

# Velma-Alma

## Track Comet

### Invitational

The Velma-Alma Athletic Department would like to invite you to our annual H.S. Comet Invitational Track & Field Meet. The meet will be held on **Tuesday, April 29th, 2025**. Field events will begin at 10:00 and the running events at 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 28th 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.twelverunning.com](http://www.twelverunning.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:** High School Boys and Girls

**Entry Fee:** \$100 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. We will run the regional order of events.

\*A meal ticket for the coaches will be provided for this meet.\*

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

## **Comet Invitational**

### **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

