

**SULPHUR 6th, 7th and 8th GRADE
ROCK CREEK INVITATIONAL**

MONDAY April 24th, 2023

Starting time 10:00p.m. Coaches meeting at 9:15 a.m.

***6 DIVISIONS: 6TH GIRLS, 7TH GIRLS, 8TH GIRLS
6TH BOYS, 7TH BOYS, 8TH BOYS***

**ENTRY FEE: \$80 EACH TEAM
\$ 15 INDIVIDUAL - 3 OR LESS**

AWARDS: Medals for top FIVE places. INCLUDING RELAYS

TRACK: NEW 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.TrackRoster.com by 4:00PM the day before the meet.**

**SPECIFY THE DIVISION IN WHICH THEY WILL BE COMPETING
6TH GIRLS, 7TH GIRLS, 8TH GIRLS, 6TH BOYS, 7TH BOYS, 8TH BOYS**

FACILITIES: NO DRESSING ROOMS
BATHROOMS ARE AVAILABLE.
CONCESSION STAND WILL BE OPEN

NO TEAM CAMPS ON THE TRACK INFIELD.

Questions/Weather: Call Terry Neal 618-0029 / Tracy White 618-2507
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 24th, 2023

FIELD EVENTS: BEGIN AT 10:00

SHOT PUT: 6 BOYS, 7 BOYS, 8 BOYS, 8 GIRLS, 7 GIRLS, 6 GIRLS
DISCUS: 8 GIRLS, 7 GIRLS, 6 GIRLS, 6 BOYS, 7 BOYS, 8 BOYS
LONG JUMP: 6 GIRLS, 7 GIRLS, 8 GIRLS, 8 BOYS, 7 BOYS, 6 BOYS
HIGH JUMP: 8 BOYS, 7 BOYS, 6 BOYS, 6 GIRLS, 7 GIRLS, 8 GIRLS
POLE VAULT: BOYS 7/8, GIRLS 7/8TH

RUNNING EVENTS: STARTS 10:15 P.M

ORDER: 6TH GIRLS, 7BOYS, 7TH GIRLS, 7TH BOYS, 8TH GIRLS, 8TH BOYS

3200 METER RELAY – **COMBINED 7/8 ONE DIVISION**
400 METER RELAY
100 METER HURDLES
110 METER HURDLES
800 METER RUN
800 METER RELAY
100 METER DASH
400 METER DASH
300 METER HURDLES
200 METER DASH
1600 METER RUN
1600 METER RELAY

Heating will be done prior to each event.

NO TEAM CAMPS ON THE TRACK INFIELD.