

SULPHUR HIGH SCHOOL ROCK CREEK INVITATIONAL FRIDAY April 7th, 2023

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: 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) that you plan to attend our meet and
- 2) You must have ALL your athletes listed on www.endurousoa.com by 4:00PM the day before the meet, April 6, 2022.

*****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/ Emile Heitland 580-320-9313
Tracy Eldred 618-2507

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, 2023

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.