

*SULPHUR HIGH SCHOOL  
ROCK CREEK INVITATIONAL*

**FRIDAY April 7th, 2017**

Starting time 9:00a.m. Coaches meeting at 8:30 a.m.

**4 DIVISIONS:** Jr. High Girls            Jr. High Boys  
                          H.S. Girls                    H.S. Boys  
Class 4A and below as established by OSSAA for track.

**ENTRY FEE:** \$95.00 each Jr. High team  
                          \$95.00 each H.S. team  
                          \$15.00 individual

**AWARDS:** Medals for top FIVE places. INCLUDING RELAYS

**TRACK:** **NEW** OMNI-TRACK rubber surface. ¼ inch PYRAMID spikes or less ONLY!

**PARTICIPATION:** 3 contestants per events; 1 relay team per school.

**\*\*\*\*Coaches, if you plan on attending our track meet, please be aware of the following items that our timing company requires.\*\*\*\***

- 1) You must notify me ([terry.neal@sulphurk12.org](mailto:terry.neal@sulphurk12.org)) that you plan to attend our meet and**
- 2) You must have ALL your athletes listed on [www.endurousoa.com](http://www.endurousoa.com) by 4:00PM the day before the meet.**

**\*\*\*Junior High teams are separate rosters from high school teams.\*\*\***

**FACILITIES:** NO DRESSING ROOMS  
BATHROOMS ARE AVAILABLE.  
CONCESSION STAND WILL BE OPEN.  
**NO TEAM CAMPS ON THE TRACK INFIELD.**

Questions/Weather: Call Terry Neal 580-618-0029/ Chad Gilbert 405-694-9488  
Tracy Eldred 618-2507/ Emile Heitland 580-320-9313

**COACHES: Lunch provided ---BBQ by Gary Ashford**

**Make Checks payable to:  
Sulphur Track**

Mail checks to:  
c/o Terry Neal Sulphur High School  
700 West Broadway  
Sulphur, OK 73086

# **ROCK CREEK INVITATIONAL TRACK MEET**

## **April 7th, 2017**

### **FIELD EVENTS: STARTS 9:00 A.M.**

SHOT PUT: JH boys, HS boys, HS girls, JH girls

DISCUS: HS girls, JH girls, JH boys, HS boys

LONG JUMP: JH girls, HS girls, HS boys, JH boys

HIGH JUMP: HS boys, JH boys, JH girls, HS girls

POLE VAULT: JH boys, HS boys, HS girls, JH girls

### **RUNNING EVENTS: STARTS 9:30 A.M**

ORDER: JH GIRLS, JH BOYS, HS GIRLS, HS BOYS

ALL RUNNING EVENTS ARE TIMED FINALS!!!!!!!

400 METER RELAY ----- ALL DIVISIONS

3200 RELAY ----- ALL DIVISIONS

100 METER HURDLES --- GIRLS (JH , HS)

110 METER HURDLES --- BOYS (JH, HS)

800 METER RUN ----- ALL DIVISIONS

800 METER RELAY ----- ALL DIVISIONS

3200 METER RUN ----- ALL DIVISIONS

100 METER DASH ----- ALL DIVISIONS

400 METER DASH ----- ALL DIVISIONS

300 METER HURDLES -- ALL DIVISIONS

200 METER DASH ----- ALL DIVISIONS

1600 METER RUN ----- ALL DIVISIONS

1600 METER RELAY ----- ALL DIVISIONS

Heating will be done prior to each event.

**NO TEAM CAMPS ON THE TRACK INFIELD.**