

Velma-Alma Track Invitational

The Velma-Alma Athletic Department would like to invite you to our annual H.S. Velma-Alma Invitational Track & Field Meet. The meet will be held on **Thursday, March 13th, 2025**. Field events will begin at 2:00 and the running events at 2:15. This meet is sanctioned by the OSSAA.

This is a class A - 3A invitation only

Online Entries: Coaches must submit all entries on this website (www.athletic.net.) Teams are **NOT** able to be added at the meet or after the deadline. Therefore, you will need to make sure to have your entries in by **March 12th at noon**.

If you need help with your Athletic.net account, please email your questions to jhughes@elginps.net.

Meet Results: Live results are available at www.twelvelrunning.com and www.athletic.net. You are also able to scan the QR codes we will have posted around the track with your phone's camera.

Entry Fees: \$85 per team, \$15 per individual

Divisions: HS Girls and Boys

Participation: 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 individual events and top 3 in relays. This is a timed final.

There will be a short coaches meeting at 1:45 in the field house.

If you have any questions call Jake McGuire at 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

V-A Invitational

Field Events: 2:00

Long Jump - B- G

High Jump - G – B

Pole Vault – B – G

Discus - B - G

Shot Put - G – B

Running Events: 2:15

400m Relay

3200m Relay

100m Hurdles

110m Hurdles

3200m Run - boys

800m Relay

800m Run

100m

3200m Run- girls

400m

300m Hurdles

200m Dash

1600m Run

1600m Relay

