

# **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 12th, 2026**. Field events will begin at 12:00 and the running events at 12:15. 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](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 March 11th 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.

**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 11:45 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: 12:00**

Long Jump - B- G

High Jump - G – B

Pole Vault – B – G

Discus - B - G

Shot Put - G – B

### **Running Events: 12:15**

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

