SULPHUR HIGH SCHOOL ROCK CREEK INVITATIONAL

FRIDAY April 5th, 2019

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

4 DIVISIONS:Jr. High GirlsJr. High BoysH.S. GirlsH.S. BoysClass 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. 1/4 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) that you plan to attend our meet and

2) You must have ALL your athletes listed on www.endurousa.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 Apríl 5th, 2019

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.