

# Velma-Alma Comets

## 7<sup>th</sup> and JH Track Meet

The Velma-Alma Athletic department would like to invite you to our annual 7<sup>th</sup> and Junior High Track Meet. The date is set on **Thursday, April 17th, 2025**. The field events will begin at 10:00 and the running events around 10:20. This meet is sanctioned by the OSSAA.

**Online Entries:** Coaches must submit all entries on this website ([www.athletic.net](http://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 April 16th at noon.

If you need help with your Athletic.net account, please email your questions to [jhughes@elginps.net](mailto:jhughes@elginps.net).

**Meet Results:** Live results are available at [www.twelve1running.com](http://www.twelve1running.com) and [www.athletic.net](http://www.athletic.net). You are also able to scan the QR codes we will have posted around the track with your phone's camera.

**Divisions:** 7<sup>th</sup> Girls, 7<sup>th</sup> Boys, JH Girls, JH Boys

**Entry fees:** \$85 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. This is on the West side of the track.

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 7<sup>th</sup> and JH Track Meet**

### **Field Events: 10:00**

Shot Put - 7<sup>th</sup> boys, jh boys, 7<sup>th</sup> girls, jh girls

Discus - 7<sup>th</sup> girls, jh girls, 7<sup>th</sup> boys, jh boys

High Jump - jh girls, 7<sup>th</sup> girls, jh boys, 7<sup>th</sup> boys

Long Jump - jh boys, 7<sup>th</sup> boys, jh girls, 7<sup>th</sup> girls

Pole Vault - all girls, all boys

### **Running Events: 10:20**

girls before boys and 7<sup>th</sup> before JH

400m relay

3200m relay

100m hurdles - girls

110m hurdles - boys

3200m run

800m relay

800m run

100m dash

400m dash

300m hurdles

200m dash

1600m run

1600m relay

