

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 23rd, 2024**. Field events will begin at 10:00 and the running events at 10:20. This meet is sanctioned by the OSSAA.*

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

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

