

Velma-Alma Comets

7th and JH Track Meet

The Velma-Alma Athletic department would like to invite you to our annual 7th and Junior High Track Meet. The date is set on Thursday, April 11th, 2024.

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

There are 4 divisions- 7th Girls, 7th 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

Parking: Please park buses in the gym parking lot.

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

580-606-0346 Mail checks to :

Velma-Alma High School

c/o Jake McGuire

PO Box 8

Velma, OK 73491

Velma-Alma 7th and JH Track Meet

Field Events- 10:00

**Shot Put - 7th boys, jh boys, 7th girls, jh girls
Discus - 7th girls, jh girls, 7th boys, jh boys
High Jump – jh girls, 7th girls, jh boys, 7th boys
Long Jump - jh boys, 7th boys, jh girls, 7th girls
Pole Vault - all girls, all boys**

Running Events - 10:20

girls before boys and 7th 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