Velma-Alma

Comets

5th & 6th Grade Track Meet

The Velma-Alma Athletic Department would like to invite you to our annual 5th and 6th grade track meet to be held on **Wednesday, April 2nd 2025.** The field events will begin at 10:00 and the running events around 10:20. **Please email a roster to JMcGuire@velma-alma.k12.ok.us by Monday, March 31st. Please include in your roster, grade, first name, last name, and boy/girl division.**

Divisions: 5th boys, 5th girls, 6th boys, 6th girls

Entries: Entry fees are $85 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.

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

Velma-Alma 5th & 6th Grade Track Meet

Field events: 10:00

Shot Put - 5th boys, 6th boys, 5th girls, 6th girls
Discus - 5h girls, 6th girls, 5th boys, 6th boys High
Jump - 6th girls, 5th girls, 6th boys, 5th boys
Long Jump - 6th boys, 5th boys, 6th girls 5th girls (limit 3 per school)

Running events: 10:20
Girls before boys and 5th before 6th

400m relay
3200m relay
100m hurdles
800m relay
800m run
100m dash
400m dash
200m dash
1600m run
1600m relay