 6<sup>th</sup> Grade Track Meet**

The Velma-Alma Athletic Department would like to invite you to our annual 5<sup>th</sup> and 6<sup>th</sup> grade track meet to be held on Wednesday, April 3rd 2024.

There will be four divisions: **5<sup>th</sup> boys, 5<sup>th</sup> girls, 6<sup>th</sup> boys, 6<sup>th</sup> girls**

Entries- Entry fees are \$65 per division or \$15 per individual

Track – We have an all-weather running surface, so use short spikes.

Participation- Athletes may enter up to 4 events. Schools may enter

1 relay team and 3 individuals per event.

Awards - Medals awarded to the top 5 in individual events and top 3 in relay events.

There will be a short coaches meeting at 9:45 in the field house.  
The field events will begin at 10:00 and the running events around 10:20.

If you have any questions call 580-606-0346  
Checks are to be made out to : Velma-Alma  
Athletics Mail checks to : Velma-Alma High  
School

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

## Velma-Alma 5<sup>th</sup> & 6<sup>th</sup> Grade Track Meet

### Field events - 10:00

Shot Put - 5<sup>th</sup> boys, 6<sup>th</sup> boys, 5<sup>th</sup> girls, 6<sup>th</sup> girls

Discus - 5<sup>th</sup> girls, 6<sup>th</sup> girls, 5<sup>th</sup> boys, 6<sup>th</sup> boys

High Jump – 6<sup>th</sup> girls, 5<sup>th</sup> girls, 6<sup>th</sup> boys, 5<sup>th</sup>  
boys

Long Jump – 6<sup>th</sup> boys, 5<sup>th</sup> boys, 6<sup>th</sup> girls 5<sup>th</sup> girls (limit 3 per school)

### Running events – 10:20

Girls before boys and 5<sup>th</sup> before 6<sup>th</sup>

400m relay

3200m relay

100m hurdles

800m relay

800m run

100m dash

400m dash

200m dash

1600m run

1600m relay